

About This Course

This unit describes the skills and knowledge required to provide a first aid response to a casualty. The unit applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

Elements and Performance Criteria

| ELEMENT | PERFORMANCE CRITERIA |
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| <i>Elements define the essential outcomes.</i> | <i>Performance criteria specify the level of performance needed to demonstrate achievement of the element.</i> |
| 1. Respond to an emergency situation | 1.1 Recognise an emergency situation 1.2 Identify, assess and manage immediate hazards to health and safety of self and others 1.3 Assess the casualty and recognise the need for first aid response 1.4 Assess the situation and seek assistance from emergency response services |
| 2. Apply appropriate first aid procedures | 2.1 Perform cardiopulmonary resuscitation (CPR) in accordance with Australian Resuscitation Council (ARC) guidelines 2.2 Provide first aid in accordance with established first aid principles 2.3 Display respectful behaviour towards casualty 2.4 Obtain consent from casualty where possible 2.5 Use available resources and equipment to make the casualty as comfortable as possible 2.6 Operate first aid equipment according to manufacturer's instructions 2.7 Monitor the casualty's condition and respond in accordance with first aid principles |
| 4. Evaluate the incident and own performance | 4.1 Recognise the possible psychological impacts on self and other rescuers involved in critical incidents 4.2 Participate in debriefing to address individual needs |

Assessment requirements

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role.

There must be evidence that the candidate has completed the following tasks in line with state/territory regulations, first aid codes of practice, Australian Resuscitation Council (ARC) guidelines and workplace procedures:

Followed DRSABCD in line with ARC guidelines, including:

- performed at least 2 minutes of uninterrupted single rescuer cardiopulmonary resuscitation (CPR) (5 cycles of both compressions and ventilations) on an adult resuscitation manikin placed on the floor
- performed at least 2 minutes of uninterrupted single rescuer CPR (5 cycles both compressions and ventilations) on an infant resuscitation manikin placed on a firm surface
- responded appropriately in the event of regurgitation or vomiting
- managed the unconscious breathing casualty
- followed single rescue procedure, including the demonstration of a rotation of operators with minimal interruptions to compressions
- followed the prompts of an Automated External Defibrillator (AED)

Responded to at least two simulated first aid scenarios contextualised to the candidate's workplace/community setting, including:

- conducted a visual and verbal assessment of the casualty
- demonstrated safe manual handling techniques
- post-incident debrief and evaluation
- provided an accurate verbal or written report of the incident

Applied first aid procedures for the following:

- allergic reaction
- anaphylaxis
- bleeding control
- choking and airway obstruction
- envenomation, using pressure immobilisation
- fractures, sprains and strains, using arm slings, roller bandages or other appropriate immobilisation techniques
- respiratory distress, including asthma
- shock

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

State/Territory regulations, first aid codes of practice and workplace procedures including:

- ARC Guidelines relevant to provision of CPR and first aid
- safe work practices to minimise risks and potential hazards
- infection control principles and procedures, including use of standard precautions
- requirements for currency of skill and knowledge

Legal, workplace and community considerations including:

- awareness of potential need for stress-management techniques and available support following an emergency situation
- duty of care requirements
- respectful behaviour towards a casualty
- own skills and limitations
- consent
- privacy and confidentiality requirements
- importance of debriefing

Considerations when providing first aid including:

- airway obstruction due to body position
- appropriate duration and cessation of CPR
- appropriate use of an AED
- chain of survival
- standard precautions
- how to conduct a visual and verbal assessment of the casualty

Principles and procedures for first aid management of the following scenarios:

- abdominal injuries
- allergic reaction
- anaphylaxis
- basic care of a wound
- bleeding control
- burns
- cardiac conditions, including chest pain
- choking and airway obstruction

- crush injuries
- diabetes
- dislocations
- drowning
- envenomation
- environmental impact, including hypothermia, hyperthermia, dehydration and heat stroke
- eye and ear injuries
- fractures
- febrile convulsions
- head, neck and spinal injuries
- minor skin injuries
- needle stick injuries
- poisoning and toxic substances
- respiratory distress, including asthma
- seizures, including epilepsy
- shock
- soft tissue injuries, including strains and, sprains
- stroke
- unconsciousness

Basic anatomy and physiology relating to:

- how to recognise a person is not breathing normally
- chest
- response/consciousness
- upper airway and effect of positional change
- considerations in provision of first aid for specified conditions