

### HRD Integrated Services industry training

Phone 03 9747 2386

Email [admin@hrdi.com.au](mailto:admin@hrdi.com.au)

Web [www.hrdi.com.au](http://www.hrdi.com.au)

#### Brief Info

**B**e ready to provide emergency first aid. Meet rail competency matrix requirements or your workplace safety obligations. Join a HRD first aid course now or enrol your staff.

#### Course code:

HRD-CPR/HRD-PFA

#### Course Cost

- Contact HRD for course cost

#### Training delivered

- Minimum 6, maximum 10 persons
- Mixed mode: completion of pre-course study (reading the learner guide and undertaking a written theory test) **plus** practical training

OR

Face-to-face training.

- There are no prerequisites.

#### Assessment

- Theory quiz
- Practical demonstration – perform CPR

Note: CPR assessment requires 2 minutes of CPR on both an adult manikin (kneeling on the floor only, no exceptions) and on a baby manikin.

#### Venue

- Rail Academy–Newport
- Workplace (by arrangement)

#### What to bring

- Pen/notebook
- Wear comfortable clothing

#### Scheduled dates

Courses run as needed. Contact HRD to register your interest.

#### Provide CPR (HLTAID009)

Do you know what to do if someone is in cardiac arrest? What if the person is unconscious?

Provide CPR gives you the foundation skills to recognise and then manage a casualty who is unconscious and not breathing.\*

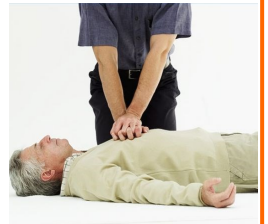
**Cardio-pulmonary resuscitation is a life-saving technique** which can sustain life until an ambulance arrives.

Learn this valuable skill in 4 hours.

#### Assessment

Learners will be assessed through a quiz and demonstration of skills.

\*The Australian Resuscitation Council recommends that CPR skills are recertified every 12 months.



#### Provide first aid (HLTAID011)

**Provide first aid is the minimum requirement for workplace first aid compliance.†**

Learn the skills vital to manage emergency situations and provide a first aid response, life support, casualty management and incident control until qualified emergency help arrives.

#### Course content

- Basic life support (DRSABCD), CPR and AED; shock management
- Airway management – asthma, choking, severe allergic reaction, hyperventilation
- Cardiac emergencies; seizures and convulsions
- Bleeding and wound care; burns and scalds; poisons, bites and stings
- Musculoskeletal and abdominal injuries

#### Training duration

##### Initial training options – first time first aiders

- 2 days face-to-face OR
- 1 day mixed mode (pre-course study† **plus** 6–8 hours practical training).

**Refresher course** is generally via mixed mode: pre-course study† **plus** 4–8 hours practical training.

#### Assessment

Assessment includes demonstration of skills, role plays, case studies, written quiz.

†The Australian Resuscitation Council recommends that first aid skills are renewed at least every 3 years.

\*Pre-course study involves reading the learner guide and undertaking a written theory test



#### Accredited training

Statement of Attainment issued on successful completion of training and assessment.

**HRD Integrated Services can customises first aid training to the rail infrastructure, rail construction and electrical industry sectors.**

**Talk to us about how HRD can meet your workplace or industry training needs.**

HRD-First Aid training

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HRD Integrated Services Pty Ltd

Quality rail signalling training and assessment solutions

#### Head Office

Factory 10/8-10 Norton Drive MELTON VIC 3337

ABN: 70 920 565 479

Phone: (03) 9747 2386 / 0437 419 713

Email: [admin@hrdi.com.au](mailto:admin@hrdi.com.au)

Web: [www.hrdi.com.au](http://www.hrdi.com.au)

RTO No: 22116

REC: 17154