

TYPES OF FIRST AIDERS AND TRAINING REQUIREMENTS

In accordance with the [Code of Practice for First Aid in the Workplace](#) First aiders should hold nationally recognised Statement/s of Attainment issued by a Registered Training Organisation (RTO) for the nationally endorsed first aid unit/s of competency. Managers/Supervisors should ensure your first aiders have appropriate training for the risks you have identified in your workplace.

Perform emergency first aid—covers performing basic emergency first aid, expired air resuscitation (EAR) and CPR.

Provide first aid (1 day) - covers the skills and knowledge required to provide a first aid response to a casualty. The unit applies to workers who may be required to provide a first aid response in a range of situations including community and workplace settings.

Provide initial first aid response—deals with providing essential first aid in recognising and responding to an emergency using basic life support measures. This competency applies to operators who have a first aid role as part of their job. This first aider is not expected to deal with complex casualties or incidents, but to provide an initial response where first aid is required. In this unit it is assumed the first aider works under supervision, either individually or as part of a team, or according to established workplace first aid procedures and policies.

Provide first aid in remote situations—covers the performance outcomes, skills and knowledge required for providing first aid to a casualty in a remote or isolated area and their management over an extended period of time until medical assistance arrives or the casualty can be evacuated. This unit applies to those who will be providing first aid in remote settings within the outdoor recreation sector. This may include those undertaking a leadership role in outdoor recreation activities, like bushwalking or other guided activities in remote locations. This may also include those working for private outdoor adventure companies, volunteer organisations, not for profit organisations or government agencies.

Provide first aid response in remote or isolated area—covers the skills and knowledge required, in a remote or isolated area, to provide first aid response including life support, and to manage one or more casualty until emergency services evacuate the casualty. This unit of competency applies to operators who are required to assess the situation, manage one or more casualty and provide first aid until medical or other assistance arrives while factoring in conditions and contingencies arising in a remote/isolated area.

Maintain first aid resources and records—covers the skills and knowledge required to maintain first aid resources and related records. This unit of competency applies to operators who are required to check the availability and condition of supplies and equipment, get resources, clean equipment, dispose of waste, store resources and manage related records. Depending on the workplace organisational structure the person might be responsible for ordering and purchasing equipment/resources or might get resources once they have been purchased. This unit of competency applies to an individual working alone or as part of a team or group and working in liaison with other shift team members. This unit of competency applies in a plant, remote facility or similar where there are first aid stations requiring monitoring.

ADDITIONAL TRAINING FOR FIRST AIDERS

First aiders should attend training on a regular basis to refresh their first aid knowledge and skills and to confirm their competence to provide first aid. Refresher training in CPR should be undertaken annually and first aid qualifications should be renewed every three years.

First aiders should do additional first aid training to respond to specific situations at their workplace. For example, where workers or others at the workplace have existing medical conditions, first aiders should be trained to respond to these conditions if the topic has not been covered in previous first aid training. (*Noting that information about a worker's health **must** be kept confidential and only provided to first aiders with the worker's consent.*)

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Nationally Recognised Training providers

Please refer to the [HSW Training webpage](#) for suggested training providers (under the section Information and Training, External Training Courses).

Note: This table summarises the level of competency for the most popular training courses. For more specialised and advanced training courses, refer to the Recognised Training Organisation's website.

FIRST AID COURSES - NATIONALLY RECOGNISED		
First Aid types	Relevant National Course	As a guide Duration of Course
Provide cardiopulmonary resuscitation	Provide cardiopulmonary resuscitation HLTAID001;	½ day
Provide basic emergency life support	Provide cardiopulmonary resuscitation HLTAID001; Provide basic emergency life support HLTAID002;	1 day
Provide first aid	Provide cardiopulmonary resuscitation HLTAID001; Provide basic emergency life support HLTAID002; Provide First Aid HLTAID003.	1 day or 2 day course
Provide first aid in remote locations	Provide cardiopulmonary resuscitation HLTAID001; Provide basic emergency life support HLTAID002; Provide First Aid HLTAID003. Provide first aid in remote situations HLTAID005	3 days