



APPLY FIRST AID:

(Formerly known as Level 2 Senior First Aid)

Our First Aid Training Course is designed to train personnel in how to respond to First Aid emergencies that may happen at home, office or anywhere in daily life.

This course is delivered by experienced trainers and assessors from an industrial and mining background.

Practical exercises are included as part of the training. This training course involves the completion of a theory workbook prior to the start of the training session (taking approximately 3 hours) which is submitted on the morning of the training course.

This course is designed for First Aiders to manage patient care until the arrival of an Ambulance.

Nationally Recognised Course Code:

HLTFA301 – Apply First Aid

NOTE: Refresher required every 3 years, CPR must be updated every 12 months.

Course Subjects:

- Principles of First Aid & Legalities
- D-R-S-A-B-C-D
- Cardio Pulmonary Resuscitation (CPR)
- Recovery Position
- Bleeding
- Fractures
- Spinal Injury
- Heat / Cold Burns
- Soft Tissue Injuries
- Bites & Stings
- Eye & Facial Injuries
- Treating Shock
- Illnesses: Epilepsy, Asthma, Stroke, Diabetes etc

Duration:

- 1 day

Attendance:

- Minimum 5 persons
- Maximum 15 persons

Location

- Onsite or at one of our training locations in Devonport, Launceston or Hobart

Assessment:

- Practical and theoretical and application based assessments.

Cost:

- \$175.00 + GST per person

Funding:

- A percentage of the cost of this course may be funded through the Tasmanian Construction Industry Training Board for successful applicants, applications must be made prior to training occurring.