



PUBLIC SAFETY  
TRAINING &  
RESPONSE GROUP

# HLTAID011

# Provide First Aid

includes

Provide Cardiopulmonary Resuscitation (HLTAID009)





## Provide First Aid – HLTAID011

### **About This Course**

The Provide First Aid course covers a comprehensive range of topics to teach you the most valuable and practical health and safety skills for everyday life.

Delivered by Public Safety Training & Response Group (RTO #45395), this nationally accredited course teaches participants the skills needed to respond confidently to first aid incidences at home, in the workplace, on the job site, or in public.

The training teaches how to help those with common injuries and illnesses, how to administer life-saving Cardiopulmonary Resuscitation (CPR), to provide ongoing patient support, and overall incident management while waiting for qualified medical experts to arrive.

The training is headlined by Provide First Aid (HLTAID011) and includes Provide Cardiopulmonary Resuscitation (HLTAID009) and Provide Basic Emergency Life Support (HLTAID010).

Note: First Aid training must be renewed every three years to remain current. CPR must be renewed annually (every 12 months) to remain current.

All our trainers are ex-military and ex-emergency services and have considerable on-the-job experience and real-life stories to assist with participant learning.

This First Aid certification is mandatory in many workplaces, including for employment in mining, construction,

health and fitness, education, and support work.

The certifications are valid across all Australian workplaces. Staff who complete the courses help ensure their businesses comply with safety regulations.



### **Training Standards**

Public Safety Training & Response Group adheres to high standards, including:

- Professional face-to-face training delivered by experienced trainers, many with ex-military and ex-emergency services experience,
- Training in all relevant legislation, Australian Standards, the most up-to-date techniques, as well as real-life examples and helpful anecdotes from the trainers' own career experience,
- Practical guided hands-on training with modern equipment.

### **Qualifications**

Upon successful completion of the Provide First Aid course, Public Safety Training & Response Group will issue participants with a Statement of Attainment under the Australian Qualifications Framework for the following accredited units:

- HLTAID009 – Provide Cardiopulmonary Resuscitation
- HLTAID010 – Provide Basic Emergency Life Support
- HLTAID011 – Provide First Aid

Public Safety Training & Response Group also provides reminders to participants when their refresher courses are due to ensure skills and formal qualifications remain current. Refresher courses are recommended every year for CPR or every three years for First Aid.



### **Participant Requirements**

Participants require a Unique Student Identifier (USI), a number required under government legislation for anyone undertaking accredited Vocational Education and Training (VET). Obtaining a

USI is free. To apply for a USI, visit:  
<https://www.usi.gov.au/>

Participants require general literacy and numeracy skills, and a moderate level of fitness.

Physical tasks involve performing at least two minutes of CPR (five cycles of chest compressions and breaths) on an adult resuscitation mannequin placed on the floor and perform at least two minutes of CPR (five cycles of chest compressions and breaths) on an infant resuscitation mannequin placed on a firm surface.

Participants at face-to-face learning should wear comfortable clothing, nothing too loose, long pants and enclosed shoes.

For online learning, internet and computer access is required, along with general computer skills. The computer must be able to play audio.

Where applicable, participants must have completed any required pre-course online learning and assessment prior to attending face-to-face training.

Participants must be aged 14 or over. Participants aged 14–17 require written consent from a parent or legal guardian.

If a participant is suffering any transmittable illness (flu, common cold, Covid, etc), please do not attend the training to avoid impacting other participants.

### **Course Formats**

**Full Course:** The full course is required for those who don't hold a current Statement of Attainment (i.e. They have never completed the accredited course, or it has been more than three years since



completing the course and their qualifications have lapsed).

**Refresher Course:** This is available for those who have a current Statement of Attainment that is less than three years old and near expiry.

### **Course Delivery**

Courses are predominantly delivered on a face-to-face basis at our training rooms at Oxley, south-west Brisbane, which can cater for up to 30 participants.

Where applicable, there may be some pre-reading and learning required, or units of online learning. Learner guides are provided.

By prearrangement, training can be conducted offsite at your business premises, educational facility, community hall, or government office. Please contact us to discuss.

This course includes:

- 4 hours face-to-face practical learning and 4 hours face-to-face practical session.

Our training facilities (Oxley) include plenty of free off-street parking.

For bookings outside our regular schedule or at your location, please contact us to discuss.

### **Learner Support**

Our trainers are professional, flexible and approachable. They provide support and feedback as required to assist all course participants.

If you have any concerns and questions about the course or delivery schedule, please raise it with the trainer.



### **Assessment**

The course includes assessments of practical skills and a written questionnaire.

Recognition of Prior Learning (RPL) is not offered for this course due to the need to learn up-to-date methodologies and demonstrate competencies to ensure high level upskilling.

### **Course Outcomes**

The Provide First Aid (HLTAID011) course teaches a wide range of instruction on the latest recognised basic life support methods and providing First Aid to a greater number of medical conditions and illnesses.

Each candidate will demonstrate skills in an environment that provides realistic in-depth, scenarios and simulations to assess candidates' skills and knowledge.



Course topics include:

- The DRSABCD first aider's primary survey (Danger, seeking a Response from the casualty, Send for help, check Airway, check Breathing, perform CPR, perform Defibrillation),
- Legal issues and permission guidelines,
- Breathing emergencies, including choking, Asthma and severe allergic reaction,
- Bone fractures and dislocations,
- Muscle sprains and strains,
- Head, neck and spinal injuries,
- First aid treatments for burns, shock, strokes, seizures, nosebleeds and more,
- Diabetes,
- Temperature induced illness - heat stress and hypothermia,
- General allergic reactions,
- Spider and snake bites, marine and insect stings,
- Eye injuries,
- Sharps injuries,
- Poisoning and toxic substances,
- Infection control and reporting,
- Minor wounds, non-life threatening and life-threatening bleeding
- Cardiac conditions, including chest pain,
- CPR and defibrillation for adults and infants.

### **Costs**

Please refer to the Public Safety Training & Response Group website for costs:

<https://www.pstrgroup.com/>

Discounts apply to group training. Please contact us for a quote.

Public Safety Training & Response Group provides high-value training with leading instructors with considerable industry and real-life experience. That said, please feel free to contact us regarding price-matching those who offering comparable services at lower cost.

If a training session cannot be attended, we will work to reschedule the training. If this is not possible, we will process a refund minus a booking fee.

### **Be Prepared – Enrol Now**

Enrol today.

Participants who complete this course gain valuable work and life skills, empowering them to make a genuine positive difference in their workplaces, communities and homes.

Attaining these qualifications may assist your workplace in meeting its legal and safety requirements.

Public Safety Training & Response Group also delivers additional courses. Consider continuing your upskilling by enrolling today in further learning.



*Enrol Now*



Public Safety Training & Response  
Group is about saving lives and giving  
people the knowledge to save their own.

***Always be prepared***

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