



AUSTRALIAN LIFESAVING
ACADEMY
NEW SOUTH WALES



Apply (Senior) First Aid

Course Description

The aim of this course is to provide participants with the skills and knowledge to manage emergency first aid situations until professional medical support is available. This course is recognised by WorkCover NSW.

Award

Upon successful completion of this course participants will receive the SLSA Senior First Aid Certificate and a nationally recognised Statement of Attainment for the following unit of competency:

- HLTF301C Apply first aid

Note: This course incorporates the content of HLTCPR201B Perform CPR and HLTF201B Provide basic emergency life support.

Course content

- The principals of first aid
- Managing emergency situations
- Cardiopulmonary Resuscitation
- Treatment of infection, shock, fractures, bleeding and burns
- Emergencies due to lack of oxygen, excess heat or cold
- Management of common medical emergencies
- Treatment of poisoning and envenomation

Entry Requirements

- Participants must be a minimum of 14 years of age on the date of final assessment.

General Information

The duration of the course is approximately 15 hours plus assessment time.

To ensure your first aid skills and knowledge remain current, re-certification must occur within 3 years of the date of the final assessment. The CPR component should be updated every twelve months (one year) from the date of assessment in order to maintain skills currency.

Assessment

Assessment is through demonstration, presentation and application of all elements of competency in the work-place. Participants will be required to complete activities that may include role-plays, oral and written questioning, practical demonstrations and performing scenarios.



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RPL

If you believe you already possess some or all of the skills and knowledge of this course, you may wish to apply for Recognition of Prior Learning (RPL). Consult the SLSNSW RPL Guide for Applicants available on the Participant Resources page of the SLSNSW website.

Course Enquiries

Direct your course enquiries to your **Chief Training Officer** at your club.

If you have a general enquiry or are not a Surf Club member, please contact the **Training Hotline (1300 766 257)**.



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