

CPR First Aid

Learner Notes – FAQ's

Please read the following information carefully to ensure that the practical first aid day is a positive experience and you get the full qualification or statement of attainment:

1. CPR first aid would like to thank you for completing the online pre-course questions. The questions are done for two main reasons, the first reason is to allow the CPR refresher 001 course to be only two hours, the standard first aid course 003 to be four hours, and the childcare and school based first aid course 004 to be five hours (please check these times for your specific course and check you are enrolled in the right course for you). Many years ago the CPR course was several hours, the standard first-aid course 003 was two days and the childcare and school based first aid course for was 2 to 3 days. The government and CPR first aid are trying to make the courses workplace and family friendly. The second reason is by focusing on doing the theory and understanding the background information, the practical first aid day will be easier to understand and complete as there are many practical assessments done on the day
2. The government and related organisations have said that students must be able to complete two minutes of CPR on an adult and infant mannequin (and child). If a student cannot complete this in a kneeling position then they cannot be assessed as competent or pass the course. The person will receive a certificate of attendance but not a certificate of attainment or completion (i.e. passed the course). Please contact administration to discuss.
3. The basic course structure is mainly practical where students will be working in pairs completing practical activities and many assessments that include lying on the ground, being rolled into recovery position, bandaging people in different positions, injecting a student in the upper thigh with the 'fake or practice EpiPen' auto injector and others. While the trainer can make some adjustments to help students, students must contact administration to discuss such matters before the course so that the trainer knows and can make adjustments to make things fair for everyone
4. Cultural, religious and other concerns: CPR first aid has a focus on clear, relevant and practical first-aid skills and so people will be completing practical activities in pairs as described above. If there are any cultural, religious or other concerns, please contact administration to discuss as per the previous point to help the trainer and all people
5. Injuries, illness, allergies, and other first-aid related concerns: as per the above steps, please contact administration to discuss any of these concerns before the course and then please tell the trainer before the course starts and you can ask the trainer to move away with you to discuss if you want anything to be private or confidential
6. CPR first aid policies and procedures: to make things fair for all, it is vital that students understand the course location, transport and parking, particularly if there are train issues or limited carpark (which must be checked before the course so that you are not late) course start time, the course length, the practical nature of the course, short breaks between courses (10 to 15 minutes) if doing a longer course, it is easier if you bring some food, drinks, with you to eat if there is a break (and Pen, paper, medications, glasses, appropriate clothing etc.)
7. Course finish times: students must understand that the course is made up of many practical assessments and students cannot leave early in courses that are short in duration and so if there are any potential problems, contact administration to see if you can reschedule for a different time and this would include if you are sick or infectious with something such as the cold or flu as we are using manikins and working closely with other people

8. Certificate of attainment: the qualification will be emailed at 7 o'clock that night or the following day if it is an afternoon or night course. Please contact administration if you want a printed copy or card for workplace purposes
9. Students who wish to do some more reading before the course can access the PDF first-aid training manual and read any relevant sections or go on to 'YouTube' and look at any relevant videos such as 'Bondi rescue' or 'Heartsine' AED's
10. Please ensure you understand the practical course structure, course times and the idea that there will be many practical assessments to help learn and have an enjoyable day. It is the responsibility of the learner to contact administration by email or phone to discuss such matters before the course starts, preferably one to 2 days before the actual course start date, even if there is only a potential issue that may or may not occur or be a problem, such as a recent injury or workplace/family issues so that we can assist you in the best way possible.