



# Remote area first aid



## COURSE INFORMATION

This course covers describes the skills and knowledge required to provide a first aid response to a casualty in a remote or isolated site over an extended period until medical assistance is provided, or evacuation occurs. This course is focused on the safety of the first aider and extended care of an ill or injured casualty where help is likely to be delayed.

## 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

Participants are drawn from across the Australian community as first aid is considered an important life skill. This course draws individuals in need of first aid expertise for bushwalking, wilderness guiding, and those residing or working in isolated areas. It is structured to provide these individuals, whose interests, pursuits, or jobs lead them to remote settings, with the necessary knowledge and skills to deliver sustained and appropriate care to an unwell or injured individual over an extended duration.

## COURSE DURATION AND DELIVERY MODES

St John offers the following options:

- **3 days (face to face workshops with pre-work):** This is face to face course and with online prework. Participants are required to undertake online e-learning module prior to attending the face-to-face workshops for practice and assessment. Those participants who have completed HLTAID011 Provide First Aid in last twelve (12) months may be entitled to an exemption from the first day
- **Assessment only:** The assessment only option will particularly suit participants who regularly apply first aid skills and engage in ongoing learning about first aid.



## COURSE OUTLINE

The course covers the following among others:

- Infection control
- DRSABCD action plan
- Managing the unconscious breathing casualty
- Resuscitation and Defibrillation
- Choking, chest pain, stroke, shock
- Asthma, allergic reactions and Anaphylaxis
- Burns, wounds and bleeding
- Fractures & dislocations / sprains & strains
- Head, neck & spinal injuries
- Hyperthermia and hypothermia
- Rescue preparation and evacuation
- Poisons, bites, and stings
- Diabetes and seizures
- Remote area first aid
- Two-rescuer resuscitation
- Planning, preparation, and communication
- Triage, advanced bleeding
- Managing environment-induced illness'
- Lifting and moving casualty
- Facial & eye injuries

## 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
- HLTAID011 Provide First Aid
- HLTAID013 Provide First Aid in remote and isolated sites

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.

## 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)**