

HLTAID009

Provide Cardiopulmonary Resuscitation

This nationally recognised CPR course equips participants with the knowledge and hands-on skills to respond to emergency situations involving an unconscious casualty. Through interactive scenarios and practical training, you'll gain the confidence to perform CPR using D-R-S-A-B-C-D protocol. Ideal for workers across industries and community members alike, this course ensures you are prepared to act quickly and effectively in life-threatening situations.

Empower Yourself with Life-Saving CPR Skills

HLTAID009 – Provide Cardiopulmonary Resuscitation is a short yet essential training course that provides the critical skills and confidence needed to perform CPR on a person who is unconscious and not breathing. Taught according to the latest Australian Resuscitation Council (ARC) guidelines, this 2–3 hour session covers both the theory behind CPR and practical application through scenario-based learning. Whether you're a professional in childcare, construction, hospitality, or simply want to be prepared in emergencies, this course ensures you understand the D-R-S-A-B-C-D action plan and how to respond in real-life critical situations. Regular refreshers are recommended every 12 months to stay compliant and confident. NOTE: CPR training must be updated ("refreshed") every 12 months.

Who Can Attend?

Eligible Age 15+

This course is for students with existing first aid experience or for those who are new to first aid and comfortable learning in a blended delivery setting.

RTO Entry Requirements

- Be physically able to kneel on the floor – required to perform CPR
- Be a minimum of 15 years of age (parent permission required)
- Understand the English language.
- Have access to a computer/ tablet / smart phone etc with a reliable internet connection including current email along with Microsoft office and adobe acrobat reader.
- Have your Unique Student Identifier (USI)
- Fees will be invoiced for the full amount. Talk to us about payment plans.

Course Duration

This is a blended course combining:

- Theory is completed via e-Learning (online) prior to the course
- Face-to-face training & assessment

Important Points to Note:

- e-Learning must be completed before attending the face-to-face session
- e-Learning can be done in one sitting or over multiple sessions
- Learners should allow up to 6 hours to complete the reading and online component
- Attending classroom training and assessment for half a day.
- Access to an internet-enabled device (smartphone, tablet, or computer) is required

Assessment

Assessment includes both theory and practical activities online and classroom attendance

Fees

Payable prior to commencement of the course

Delivery

Delivery is blended to include online and face to face.

Location

Face to face training is conducted in physical facilities at:

1 Gatewood Close Padstow 2211 1800 1800 88

We do conduct off site training in the workplace

Languages We Speak

At ALO, we understand that learning in a language you're comfortable with can make all the difference. Our diverse team speaks multiple languages, ensuring you receive the guidance and support you need throughout your educational journey.



PRICE
\$99

1 Day Workshop
 7.5 hours

Statement of Attainment
 is issued on competent
 outcome

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Provide cardiopulmonary
 resuscitation valid for
 12 months (1 year)

Job Outcomes

Maintaining currency as a First Aid officer
 in the workplace or community setting.

Factors to Consider

The assessment criteria require students to demonstrate the ability to correctly perform at least 2 minutes of uninterrupted CPR on an adult manikin placed on the floor.

If you have a limitation that would affect your ability to complete the course, please call to discuss prior to booking **1800 1800 88** or Email info@alo.edu.au

Dress Code

Ensure you wear comfortable clothing as you will be required to kneel on the floor during practicals.

To Enrol

Students need to be computer literate and have a basic level of language, literacy and numeracy.

Skills You Will Gain

- ✓ CPR Techniques for Adults
- ✓ CPR Techniques for Children & Infants
- ✓ Emergency Scene Assessment
- ✓ DRSABCD Action Plan
- ✓ Use of Automated External Defibrillator (AED)
- ✓ Airway Management & Recovery Position