



# Course Outline

## HLTFA301B – Apply First Aid

The following aspects must be satisfactorily demonstrated to be competent in the assessment of HLTFA301B-Apply First Aid. This program is delivered in one day face to face practical class with a self directed theory workbook completed before the commencement of the course date.

### UTILISE FIRST AID KITS

- Identify the type of first aid kit needed for various industry groups and personal environment
- Identify and use various first aid items

### APPLY INFECTION CONTROL PROCEDURES

- Recognise methods of disease transmission
- Recognise procedures for infection control
- Apply infection control procedures
- Refer casualty to correct health service

### APPLY EMERGENCY ACTION PLAN

#### **Identify the DRABCD process**

- **A casualty is found lying on the ground**
- Check for Danger... to you others and the casualty
- Check response

#### **The casualty gives no response**

- Clear the airway.
- Check breathing -Look, Listen and Feel.
- If breathing, place casualty in recovery position
- Contact 000 and inform of the issue

### PERFORM RESUSCITATION

All resuscitation must be performed on the floor to be considered competent. Participants must perform CPR of no less than a minute.

**No signs of breathing NORMALLY**, contact emergency services, using a manikin to demonstrate resuscitation technique:

- Place casualty on back.
- Ensure head tilt and open air way.
- Give 2 rescue breaths

**No visible sign of life** (unconscious, unresponsive, no movement and absence of NORMAL breathing)

- Visually position hand in centre of chest
- Perform CPR with the correct ratio of 2 Breaths and 30 compressions (performed on manikin)
- Check effectiveness of compressions (approximately one third the chest depth) and breaths.
- Repeat cycle 3 times

### MANAGE BLEEDING

#### **Blood spurting from wound**

- Correctly identify the type of bleeding.
- Apply pressure, bandage and elevate
- Check circulation.
- Manage casualty for shock.
- Demonstrate the correct procedure for an uncontrolled bleed.

### MANAGE SHOCK

- Identify causes, signs and symptoms of shock
- Position casualty correctly to assist with the management of shock
- Reassure casualty and seek help as required

### MANAGE EXTREME TEMP/BURNS

- Identify type of burn
- Cool with running water
- Dress burn correctly
- Manage for shock as required

### MANAGE POISONS/BITES/STINGS

- Identify role of Poisons Information Centre
- Recognise different bites and stings
- Apply Pressure Immobilisation Technique

### MANAGE MUSCULOSKELETAL INJURIES

- Demonstrate correct management for casualty with a suspected sprain
- Demonstrate the correct application of the three (3) basic arm slings.
- Demonstrate the correct first aid care and treatment of a fracture to the leg.
- Check circulation and comfort of casualty.
- Manage shock as required

### MANAGE MEDICAL EMERGENCIES

- Recognise signs and symptoms of altered levels of consciousness, cardiac and respiratory emergencies.
- Apply first aid care and treatment for these conditions
- Seek emergency aid

### MANAGE WOUNDS

- Recognise signs and symptoms for minor and major wounds
- Recognise foreign bodies in wounds
- Apply correct care and treatment for wounds
- Apply infection control procedures

### YOU WILL ALSO LEARN

- Legislative requirements as a first aider
- Workplace requirements for First aid issues
- Cultural issues to be considered as a first aider
- Safe manual handling techniques to use as a first aider

### ASSESSMENT

Students will need to achieve the level “Competent” in all areas to receive a Statement of Attainment these areas include:

- The self directed learning workbook completed prior to the course date
- Participation in role-plays, scenarios and practical application of first aid care and treatment for various situations
- A 30 multi choice written assessment on the day of the course.