



## Provide First Aid + CPR

### 1 day

This nationally accredited course provides the skills and knowledge required to provide a first aid response to a casualty until medical aid arrives. The unit applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings. Members of the public may attend the course so they are prepared to provide first aid in the home and in the community.

Training is conducted by local, experienced paramedics. This course may also be known as “Senior First Aid” or “Apply First Aid”. This course is equivalent to courses with those names..

Topics include:

- How to respond to an emergency situation
- Applying a range of first aid procedures
- Perform CPR
- Communicating the details to emergency response services

Participants will complete theory and practical activities, including performing CPR on dummies placed on the floor. Participants need to be physical capable of performing this assessment task.

#### **Recertification**

The recommended industry standard to maintain current competency is for this course to be refreshed every 3 years.

#### **CPR Refresher**

The Australian Resuscitation Council recommends CPR to be renewed every 12 months. CPR refresher training is offered at the beginning of each First Aid course (first 3 hours), limited places available. Let us know prior to enrolment of any literacy or numeracy concerns. We are here to help!

#### **Participants must provide:**

- Photo ID
- Unique Student Identifier (USI) number

#### **Unit covered**

- HLTAID003 – Provide first Aid

**Need training and assessment at your site, anywhere in NSW?  
Contact us for prices and information.**