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**SHEGROUP**  
SAFETY, HEALTH & ENVIRONMENT

ABN 80 902 952 302  
www.shegroup.com.au

## HLTAID011 PROVIDE FIRST AID

SHE Group (Safety Health and Environment) is a privately owned and operated business based in Brisbane, Queensland. We specialise in quality education and training, first aid supplies and WHS contracting services to Australian workplaces. Our priority is to deliver professional, affordable and engaged onsite consulting services to our community. SHE Group is a third-party provider delivering nationally recognised training and assessment in WHS and First Aid courses on behalf of Allens Training Pty Ltd RTO 90909.

With instruction and practical training in line with legal, workplace and community considerations, Australian Resuscitation Council guidelines and other Australian national peak clinical bodies, this course teaches the skills and knowledge to recognise emergencies and provide immediate and effective first aid treatment to any person suffering a sudden illness or injury.

The course covers assessing the casualty, providing safety, accessing emergency services, and using resources to provide first aid, such as providing CPR and using a defibrillator, administering an autoinjector for anaphylaxis, administering asthma medication, assisting someone choking, using appropriate immobilisation techniques for envenomation, fractures, dislocations, sprains, and strains, managing casualties with non-life-threatening bleeding and shock.

You will learn basic anatomy, physiology and the differences between adults, children and infants relating to CPR, the importance of the chain of survival, written and verbal reporting of incident details, reviewing incidents to improve own skills and response times, to recognise psychological impacts, and seeking help as required.

### Unit Delivered

The following units will be included in your certificate:

- HLTAID011 - Provide First Aid
- HLTAID009 - Provide cardiopulmonary resuscitation
- HLTAID010 - Provide basic emergency life support

### Course Delivery

This course can be delivered/assessed in the workplace or at a facility organised by SHE Group.

### Learner Rights, Responsibilities & Support

Please note that enrolment to this course is made with Allens Training Pty Ltd RTO 90909. Please refer to the student handbook located on the RTO website [Student Handbook](#) for all details relating to rights and responsibilities, including complaints and appeals.



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## ENTRY REQUIREMENTS

Participants must have the physical capacity to perform the practical demonstrations, such as 2 minutes of uninterrupted CPR on the floor and performing rescue breathing techniques on manikins.

### Pre-course study:

Students may be required to undertake online pre-course work prior to attending the face-to-face session, depending on the course delivery mode.

### Online study:

Students **must** have access to a computer, smartphone, tablet, or other electronic devices with access to the internet to complete the online / pre-course studies.

## COURSE DURATION

Course durations can vary for multiple reasons, so the durations below are the *minimum possible amount*.

<b>Refresher Face to Face</b> contact time of at least	6 Hours
<b>Blended Face to Face</b> contact time of at least	6 Hours
<b>Face-to-Face</b> Face to Face contact time of at least	7 Hours 30 Mins
<b>Online with face-to-face assessment</b> Face to Face contact time of at least	1 Hour

## ASSESSMENT REQUIREMENTS

Individuals undertaking this course will be expected to complete both written and practical assessment tasks. Assessments conducted during a face-to-face training session(s) include:

### Assessment Activities

- Perform CPR on an adult (incl. the use of an AED and placing a casualty into the recovery position)
- Complete a first-aid incident report form based on the simulated first-aid scenario
- Perform CPR on an infant
- Manage a casualty with anaphylaxis
- Manage a casualty with asthma
- Manage a choking casualty
- Manage a casualty with non-life-threatening bleeding and shock, requiring minor wound cleaning
- Manage a casualty with a nosebleed
- Manage a casualty with a fracture and dislocation
- Manage a casualty with a sprain and strain
- Manage a casualty with envenomation (snake/ funnel-web spider bite)

### Theory Assessment:

A written assessment consisting of multiple-choice questions.



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### CERTIFICATE RENEWAL REQUIREMENTS

This certificate has an industry-recommended renewal period of 36 months.

### FURTHER INFORMATION

In addition, SHE Group provides work health and safety information, products, and consulting services. Our passionate, dedicated, and experienced facilitators and partners have years of experience in pre-hospital care and first-response environments.

If you are looking for group training, please email us for a quote or additional information today.