



Course Name

Senior First Aid Flexible and Refresher

Course Code

This course meets the National Training requirement Unit HLTF301B – Apply First Aid

Is this course Nationally Recognised?

Yes – This course is accredited through St John Ambulance and is recognised in Australia under the Australian Qualifications Framework.

Are there any pre-requisites?

Yes

Option 1 (flexible learning) – Complete some study on your own via a CD-rom or workbook before attending course.

Option 2 (refresher option) – A current Senior First Aid qualification and pre-reading the New Century First Aid book.

Who will benefit from enrolling in this course?

Anyone who requires a Senior First Aid qualification that prefers to utilise the flexible learning option or anyone who currently holds a Senior First Aid qualification.

What are the units/topics & outcomes of this qualification/course?

Senior First Aid (flexible and refresher) meets WorkSafe – Code of Practice requirements. Flexible learning is theory based while in class content is mainly practical.

Senior First Aid (flexible and refresher) includes:

- D.R.A.B.C.D. action plan
- Placing an unconscious casualty in the recovery position
- Respiratory system and chest injuries
- Choking
- Near drowning
- Circulatory system and heart conditions
- Cardio Pulmonary Resuscitation (CPR)
- Conditions affecting consciousness
- Anaphylaxis and EpiPen use
- Bleeding
- Sprains and strains management
- Fractures
- Spinal injuries
- Burns
- Infant resuscitation demonstration
- Poisons
- Bites and stings
- Eye and ear injuries
- Oxygen therapy awareness
- Defibrillation awareness



- Legal issues
- Infection control
- Shock
- Stroke
- Abdominal injuries
- Crush injuries
- Substance misuse



How is this course provided?

Flexible/Refresher then face to face – in class participation

What training materials & training aids will I require?

All training materials are supplied

How will I be assessed?

Risk assessment and evaluation of first aid performance

What will I receive upon completion of qualification/course?

A Statement of Attainment. This course must be undertaken every 3 years to remain current.

What is the duration of this qualification/course?

1 day

What is the cost of the qualification/course?

\$185.00 (GST is only applicable to training materials)

Can I request RPL for previous learning or experience?

If a person holds a current Senior First Aid certificate they can update their qualification before it expires by completing the 1 Day Senior First Aid Refresher – Option 2.

What opportunities may exist when this qualification/course is completed?

This course meets the National Training requirement Unit HLTF301B – Apply First Aid under the Health Training Package HLT07 as a Cert III or IV level unit

How do I enrol in the next course?

To find out how to enrol please contact Progressive Training on 9964 9497 or via e-mail at admin@progressivetraining.com.au