

HLTAID011 Provide First Aid (includes CPR)



Gain the confidence and skills needed to respond effectively in emergencies. Our course teaches you the latest first aid techniques, ensuring you're prepared for a variety of scenarios. You'll learn essential skills, including how to perform primary and secondary assessments, provide CPR and resuscitation, and manage emergencies to prevent further harm.

Upon successful completion, you will receive a nationally accredited First Aid certificate, valid for 3 years. This certification is equivalent to the Senior First Aid certificate you may have received in the past.

In this course, you'll acquire the knowledge and practical skills to manage first aid incidents and provide care until professional emergency services arrive.

The training is conducted in line with the Australian Resuscitation Council (ARC) guidelines. This course includes HLTAID001 Provide Cardiopulmonary resuscitation.

Certification

Upon successful completion of enrolment, training and assessment, competent learners receive a Statement of Attainment for HLTAID011 Provide First Aid (valid for 3 years) which includes;

- HLTAID009 Provide cardiopulmonary resuscitation (valid for 12 months)
- HLTAID011 Provide First Aid (valid for 3 years)
- HLTAID010 Provide basic emergency life support.

Learners can do a refresher course with METS and recertify their skills at any time.



Why use METS?

- **At METS we offer training that is customised to suit the learner's needs.**
- **We teach the latest techniques and revise our course content regularly to meet Australian Standards.**
- **Training is conducted in groups of 10-15 to ensure students receive individual support.**
- **We can come to you. Delivering training at your workplace, a local venue, school or childcare centre...where & when it suits you!**



Ready to Enrol?

Call (02) 9838 0567

Visit www.mets.edu.au

Email info@mets.edu.au



HLTAID011 Provide First Aid (includes CPR)

Cost

\$120 per person

Ask about our discounted group bookings.(min of 10 p.booking)

*PLEASE NOTE: If you work in Early Childhood Education and Care (ECEC), you must complete HLTAID012 Provide First Aid in an Education and Care Setting every 3 years and HLTAID009 Provide cardiopulmonary resuscitation every 12 months.

Pre Requisites

Participants must be 14 years of age or over (under 18s must provide a parent or guardian consent). This course requires every participant to complete a variety of First Aid scenarios including practical assessments. If your health/fitness restricts you from completing all required scenarios, you still will be able to participate but may not be eligible to receive the nationally-recognised First Aid certificate. Following the guidelines set by the Australian Resuscitation Council (ARC), METS recommends first aiders also update their CPR skills every 12 months.

Delivery

Full day face to face workshop + Online pre-course questions

All learners are required to complete their pre course work via METSOnline prior to attending

Locations

Training facilities are available at;

- Kingsgrove
- Mascot
- Campbelltown
- Blacktown

Alternatively, METS can facilitate at an alternative workplace or location by request.



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