



# Emergency First Aid



## COURSE INFORMATION

This course will provide you with the skills to manage emergency first aid situations, including managing the unconscious casualty, performing CPR, controlling bleeding, and managing other life-threatening and non-life-threatening situations.

## ENTRY REQUIREMENTS

For participants interested in enrolling in this course:

- Must provide a valid Unique Student Identifier (USI) at the time of enrolment.
- For courses with pre-learning, access to a reliable device (e.g., computer, laptop, or smart phone) connected to the internet is required.
- Must complete pre-learning before coming to class as topics covered in pre-learning are not covered in the classroom.
- Must be able to perform CPR on a manikin on the floor for 2 minutes.

## PARTICIPANT COHORT

The target audience for “Emergency First Aid” primarily consists of people who want to acquire basic life support skills to respond to emergencies, including assessing the situation, providing cardiopulmonary resuscitation (CPR), using automated external defibrillators (AEDs), and managing common life-threatening conditions until professional help arrives.

## COURSE DURATION AND DELIVERY MODES

St John offers the following options:

- **1 day face to face workshop:** This is full face to face course and participants are required to attend the full session.
- **Assessment only:** The assessment only option will particularly suit participants who regularly apply first aid skills and engage in ongoing learning about first aid.

## CERTIFICATE

On successful completion of this course, you will be issued a statement of attainment in:

- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID010 Provide basic emergency life support



St John Ambulance advises, in accordance with The Safe Work Australia model Code of Practice: First Aid in the Workplace and the guidelines of the Australian Resuscitation Council, first aid skills are renewed every 3 years and resuscitation skills are renewed every 12 months.

## COURSE OUTLINE

The course covers the following topics including others:

- How to manage a first aid scenario
- Infection control
- Cardiopulmonary resuscitation (CPR)
- Defibrillation
- Wounds and bleeding
- An unconscious breathing person
- An unconscious non-breathing person (includes CPR and use of an AED)
- Burns
- Choking
- Chest pain
- Stroke
- Allergic reactions and anaphylaxis
- Asthma
- Shock

## ASSESSMENT METHODS

A successful outcome for this statement of attainment will be determined by a range of different methods including written assessment, observation of simulated and practical activities etc.

## LOCATIONS

St John delivers first aid courses nationally and across many locations in Australia. Choose the location to suit your needs.

- PUBLIC (at a venue near you)
- CUSTOMISED (on-site consultation)
- ONSITE (at a venue of your choice)
- ONLINE (training delivered online from our e-Learning platform)



## DELIVERY BY ST JOHN'S THIRD PARTIES

St John Ambulance Australia's courses are delivered by way of third-party arrangements (e.g., with State or Territory St John Ambulance organisations). Our third-party agents deliver nationally accredited training and assessment on behalf of St John Ambulance Australia Ltd. (TOID 88041). Contact details for St John's third-party organisations are available from [www.stjohn.org.au](http://www.stjohn.org.au) or call 1 300 ST JOHN.

## PARTICIPANT HANDBOOK

Download the *Participant's Handbook* from [www.stjohn.org.au](http://www.stjohn.org.au) for more information about completing a course with St John Ambulance Australia. This includes information about complaints, appeals and privacy information.

We actively tailor training to meet the needs of people from diverse backgrounds and abilities and encourage all to apply.

For more information on this course, contact the Training Office in your area  
**1300 ST JOHN (1300 785 646) [WWW.STJOHN.ORG.AU](http://WWW.STJOHN.ORG.AU)**