



Mercy Health  
Care first

# Mercy Health Training Institute

## HLTFA301B Apply First Aid (previously Level 2 First Aid)

### Course Outline

The Apply First Aid course provides the individual with the skills and knowledge required to provide first aid response, basic life support and manage the casualty/s, the incident and other first aiders until the arrival of medical or other assistance.

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

### Course Structure

Apply First Aid is conducted over 2 days and covers topics such as:

- Legal 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
- Performing cardiopulmonary resuscitation
- Providing first aid to the casualty
  - Bleeding and shock
  - Burns, bites and stings
  - Fractures, dislocations and soft tissue injuries
  - Medical emergencies
  - Head, neck, spinal, chest and abdominal injuries
- 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 2 day workshops and consists of:

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

Assessment is conducted throughout the 2 day workshops 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:

Mercy Health Training Institute Tel: (03) 8458 4997 Email: [mhti@mercy.com.au](mailto:mhti@mercy.com.au)



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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 first aid
- 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: \$180.00 per participant.

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