



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **HLTFA301B Apply first aid**

**Release: 1**

## **HLTFA301B Apply first aid**

### **Modification History**

### **Unit Descriptor**

This unit of competency describes the skills and knowledge required to provide first aid response, life support, management of casualty(s), the incident and other first aiders, until the arrival of medical or other assistance

### **Application of the Unit**

These skills and knowledge may be applied in a range of situations, including community and workplace settings

Training Package users should ensure implementation is consistent with any specific workplace and/or relevant legislative requirements in relation to first aid, including State/Territory requirements for currency

Application of these skills and knowledge should be contextualised as required to address specific industry, enterprise or workplace requirements and to address specific risks and hazards and associated injuries

A current Senior First Aid, Workplace Level 2 or Level 2 qualification may provide evidence of skills and knowledge required by this competency unit. However, as with all evidence of competence, evidence must be assessed against the requirements specified in the competency unit

### **Licensing/Regulatory Information**

### **Pre-Requisites**

### **Employability Skills Information**

The required outcomes described in this unit of competency contain applicable facets of Employability Skills

The Employability Skills Summary of the qualification in which this unit of competency is packaged will assist in identifying Employability Skill requirements

### **Elements and Performance Criteria Pre-Content**

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in *italics* are elaborated in the Range Statement.

## Elements and Performance Criteria

### Elements and Performance Criteria

Element	Performance Criteria
1 Assess the situation	<ul style="list-style-type: none"><li>1.1 Identify assess and minimise <b>hazards</b> in the situation that may pose a risk of injury or illness to self and others</li><li>1.2 Minimise immediate <b>risk</b> to self and casualty's health and safety by controlling any hazard in accordance with occupational health and safety requirements</li><li>1.3 Assess casualty and identify injuries, illnesses and conditions</li></ul>
2 Apply first aid procedures	<ul style="list-style-type: none"><li>2.1 Calmly provide information to reassure casualty, adopting a communication style to match the casualty's level of consciousness</li><li>2.2 Use available <b>resources and equipment</b> to make the casualty as comfortable as possible</li><li>2.3 Respond to the casualty in a culturally aware, sensitive and respectful manner</li><li>2.4 Determine and explain the nature of casualty's injury/condition and relevant first aid procedures to provide comfort</li><li>2.5 Seek consent from casualty prior to applying first aid management</li><li>2.6 Provide <b>first aid management</b> in accordance with <b>established first aid principles</b> and Australian Resuscitation Council (ARC) Guidelines and/or State/Territory regulations, legislation and policies and industry requirements</li><li>2.7 Seek first aid assistance from others in a timely manner and as appropriate</li><li>2.8 Correctly operate first aid equipment as required for first aid management according to manufacturer/supplier's instructions and local policies and/or procedures</li></ul>

- 2.9 Use safe manual handling techniques as required
- 2.1 Monitor **casualty's condition** and respond in accordance with effective first aid principles and procedures
- 2.1 Finalise casualty management according to casualty's needs and first aid principles
- 3 Communicate details of the incident
  - 3.1 Request ambulance support and/or appropriate medical assistance according to relevant circumstances using relevant **communication media and equipment**
  - 3.2 Accurately convey assessment of casualty's condition and management activities to ambulance services /other emergency services/relieving personnel
  - 3.3 Prepare reports as appropriate in a timely manner, presenting all relevant facts according to established procedures
  - 3.4 Accurately record details of casualty's physical condition, changes in conditions, management and response to management in line with established procedures
  - 3.5 Maintain confidentiality of records and information in line with privacy principles and statutory and/or organisation policies
- 4 Evaluate own performance
  - 4.1 Seek feedback from **appropriate clinical expert**
  - 4.2 Recognise the possible psychological impacts on rescuers of involvement in critical incidents
  - 4.3 Participate in debriefing/evaluation as appropriate to improve future response and address individual needs

## Required Skills and Knowledge

This describes the essential skills and knowledge and their level required for this unit.

### Essential knowledge:

ARC Guidelines relating to provision of first aid as outlined

Working knowledge of:

basic principles and concepts underlying the practice of first aid

procedures for dealing with major and minor injury and illness

priorities of management in first aid when dealing with life threatening conditions

basic occupational health and safety requirements in the provision of first aid

infection control principles and procedures, including use of standard precautions

chain of survival

first Aiders' skills and limitations

Understanding of the use of an Automated External Defibrillator (AED), including when to use and when not to

First aid management of:

abdominal injuries

allergic reactions

altered and loss of consciousness

bleeding

burns - thermal, chemical, friction, electrical

cardiac arrest

casualty with no signs of life

chest pain

choking/airway obstruction

injuries: cold and crush injuries; eye and ear injuries; head, neck and spinal injuries; minor skin injuries; needle stick injuries; soft tissue injuries including sprains, strains, dislocations

envenomation - snake, spider, insect and marine bites

environmental impact such as hypothermia, hyperthermia, dehydration, heat stroke

fractures

medical conditions, including cardiac conditions, epilepsy, diabetes, asthma and other respiratory conditions

near drowning

poisoning and toxic substances (including chemical contamination)

respiratory distress

seizures

shock

stroke

substance misuse - common drugs and alcohol, including illicit drugs

Awareness of stress management techniques and available support

Social/legal issues:

duty of care

need to be culturally aware, sensitive and respectful

importance of debriefing

confidentiality

own skills and limitations

### **Essential skills:**

Ability to:

