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Nature Care College

Apply First Aid Statement of Attainment (HLTFA301B)

DESCRIPTION	This unit deals with recognising and responding to an emergency in the workplace. The competency HLTFA301B Apply first aid is compulsory in all our professional training programs. The course includes both home study (flexible learning) and practical assessment. Flexible Learning questions are to be completed before commencement of the course and the practical component (see later for description). Practical training is completed on campus on delivery dates listed below. Enrolments close two weeks prior to each face-to-face delivery date (closing date in brackets).
DURATION	9 hours face-to-face (F2F) training plus flexible learning completed prior to F2F training
LEARNING OUTCOMES	The core elements to this unit are to: <ol style="list-style-type: none"> 1. Assess the situation 2. Apply Basic First Aid techniques; and 3. Communicate detail of the incident
TEACHING METHOD	Lecture Role plays Practical training
ASSESSMENT	<ol style="list-style-type: none"> 1. Theory Assessment: Minimum competency standard 80% 2. Practical Assessment: <p>Resuscitation. Demonstrate competent resuscitation techniques on a mannequin.</p> <p>Practical Scenario. Participants work in pairs, and demonstrate competent bandaging and slinging techniques in controlling bleeding and fracture management.</p>
COMPETENCIES PARTIAL COMPLETION	Successful completion of this Unit of Study is in partial completion of the following Health Training Package HLT07 Units of Competency: HLTFA301B - Apply first aid HLTFA1A - Apply basic first aid
ATTENDANCE	100%
PRE-REQUISITES	Nil.
CO-REQUISITES	Nil.
MATERIALS REQUIRED	Notebook, pen.

TEXTBOOKS**(a) Compulsory
First Aid Manual****(b) Recommended Reading / References:**

**COURSE
CONTENT
COVERED
DURING
FLEXIBLE
LEARNING**

Flexible Learning questions are completed using the manual supplied. The flexible learning questions include the following topics:

- - Identify risks and hazards to self, others and casualty
 - OH & S requirements and legal issues relating to First Aid
 - Documentation of incident/accident report forms
 - Dealing with confidentiality
 - Considering the welfare of the casualty
 - Infectious disease and hygiene
 - Examination of the casualty: monitoring of vital signs, and management of changes in the casualty's physical condition
 - Resuscitation: Cardio Pulmonary Resuscitation (CPR)
 - Casualty's condition is managed for:
 - ✓ Abdominal Injuries
 - ✓ Allergic Reactions
 - ✓ Bleeding: Internal and External
 - ✓ Burns: thermal, chemical, friction, electrical
 - ✓ Cardiac conditions
 - ✓ Chemical contamination
 - ✓ Head Injury including Stroke
 - ✓ Envenomation: snake, spider, insect, marine stings
 - ✓ Bleeding: Internal and External
 - ✓ Medical Emergencies: Asthma, Epilepsy, Diabetes, Fainting, Choking
 - ✓ Substance Abuse including drugs
 - ✓ Burns: thermal, chemical, friction, electrical
 - ✓ Neck and Spinal injuries
 - ✓ Motor Vehicle Accidents
 - ✓ Cardiac conditions
 - ✓ Needle Stick Injuries
 - ✓ Drowning
 - ✓ Chemical contamination
 - ✓ Poisoning and Toxic Substances
 - ✓ Soft tissue injuries: sprains and strains
 - ✓ Cold Injury
 - ✓ Shock
 - ✓ Smoke Inhalation
 - ✓ Crush Injury
 - ✓ Skin Injuries
 - ✓ Dislocations
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**COURSE
CONTENT
COVERED
DURING
PRACTICAL
TRAINING**

1. **Resuscitation Training**
2. **Secondary Survey** – Head to Toe Assessment: the approach to a conscious casualty
3. **Characteristics of a Triangular Bandage:** how to fold a triangular bandage
4. **External Bleeding Control.** Principles of Direct Pressure, Elevation, and Rest. Use of a Constrictive Bandage only as a last resort in controlling external bleeding
5. **Internal Bleeding Control.** Principles of casualty posturing for head, chest, and abdominal internal bleeding
6. **Wounds:** Abrasions, lacerations, Incisions, Embedded/Impaled Wound (use of ring/doughnut bandage), Amputation, Bruise, Sprain, Strain: Rest Ice Compression Elevation Referral treatment modality
7. **Shock:** Casualty posturing of a person in blood loss shock as opposed to heart attack shock
8. **Fracture Management:** Upper Extremity (Collar and Cuff, Arm Sling) and Lower Extremity splinting
9. **Bites and Stings:** Demonstrate Pressure Immobilisation Bandage/Technique
10. **Poisons:** Casualty posturing towards the LEFT lateral position, if ingested poison
11. **Choking Casualty (Complete Blockage):** Demonstrate Back slaps for adult, child and infant techniques; Chest Thrusts for adult, child and infant techniques
12. **Asthma:** Casualty posturing, especially during sever attacks/extremis. The use of a 'spacer device' in delivering a reliever medication 'puffer.'
13. **Neck/Spinal Injuries:** Demonstrate two, three, and four person, log roll
14. **Chest Injuries:** Broken ribs, Sucking Chest wound, flailed chest: casualty posturing for these injuries
15. **Abdominal Injuries:** Casualty posturing for internal bleeding and treatment for evisceration (exposed abdominal organs)
16. **Head Injury:** Bandaging of head injuries. Emphasise the caution with potential neck/spinal injury
17. **Stroke:** Casualty posturing
18. **Heart Attack:** Casualty Posturing
19. A quick review of the following theory based topics: Head and Facial Injuries, Diabetes, Hyper / Hypothermia, MVA, Crush Injury, Smoke

CERTIFICATION PERIOD 3 years from completion

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.