



Heightsafe Solutions are proud to partner with Allens Training Pty Ltd to deliver Quality Training



First Aid Course

This first aid course will allow you to develop skills and knowledge and most importantly, confidence, to provide first aid treatment to any person suffering a sudden illness or injury. You will develop the skills to preserve life, prevent the condition from worsening, and promote recovery. It includes initial intervention in a casualty with a serious condition prior to professional medical help being available, such as performing CPR while awaiting an ambulance, as well as the complete treatment of other less serious conditions, such as applying water for burns, or assisting someone choking.

Providing effective, lifesaving first aid interventions requires instruction and practical training. This is especially true where it relates to potentially fatal illnesses and injuries, such as those that require cardiopulmonary resuscitation (CPR) or involve severe bleeding. These procedures carry a risk of further injury to the casualty and the first aider. As with any training, it is more useful if training occurs before being confronted with an actual real-life situation.

The course is delivered in line with the Australian Resuscitation Council guidelines and applies to all workers or members of the community who may be required to provide CPR in the event of an emergency.

This first aid course is essential for everyday life events, allowing you to provide immediate and effective first aid to workers or others who have been injured or become ill at the workplace or at home.

PROVIDER OF TRAINING AND ASSESSMENT

This course is delivered by Heightsafe Solutions on behalf of Allens Training Pty Ltd - RTO 90909

Unit Being Delivered

The following unit(s) will be awarded to successful participants in this course. The certificate will be issued by Allens Training Pty Ltd - RTO 90909.

- **HLTAID011 Provide first aid**
- HLTAID010 Provide Basic Emergency Life Support
- HLTAID009 Provide Cardiopulmonary Resuscitation

To view full unit details please visit www.training.gov.au

Important information prior to enrolment

COURSE DELIVERY

This course will be delivered in the workplace or at a Heightsafe Solutions Training Centre or at a Third-party facility.

ENTRY REQUIREMENTS

Participants must have the physical capacity to perform the practical demonstrations, such as 2 minutes of uninterrupted CPR on the floor.

COURSE DURATION (FACE-TO-FACE)

- **Face to Face** – 7.5 hours (minimum) – full face to face course.
- **Blended delivery** – 6 hours (minimum) face to face course – with the addition of 2 hours self-paced learning to be completed prior to attending the face to face course.
- **Online with Face-to-Face (up to 5 students) Min. duration** - 60 minutes.
- **Online with Face-to-Face (more than 5 students) Min. duration** – 2 hours.
- **Online delivery with face to face Practical assessment** – self paced online learning with a scheduled 60 minutes face to face practical assessment.



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- **Refresher training** – 6 hours (minimum) – conditions apply for this option, for example, you will need to provide previous current certificates.

ASSESSMENT REQUIREMENTS

Individuals undertaking this course will be expected to complete both written and practical assessment tasks. These are detailed in the sections following.

CERTIFICATE RENEWAL REQUIREMENTS

It is recommended that renewal for this course is undertaken every 3 years, with the additional requirement of updating the CPR component every 12 months.

COURSE FEES AND PAYMENTS

- Please refer to our booking calendar for individual course fees.
- Refund and fee protection policy – Please refer to the student handbook.
- Payment Terms – Payment for individual participants is upfront, group booking payment terms are based on agreement between the client and service provider.

WORK PLACEMENT ARRANGEMENTS

No work placement will be required as part of this course.

LEARNERS RIGHTS, RESPONSIBILITIES AND SUPPORT, INCLUDING COMPLAINTS

Please note that enrolment to this course is made with Allens Training Pty Ltd RTO 90909. Please refer to the student handbook located on the RTO website www.allenstraining.com.au for all details relating to rights and responsibilities including complaints and appeals.

What happens at the course?

LEARNING ACTIVITIES

Delivery of course information and learning activities.



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ASSESSMENT ACTIVITIES

Assessments conducted during face-to-face training session(s) include:

- **Performance tasks** – The assessor must observe the following performance tasks:
 - Perform CPR on an infant
 - Anaphylaxis (allergic reaction)
 - Choking with airway obstruction
 - Unconscious casualty
 - Bleeding and shock
 - Snake or funnel web spider bite
 - Sprains and fractures
- **Practical scenarios** – The assessor must observe the following practical scenario:
 - Perform CPR on an adult
 - Breathing difficulties – Asthma
- **Theory assessment** – A written assessment consisting of multiple-choice and short answer questions. The student must complete all assessment questions.

If you continue to have any questions, please contact Heightsafe Solutions directly

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