



Mercy Health
Care first

Mercy Health Training Institute

HLTFA201A Provide Basic Emergency Life Support (previously Level 1 First Aid)

Course Outline

The Provide Basic Emergency Life Support course provides the individual with the skills and knowledge required to manage life threatening emergencies where the individual can give basic life support measures until medical or emergency services assistance is available.

The course content is based on current policy statements from the Australian Resuscitation Council.

Course Structure

The Provide Basic Emergency Life Support course is conducted in one day and covers topics such as:

- Legal and social responsibilities of a first aider
- Safety procedures and infection control measures
- Assessment of an emergency situation and the casualty
- Assessing the need for and calling emergency services or medical assistance
- Recognition and management of an unconscious casualty
- Management of a casualty:
 - in respiratory distress – asthma and choking
 - with a severe allergic reaction
 - experiencing a heart attack or chest pain
 - with bleeding and shock
- Performing cardiopulmonary resuscitation
- Understanding the use of an Automated External Defibrillator (AED)
- Communicating details of the incident to others involved in the management of the incident and casualty
- Cultural sensitivity
- Critical incident stress management

Delivery and Assessment

The course is delivered over 8 hours and consists of:

- Facilitator led instruction and discussion
- Small and whole of group activities
- Practical demonstration
- Scenarios

Assessment is conducted throughout the workshop and consists of:

- Written questions
- Case scenarios
- Practical demonstrations

The individual must successfully complete each assessment to be deemed competent and awarded a Statement of Attainment.

Selection Criteria

Prospective participants:

- Must be at least 16 years of age

For further information and enrolment details:

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- Must be physically capable of performing cardiopulmonary resuscitation

Course Outcomes

The course will assist the individual to:

- Confidently and safely respond to an emergency
- Initiate basic life support
- Call for help
- Communicate the details of an incident
- Evaluate own performance

Award

A Statement of Attainment is issued to the individual upon successful completion of the course and is current for 3 years.

It is recommended that individuals update their Cardiopulmonary Resuscitation skills on an annual basis.

Course Fees

The course fee is \$90.00 per participant.

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