



What If Your First Aid Course

**IN TRUGANINA
BECAME THE SKILL
WHICH SAVED A LIFE?**

EVERYDAY HEROES START WITH ONE SKILL

Emergencies rarely wait for an ambulance. Cardiac arrest, choking and severe bleeding turn fatal within minutes, long before paramedics arrive. The gap between the emergency and professional help is where first aid training does its work.

A trained bystander changes outcomes. Someone who has completed CPR training or a nationally recognised first aid certificate starts compressions, clears an airway or controls bleeding while help travels to the scene. This single decision to act often decides what happens next.



CHOOSE THE RIGHT TRAINING PATH

Every workplace, family and classroom needs a different level of skill. Choosing the right First Aid Course Truganina locals sign up for starts with matching the qualification to the situation you are training for, not the other way around.

Course	Best For	Practical
HLTAID009 Provide CPR	Annual CPR refresher, workplace compliance, healthcare and aged-care staff	~45 min
HLTAID010 Basic Emergency Life Support	Learners needing more than CPR, but not the full first aid course	~90 min
HLTAID011 Provide First Aid	Workplace compliance, students, parents, carers and support workers	~2 hrs
HLTAID012 Education and Care Setting	Childcare workers, educators, OSHC and early-learning staff	~2 hrs

EVERY COURSE INCLUDES

- A nationally recognised Statement of Attainment
- Small, hands-on practical groups with trainer feedback
- Realistic manikins and scenario-based practice
- A same-day certificate on successful completion

CHOOSING BETWEEN THEM

- Only need an annual CPR refresher: start with HLTAID009
- Need full workplace first aid cover: choose HLTAID011
- Work in childcare or education: HLTAID012 is required
- Manage a high-risk site: step up to Advanced First Aid

INSIDE A MODERN FIRST AID CLASSROOM

Good first aid training feels closer to a rehearsal than a lecture. Learners complete the theory online at their own pace, then arrive for a hands-on practical session led by a Registered Nurse, in a small group built for real practice, not passive listening.

Advanced CPR manikins give visual feedback on compression depth, showing how effective technique supports blood flow from the heart to the brain. Every learner is assessed individually, on realistic scenarios, before a same-day certificate is issued.



SIX MOMENTS WHEN FIRST AID CHANGES EVERYTHING

1	Home Common emergency Choking or a kitchen burn First action Clear the airway, or cool the burn under running water Reminder Keep a first aid kit within reach of the kitchen
2	Workplace Common emergency A fall, cut or sudden collapse First action Call Triple Zero and start CPR if unresponsive Reminder Know where your workplace defibrillator is kept
3	School Common emergency Anaphylaxis or an asthma attack First action Use the prescribed auto-injector or reliever puffer Reminder Check every student's action plan each term
4	Sport Common emergency A head knock or suspected fracture First action Stop play, keep the player still, call for help Reminder Never move someone with a suspected spinal injury
5	Road Travel Common emergency A crash with an unconscious passenger First action Check for danger, then response and breathing Reminder Keep a compact first aid kit in the car
6	Community Events Common emergency Heat exhaustion or a cardiac event First action Move to shade, call Triple Zero, start CPR if needed Reminder Note the nearest public AED before the event starts

EMERGENCY READINESS CHECKLIST

- ☒ Know your nearest AED
- ☒ Stock kits at home, work and in the car
- ☒ Save emergency contacts in one shared place
- ☒ Renew CPR certification every 12 months
- ☒ Book a refresher course every 3 years

BUILDING SAFER WORKPLACES

Employers carry a duty to keep people safe, and first aid arrangements sit at the centre of this responsibility. A prepared workplace has trained first aiders, a stocked kit, a visible defibrillator and a plan everyone understands before an emergency happens, not during one.

Many local businesses book a CPR Course Truganina session for their whole team ahead of an annual compliance deadline, delivered at a Truganina venue or on-site across Tarneit, Point Cook, Hoppers Crossing and greater Wyndham. Group and corporate training keeps every shift covered, including staff who rarely sit at a desk.



LIFE-SAVING SKILLS AT A GLANCE

DRSABCD Action Plan

- D Danger: check the scene
- R Response: talk and touch
- S Send for help: Triple Zero
- A Airway: clear and open
- B Breathing: look, listen, feel
- C CPR: 30 compressions, 2 breaths
- D Defibrillation: attach an AED

CPR Compression Reminders

- Push hard and fast, centre of the chest
- Rate of 100 to 120 compressions a minute
- Allow full chest recoil between compressions
- Swap rescuers every two minutes if possible

Recovery Position

- Roll the person onto their side
- Tilt the head back to open the airway
- Bend the top knee to stop them rolling
- Monitor breathing until help arrives

AED Basics

- Turn it on and follow the voice prompts
- Apply pads to a bare, dry chest
- Stand clear while it analyses and shocks
- Resume CPR immediately after each shock

First Aid Kit Essentials

- Adhesive dressings and sterile gauze
- Disposable gloves and antiseptic wipes
- Bandages, scissors and tape
- Saline solution and an emergency blanket

Five Common Mistakes

- Moving a suspected spinal injury casualty
- Tilting the head back for a nosebleed
- Placing ice directly onto a burn
- Giving food or water to an unconscious person
- Stopping CPR before help takes over

ONE COURSE. A LIFETIME OF CONFIDENCE.

Skills fade if they are never practised, but the instinct to help never does. Once you know how to check danger, open an airway or start compressions, this knowledge stays with you at home, at work and everywhere in between.

Communities are safer when more people carry this instinct. Every learner who completes a course becomes another set of hands ready to act in the moments where it matters most, long before paramedics arrive.

BOOK YOUR COURSE

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