



Benchmark
Group



Provide First Aid

COURSE INFORMATION

Course snapshot

COURSE TITLE	<u>Provide First Aid</u>
COURSE SUMMARY	<p>The Provide First Aid course is crafted to foster the knowledge and skills necessary for administering life support in emergency situations.</p> <p>Structured around key competencies such as CPR, AED utilisation, and handling diverse emergency scenarios like poisoning, musculoskeletal injuries, shock, haemorrhage, and envenomation, the course encompasses both Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) skills.</p> <p>Offering both instruction and hands-on training, this first-aid course guides individuals in recognising emergencies and administering immediate and effective first-aid treatment to those suddenly taken ill or injured. Aligned with the guidelines of the Australian Resuscitation Council and other prominent clinical bodies in Australia, the course places emphasis on legal, workplace, and community considerations.</p>
VALUE FOR ORGANISATIONS	<p>In this nationally-accredited course participants are instructed on assessing casualties, ensuring safety, contacting emergency services, and providing first aid. Taught by an experienced Paramedic with over 20 years of experience, group bookings are available.</p>
UNITS OF COMPETENCY	HLTAID011 - Provide First Aid
COST	\$195 (Inc.GST)
PRE-READING	There is no pre-reading for this course.
DELIVERY & ASSESSMENT	Half day face-to-face workshop.
ESTIMATED HOURS OF STUDY	5 hours of active learning.
CPD HOURS	<p>As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours.</p>
ENTRY REQUIREMENTS	<p>This course is open to any individuals who may need to perform First Aid in various scenarios.</p>
TERMS AND CONDITIONS	<p><u>Visit benchmarkgroup.com.au/terms-and-conditions</u> <u>View Student Handbook</u></p>

Course outline

This comprehensive training immerses participants in vital subjects, ensuring they are well-prepared to administer prompt and effective first aid during critical moments.

The covered topics encompass the identification and management of various emergencies, fundamental principles of wound care, and the proper handling of burns, fractures, bites, with a strong emphasis on the importance of immediate responses in life-threatening situations.

Participants are instructed on assessing casualties, ensuring safety, contacting emergency services, and providing first aid. The curriculum includes hands-on experience in performing CPR and using a defibrillator, administering medication for anaphylaxis and asthma, aiding someone who is choking, employing immobilisation techniques for injuries such as envenomation, fractures, dislocations, sprains, and strains, as well as managing non-life-threatening bleeding and shock.

Throughout the course, participants will acquire foundational knowledge in anatomy, physiology, and distinctions between adult, child, and infant CPR. Additionally, the curriculum covers the chain of survival, documenting and communicating incident details in both written and verbal forms, evaluating incidents to improve response times and skills, recognising psychological effects, and knowing when and how to seek assistance if necessary.

This course is taught by an experienced Paramedic with over 20 years of experience. Chris has a Diploma of Paramedical Science, a Bachelor of Nursing and a Cert 4 training and Assessment.

Course outcome

At the successful completion of Provide First Aid, students will be able to:

- Respond to emergency situations.
- Apply appropriate First Aid procedures.
- Communicate details of incidents.
- Review the incidents.

Course content

Participants will engage in interactive group sessions and discussions in an environment that provides realistic in-depth, scenarios and simulations.

Pre-Requisite Unit

No prerequisites are necessary for the Provide First Aid course, but participants must possess a basic level of literacy and numeracy for course admission.

If you have any medical conditions or special needs that may hinder your completion of practical assessments, especially performing CPR on a manikin on the floor, please inform us. It is mandatory to perform at least 2 minutes of uninterrupted single rescuer CPR on an adult resuscitation manikin placed on the floor as part of the course requirements.

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About Benchmark Group

Benchmark Group is a Registered Training Organisation (RTO 21824) delivering a range of clinical skills courses to meet the needs of a broad range of health professionals across Australia.

As an RTO working in the health sector, our focus is on the delivery of courses designed to provide healthcare professionals with the opportunity to expand their skills and careers. We concentrate on skills and knowledge that can be immediately implemented in a vocational context.

Skills learnt today can be used tomorrow.



For Further information contact:

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