Conduct an initial casualty assessment

Plan an appropriate first aid response in line with established first aid principles, policies and procedures, ARC Guidelines and/or State/Territory regulations, legislation and policies and industry requirements and respond appropriately to contingencies in line with own skills

Demonstrate correct procedures for performing CPR using a manikin, including standard precautions (i.e. as per unit **HLTCPR201A Perform CPR**)

Apply first aid principles

Infection control, including use of standard precautions

Follow OH&S guidelines

Demonstrate:

safe manual handling

consideration of the welfare of the casualty

ability to call an ambulance

site management to prevent further injury

Provide assistance with self-medication as per subject's own medication regime and in line with State/Territory legislation, regulations and policies and any available medical/pharmaceutical instructions

Administer medication in line with state/territory regulations, legislation and policies

Prepare a written incident report or provide information to enable preparation of an incident report

Communicate effectively and assertively in an incident

Make prompt and appropriate decisions relating to managing an incident in the workplace

Call an ambulance and/or medical assistance according to relevant circumstances and report casualty's condition

Use literacy and numeracy skills as required to read, interpret and apply guidelines and protocols

Evaluate own response and identify appropriate improvements where required

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package. The evidence guide supplements assessment requirements that apply to all units in this Training Package. Users of this evidence guide should first read the package's assessment guidelines.

### **Critical aspects of assessment:**

Assessment must include demonstrated evidence of specified Essential Knowledge and Essential Skills identified in this competency unit

Competence should be demonstrated working individually and, where appropriate, as part of a first aid team

Consistency of performance should be demonstrated over the required range of situations relevant to the workplace or community setting

Currency of first aid knowledge and skills is to be demonstrated in line with State/Territory regulations, legislation and policies, ARC and industry guidelines

### **Context and resources required for assessment:**

Skills in performing first aid procedures are to be assessed through demonstration, with questioning to confirm essential knowledge

For assessment purposes, demonstration of skills in CPR procedures requires using a model of the human body (resuscitation manikin) in line with Australian Resuscitation Council Guidelines

**Access and equity considerations:**

All workers in the health industry should be aware of access and equity issues in relation to their own area of work

All workers should develop their ability to work in a culturally diverse environment

In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people

Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

## **Range Statement**

### **RANGE STATEMENT**

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

**Contextualisation to address specific requirements may include:**

Focus on first aid management of specific types of injury

First aid provision under specific constraints or circumstances (e.g. in confined spaces, in maritime work environment or in work environment involving identified risks/hazards)

<b>Established first aid principles include:</b>	Preserve life Prevent illness, injury and condition(s) becoming worse Promote recovery Protect the unconscious casualty
<b>Vital signs include:</b>	Consciousness Breathing Circulation
<b>A hazard is:</b>	A source or situation with the potential for harm in terms of human injury or ill-health, damage to property, the environment, or a combination of these
<b>Hazards may include:</b>	Physical hazards Biological hazards Chemical hazards Hazards associated with manual handling
<b>Risks may include:</b>	Risks from equipment, machinery and substances Risks from first aid equipment Environmental risks Exposure to blood and other body substances Risk of further injury to the casualty Risks associated with the proximity of other workers and bystanders Risks from vehicles

**Casualty's condition is managed for:**

Abdominal injuries  
Airway obstruction  
Allergic reactions  
Altered and loss of consciousness  
Bleeding  
Burns - thermal, chemical, friction, electrical  
Chest pain/cardiac arrest  
Injuries: cold and crush injuries; eye and ear injuries; head, neck and spinal injuries; minor skin injuries; needle stick injuries; soft tissue injuries including sprains, strains, dislocations  
Near drowning  
Envenomation - snake, spider, insect and marine bites  
Environmental conditions such as hypothermia, hyperthermia, dehydration, heat stroke  
Fractures  
Medical conditions, including cardiac conditions, epilepsy, diabetes, asthma and other respiratory conditions  
No signs of life  
Poisoning and toxic substances (including chemical contamination)  
Respiratory distress/arrest  
Seizures  
Shock  
Stroke  
Substance misuse - common drugs and alcohol, including illicit drugs.

**First aid management must take into account applicable aspects of:**

The setting in which first aid is provided, including:

workplace policies and procedures

industry/site specific regulations, codes etc.

OHS requirements

state and territory workplace health and safety legislative requirements

location and nature of the incident

situational risks associated with, for example, electrical and biological hazards, weather, motor vehicle accidents

location of emergency services personnel.

The use and availability of first aid equipment and resources

Infection control

Legal and social responsibilities of first aider

**Resources and equipment are used appropriate to the risk to be met and may include:**

AED

First aid kit

Auto-injector

Puffer/inhaler

Resuscitation mask or barrier

Spacer device

**Communication media and equipment may include but are not limited to:**

Telephones, including landline, mobile and satellite phones

HF/VHF radio

Flags

Flares

Two way radio

Email

Electronic equipment

Hand signals

**Appropriate clinical expert may include:**

Supervisor/manager

Ambulance officer/paramedic

Other medical/health worker

**Documentation may include:**

Injury report forms

Workplace documents as per organisation requirements

**Documentation may include recording:**

Time

Location

Description of injury

First aid management

Fluid intake/output, including fluid loss via:

blood

vomit

faeces

urine

Administration of medication including:

time

date

person administering

dose

Vital signs

**Unit Sector(s)**