

PROVIDE FIRST AID / CPR

HLTAID011 Provide First Aid

HLTAID009 Provide CPR

Gain the practical skills and confidence to respond to first aid emergencies and perform CPR safely and effectively. This course covers the essential knowledge and techniques to manage common injuries and potentially life-threatening situations in the workplace and community.

**1 DAY
COURSE**

**NATIONALLY
RECOGNISED**

1. WHO IS THIS COURSE FOR?

- Anyone who wants to gain essential first aid and CPR skills
- Workers in any industry
- Community members, parents, carers and volunteers
- Anyone who may need to respond to an emergency situation

2. WHAT YOU WILL LEARN

- Recognise and assess emergency situations
- Perform CPR on adults
- Provide first aid for common illnesses and injuries
- Apply the DRSABCD action plan
- Use an AED (Automated External Defibrillator)
- Communicate with emergency services

3. COURSE SNAPSHOT



DURATION:
1 day



DELIVERY MODE:
For public courses: self-paced online, pre-course learning and knowledge assessment, plus classroom practical training and assessment.



LOCATION:
See website for delivery locations. Workplace training also offered — email us for details.



COURSE DATES / INTAKES:
Please see website for current course dates and intake details.



FEES / COST:
\$145 per person



OUTCOME:
Upon successful completion, learners receive a Statement of Attainment for HLTAID011 Provide First Aid and HLTAID009 Provide CPR.

4. COURSE OUTCOMES

- Respond confidently to a range of first aid emergencies
- Perform high-quality CPR
- Provide care until further medical assistance arrives
- Promote safety and wellbeing in the workplace and community

5. OUR TRAINING APPROACH

- Trainer-led, face-to-face learning
- Practical hands-on demonstrations and activities
- Realistic workplace scenarios
- Supportive learning environment
- Delivered by experienced and industry-qualified trainers

6. ASSESSMENT REQUIREMENTS

Assessment includes knowledge questions and practical demonstrations. Learners must demonstrate the ability to identify hazards, apply risk controls, correctly use first aid equipment and safely complete workplace emergency procedures in line with current Australian Resuscitation Council guidelines.

7. ENTRY REQUIREMENTS

There are no formal prerequisites for this course.
Learners must:

- Have sufficient English language and literacy skills
- Be physically able to participate in practical working-at-heights activities.
- Provide a valid Unique Student Identifier (USI)

8. COMPLETION REQUIREMENTS

Learners must attend the required training and successfully complete all assessment requirements to be deemed competent. Attendance alone does not result in competency or the issue of a nationally recognised credential.

9. LEARNER-SUPPLIED RESOURCES

Learners must have access to a computer or smart device with a reliable internet connection to complete the online pre-course learning and assessment. All learners must have safety boots and a hard hat.

10. LEARNER SUPPORT

Learner support and reasonable adjustment are available where required, aligned with equality of the training and assessment is maintained. See the Student Handbook or our website for full details of available support.

11. RPL and CREDIT TRANSFER

RPL and Credit Transfer may be available for eligible learners. Contact us to discuss recognition options and suitable pathways.

12. PAYMENT TERMS

Payment is required at the time of enrolment to secure your place. Payment can be made by invoice or credit card via our secure Stripe payment gateway. Credit card processing fees apply.

13. REFUNDS & CANCELLATIONS

Refunds are available in accordance with Programmed's Refund Policy. Cancellations made within the timeframes specified in the policy may be eligible for a refund or course credit. Full refund and cancellation terms are available on our website.

14. ENROLMENT CONDITIONS

"By enrolling in this course, you agree to Programmed's enrolment terms and conditions, including applicable course, payment, cancellation and learner requirements. See our website for full terms and conditions, or contact us for more information."

READY TO ENROL?

Scan the QR code to secure your place, see dates and locations, or get in touch.

