

Workplace First Aid Courses

Candidate Outline

Course Aim

To provide a level of knowledge, judgment and skill to administer first aid both in the workplace and in the community.

Course Structure

The **Level I First Aid** course, consisting of two modules, has a target duration of 6 hours.

The **Level II (or Senior) First Aid** course consists of three modules. These modules can be undertaken simultaneously, or individually. If undertaken individually they must be completed in the sequence set out in the Course Content as some modules contain critical underpinning knowledge. The full course has a target duration of 16 hours.

Update courses are also offered for all courses. These courses are designed for those that have previously undertaken one of these courses and need to update their qualification. This allows for the fact that the candidates have some prior knowledge and experience and simply need to refresh their skills. Update courses cover the same topics (competencies) as a full course, but are delivered in a shorter period of time due to the prior experience of the candidates.

These First Aid courses follow the standards recommended in the Australian Resuscitation Council Guidelines, and the course meets the requirements of Workcover NSW.

Entry Requirement

Bookings should be made on an H₂O Pro Pty Ltd application form that you will find with this course outline or which can be obtained from our website – www.h2opro.com.au In order to enrol into a course, you will need to complete the form and return it, together with your payment to:

H₂O Pro Pty Ltd.
PO Box 831
MULGRAVE VIC 3170.

Once we receive your application form and payment we will confirm your booking by mail.

The minimum age for course participants is 14 years. *A degree of fitness is required, as candidates may be required to move or lift an adult patient as part of the course.*

Course Content

1) Workplace First Aid Level I Course

- | | |
|--|--|
| a) Principles of First Aid | b) Recognition of an emergency situation |
| c) Priorities in an emergency | d) Assessment of an unconscious patient |
| e) Maintenance of an airway | f) Cardio Pulmonary Resuscitation |
| g) Placement of an unconscious patient | h) Examination of a casualty |
| i) Treatment of external bleeding | j) Types of wounds |
| k) Treatment of shock | l) OH&S requirements in the workplace |

2) Workplace First Aid Level II (Senior) Course

- Includes all components of the Level I Course 'the following:*
- | | |
|--------------------------------------|---|
| a) Treatment of internal bleeding | b) Treatment of common emergencies |
| c) Treatment of Fractures | d) Treatment of exposure |
| e) Treatment of soft tissue injuries | f) Management of poisoning |
| g) Management of Burns & Scalds | h) Treatment of bites and stings |
| i) Management of eye injuries | j) Priorities in treating multiple casualties |

For information regarding Educational Standards, Mutual recognition, Cancellations and Refunds, Trainee Grievances and our Training Guarantee, contact H₂O Pro for a copy of our Code Of Practice, or you can view it on our website at www.h2opro.com.au