

# APPLY FIRST AID - Fastrack!

(Previously known as Senior First Aid – Fastrack! / Level II First Aid – Fastrack! in Victoria)

FIRST AID



:: course summary sheet **FA05** ::

.....

ALL BUSINESSES IN AUSTRALIA HAVE TO PROVIDE A SAFE WORKPLACE FOR ALL EMPLOYEES, VISITORS & CONTRACTORS. THIS COURSE IS IDEAL FOR MEETING THOSE OBLIGATIONS IN CASE OF ACCIDENT OR INJURY TO ANYONE ON YOUR PREMISES. THE GENERAL NATURE OF THIS COURSE WILL SATISFY NEARLY ALL WORKPLACES, INCLUDING CHILDCARE CENTRES, JOB SITES, THE OFFICE ENVIRONMENT AND AT HOME.

.....

<b>NTIS Code:</b>	HLTFA301B
<b>Certificate issued:</b>	Statement of attainment – APPLY FIRST AID
<b>Certificate valid:</b>	3 years. Australian Resuscitation Council recommends annual update of Resuscitation skills.
<b>Duration:</b>	1 day face-to-face. This course is conducted in a mixed mode of delivery. It consists of approximately 8 hours face-to-face learning and 8 hours pre-course homework. Workbook exercises and theory component of the assessment <b>MUST</b> be completed prior to attending the practical course day.
<b>Who should attend:</b>	All businesses in Australia have to provide a safe workplace for all employees, visitors & contractors. This course is ideal for meeting those obligations in case of accident or injury to anyone on your premises. The general nature of this course will satisfy nearly all workplaces, including childcare centres, job sites, the office environment and at home.
<b>Prerequisites:</b>	Although there are no prerequisites for undertaking the course, please note that all required pre-course homework <b>must</b> be completed prior to attending the practical training day.
<b>Units:</b>	Apply first aid includes units HLTACPR201A – Perform CPR and HLTFA201A – Provide basic emergency life support. Separate certificates can be issued upon request.
<b>Assessments:</b>	Written and practical assessments

*continued over page...*

## Elements:

*Assess the situation* – includes:

- Identify, assess and minimize hazards
- Minimise immediate risk in accordance with OHS principles
- Casualty assessment

*Apply first aid procedures* – includes:

- Provide information to casualty in a calm manner
- Make casualty comfortable using available resources
- Respond to casualty in a culturally aware manner
- Determine and explain nature of casualty's condition / injury
- Seek consent from casualty for treatment
- Provide first aid management in accordance with established first aid principles for:
  - Abdominal injuries
  - Airway obstruction
  - Allergic reactions
  - Altered and loss of consciousness
  - Bleeding
  - Burns
  - Chest pain and cardiac arrest
  - Injuries: cold, crush, eye, ear, head, neck, spinal, needle stick, soft tissue and minor skin injuries
  - Near drowning
  - Envenomation
  - Environmental conditions
  - Fractures
  - Medical conditions, such as cardiac conditions, epilepsy, diabetes, asthma and other respiratory conditions and stroke
  - No signs of life
  - Poisoning and toxic substances
  - Respiratory distress / arrest
  - Seizures
  - Shock
  - Substance misuse
- Seek assistance from others
- Correctly operate first aid equipment
- Use safe manual handling techniques
- Monitor casualty's condition

*Communicate details of incident* – includes:

- Requesting an ambulance
- Accurately convey casualty's condition and actions taken to ambulance personnel
- Prepare reports
- Accurately record details of casualty's condition
- Maintain confidentiality of records

*Evaluate own performance* – includes:

- Seek feedback
- Recognise possible psychological impacts on rescuer
- Participate in debriefing as appropriate