



## AMA First Aid

### Overview:

First Aid is one of the most important qualifications a person can gain. When people are trained in First Aid they gain confidence and awareness of the safety aspects which help to prevent accidents and reduce pain and suffering for casualties.

### Course Content:

Introduction to First Aid  
Assessing the Situation  
Basic Anatomy and Physiology  
Expired Air Resuscitation (EAR)  
Cardiopulmonary Resuscitation (CPR)  
Bleeding and Shock  
Burns, Bites and Stings  
Poisons  
Emergency Situations  
Head, Neck and Spinal Injuries  
Sprains, Strains, Dislocations and fractures  
Eye Injuries  
Oxygen Therapy awareness  
Defibrillator awareness

### Assessment:

Students must complete a multiple-choice revision paper, with 80% of answers correct. In addition, students will be required to complete a practical scenario displaying the AMA First Aid skills they have learnt in a simulated situation.

### Course Awards:

Upon successful completion of this course students will be awarded an AMA First Aid Certificate.  
**(valid for 3 years from date of issue)**

The learning outcomes achieved also provides participants with a Unit of Competency for;

**HLTFA301B - Apply basic first aid**

**Duration:** 2 days

**Times:** 9.00am – 4.00pm

**Dates:** 26 & 27 March 2009  
28 & 29 May 2009  
20 & 21 August 2009  
29 & 30 October 2009

## AMA First Aid Refresher

### Overview:

This course has been designed to re-qualify participants in AMA First Aid Skills previously learnt.

### Pre-requisite:

Students must have a current AMA First Aid Qualification.

### Course Content:

Assessing the situation  
Expired Air Resuscitation (EAR)  
Cardio Pulmonary Resuscitation (CPR)

### Review of:

Basic Anatomy and Physiology  
Bleeding and Shock  
Emergency Situations  
Burns, Bites and Stings  
Head, neck and spinal injuries  
Sprains, Strains, Dislocations and fractures  
Poisons  
Eye Injuries  
Oxygen Therapy awareness  
Defibrillator awareness

### Assessment:

Students must complete a multiple-choice revision paper, with 80% of answers correct. In addition, students will be required to complete a practical scenario displaying the AMA First Aid skills they have learnt in a simulated situation.

### Course Awards:

Upon successful completion of this course students will be awarded an AMA First Aid Certificate.  
**(valid for 1 year from date of issue)**

**NB: On expiry of the AMA First Aid Refresher certificate, the student must complete the full AMA First Aid Certificate course for re-certification.**

**Duration:** 1 day

**Times:** 9.00am – 4.00pm

**Dates:** 20 February 2009  
26 June 2009  
11 September 2009  
27 November 2009

**ONSITE TRAINING**

**MPA SKILLS**

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