

Queensland Ambulance Service First aid training

learn from experience



**Queensland
Government**
Department of
Emergency Services

learn from experience

In a medical emergency, every second counts

In the first few critical moments of a medical emergency, every second counts. Often it can be the quick and simple actions of a first aider that gives a casualty the best chance of making a full recovery.

First aid training with Queensland Ambulance Service can provide you with the skills, knowledge and confidence to assist an injured or ill person until our paramedics or other medical professionals arrive on the scene.

Quality first aid training

Behind every Queensland Ambulance Service first aid course there is over 100 years of clinical expertise in preparing the community to respond appropriately to emergency situations.

Our paramedics and Queensland Ambulance Service trained first aid instructors, draw on real life medical emergencies to demonstrate ways in which you can contribute to saving lives.

Flexible training delivery

Queensland Ambulance Service's first aid courses provide nationally recognised qualifications and have been designed to encourage flexible training to suit individual and industry requirements.

The course times provided are suggested or nominal times only. If you regularly update your first aid skills and knowledge, you may complete the course and assessments in less time.



introductory first aid courses

Provide Basic Emergency Life Support

This course prepares you to recognise and respond to life threatening emergencies using basic life support treatment. Cardiopulmonary resuscitation (CPR) is incorporated in this course content.

Course content

- responding to and managing an unconscious casualty
- performing CPR
- communicating details of the incident
- respiratory and cardiac emergencies
- bleeding and shock

Nominal course duration

8 hours

Assessment method

Practical assessment activities combined with short multiple choice question papers.

Recommended recertification period

12 months

Perform Cardiopulmonary Resuscitation (CPR)

This course provides you with the skills and knowledge to perform cardiopulmonary resuscitation (CPR) in an emergency situation.

Course content

- responding to and managing an unconscious casualty
- performing CPR
- communicating details of the incident

Nominal course duration

3 hours

Assessment method

Practical assessment activities combined with short multiple choice question papers.

Recommended recertification period

12 months

Perform CPR with Low Voltage Rescue

If you are working in the electrical industry, this course will provide you with knowledge in low voltage rescue as well as resuscitation skills in the event of an electrocution incident.

Course content

- performing CPR
- introduction to electrical safety regulations
- use of low voltage rescue equipment
- affecting a rescue from a low voltage switchboard including resuscitation

Nominal course duration

3.5 hours

Assessment method

Practical assessment activities combined with short multiple choice question papers.

Recommended recertification period

6 months

Note: Only the Perform CPR component of this course is accredited

introductory first aid courses

Apply First Aid

This course prepares you to respond to emergency situations by providing you with skills and knowledge in first aid treatment.

Course content

- responding to and managing an unconscious casualty
- performing CPR
- communicating details of the incident
- respiratory and cardiac emergencies
- bleeding and shock
- acute medical emergencies
- musculoskeletal injuries
- traumatic injuries to head, spine, chest, abdomen and pelvis
- poisons, bites, stings and extremes of temperature

Nominal course duration

16 hours – in class or

8 hours – in class plus completion of self paced, pre-course workbook

Assessment method

Practical assessment activities, short multiple choice question papers and submission of a pre-course workbook.

Recommended recertification period

Apply First Aid – 3 years

Perform CPR – 12 months



advanced first aid courses

Apply Advanced Resuscitation Techniques

This course prepares you to provide advanced first aid resuscitation techniques and incorporates the use of life saving equipment such as an automatic external defibrillator and advanced oxygen equipment.

Course content

- legal requirements
- assess the situation
- life saving equipment - use of advanced resuscitation equipment, use of automatic external defibrillators
- safe manual handling, communicating and evaluating an emergency incident

Nominal duration

8 hours

Assessment method

Practical assessment activities, short multiple choice question papers and submission of a pre-course workbook.

Recommended recertification period

12 months

Prerequisite

Apply First Aid certificate with current CPR certification

Automatic External Defibrillation

This course prepares you to provide automatic external defibrillation techniques to casualties, until the arrival of medical assistance.

Course content

- casualty assessment and infection control
- the heart, chain of survival and automatic external defibrillation protocols
- use of an automatic external defibrillator

Nominal duration

4 - 6 hours

Assessment method

Practical assessment activities, short multiple choice question papers and submission of a pre-course workbook.

Recommended recertification period

12 months

Prerequisite

Apply First Aid certificate with current CPR certification

Apply Advanced First Aid

This course builds on the Apply First Aid course to include advanced first aid skills and use of a range of life saving equipment.

Course content

- legal requirements
- assess the situation
- manage the casualty
- life saving equipment - first aid kits, use of advanced resuscitation equipment, use of automatic external defibrillators
- pain and anaphylaxis management
- safe manual handling, communicating and evaluating an emergency incident

Nominal duration

16 hours

Assessment method

Practical assessment activities, short multiple choice question papers and submission of a pre-course workbook.

Recommended recertification period

12 months

Prerequisite

Apply First Aid certificate with current CPR certification

Industry specific first aid courses

Queensland Ambulance Service also offers advanced first aid training courses that can be customised to specific industry requirements.

As the leader in pre-hospital emergency patient care, Queensland Ambulance Service's first aid instructors have access to a comprehensive range of clinical and training knowledge that can assist in developing tailored first aid course packages to meet your organisation's needs.

The range of industries that Queensland Ambulance Service can customise first aid courses to include:

- mining / metalliferous
- electrical
- outdoor / recreational / forestry
- agriculture
- maritime; and
- construction.

To further discuss your organisation's individual first aid training needs with one of our clinical training experts, please call **1300 369 003**.

Discount

Discounts are available to current Commonwealth pensioners, Queensland Government Senior Card holders and full-time students. Please enquire at time of booking.

A 10% discount applies to all bookings made online at **www.ambulance.qld.gov.au**

First aid kits and defibrillators

It is important to always have first aid equipment nearby in times of a medical emergency. To purchase a first aid kit or automatic external defibrillator visit **www.ambulance.qld.gov.au**

Prepare yourself to respond in a medical emergency by enrolling in a Queensland Ambulance Service first aid course today.

Book online at
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or call **1300 369 003**



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