

Apply First Aid (HLTFA301B)



Apply First Aid is delivered in two parts. The student receives a workbook on enrolment with pre-course activities to complete prior to the one day face to face training held at IOH or onsite.

The face to face training focuses on ensuring the student gains the practical skills and confidence to help others in an emergency.

This flexible learning approach allows the student to complete the theory component at their own pace. The practical day focuses on learning and practicing first aid skills such as CPR and bandaging.

Those carrying out the role of workplace first aid officer or anyone who wishes to gain valuable skills to deal with emergencies and preserve life.

This course is offered by IOH on-site or at our training facilities in partnership with **Allens Training (RTO 90909)**

Course Topics

- First Aid Principles
- What to do in an emergency
- Assessing the scene for safety
- Phoning the ambulance
- First aid hygiene and infectious disease
- Assessing the casualty – are they alive?
- Assessing the casualty – what is wrong?
- Abdominal injuries
- Allergic reactions
- Bandaging
- Bleeding
- Burns and scalds
- Cardio-pulmonary-resuscitation
- Chest injuries
- Choking
- Diabetes
- Drug overdoses
- Eye injuries
- Fainting
- Fractures and dislocations
- Head injuries
- Heart attack
- Hyperthermia / Hypothermia
- Hyperventilation
- Poisoning
- Shock
- Sprains / strains / bruising
- Spinal injuries
- Strokes
- Unconscious casualty

Duration:

One Day (plus course pre-work)

Dates:

[Refer to Training Calendar](#)

Times

9.00am to 3:00pm

Venue:

Wollongong

32 Swan St,
Wollongong NSW 2500

P: 02 4210 7222

training.wollongong@ioh.net

Also available on-site at your workplace

Cost:

\$160.00 pp (GST free)

Cost includes all course materials & refreshments

Website:

www.ioh.net



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