

HLTAID011

Provide First Aid

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Overview

HLTAID011 Provide First Aid is a nationally accredited course. This first aid training course is designed to equip you with the skills and knowledge to confidently provide a first aid response in emergencies in the workplace and community.

This accredited first aid course meets current industry requirements and aligns with guidelines from the Australian Resuscitation Council ([ARC](#)).

Who is this course for?

This HLTAID011 Provide First Aid course is suitable for individuals seeking a nationally recognised first aid certificate, including workplace first aid officers and those working in health, education, construction, community services, and care roles. It is ideal for anyone who requires first aid certification for work, compliance, or professional development.

Course structure

By completing this first aid training, you'll learn how to:

- Assess an emergency situation and ensure scene safety
- Provide basic emergency life support, CPR and first aid.
- Perform at least 2 minutes of uninterrupted CPR on adult and infant manikins
- Manage bleeding, shock, burns, fractures, choking, and allergic reactions according to the first aid guidelines determined by industry standards.
- Respond to medical emergencies, including asthma, seizures and cardiac arrest
- Communicate clearly with emergency services and others
- Record and report first aid incidents appropriately

From: \$129

(Fees vary by location and session)

Location

Australia Wide

Delivery Mode

Online pre-course learning +
face-to-face practical session

Duration

Online 5-8 Hours + up to 5
Hour in-person

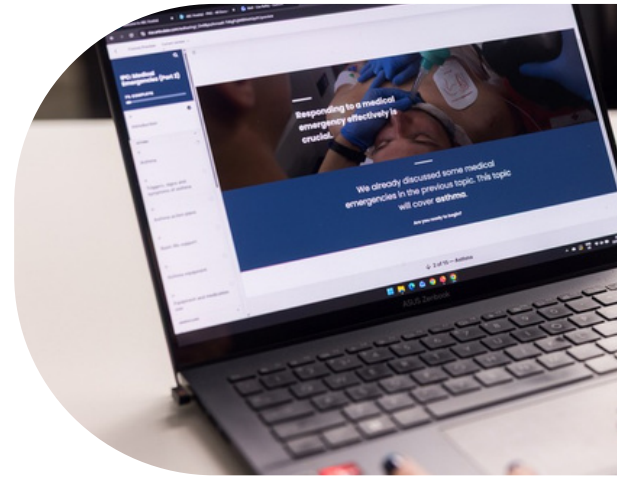
Upcoming Intake

Refer to our booking system

Pre-Course Learning (5-8 Hours)

What is this unit?

The web-based pre-course learning is a self-paced component that covers the essential first aid theory required for both HLTAID011 Provide First Aid and HLTAID009 Provide Cardiopulmonary Resuscitation. It prepares students with the foundational knowledge needed before attending the face-to-face practical session.



Why does it matter?

Completing the online pre-course learning ensures you arrive at the practical session confident and prepared. It helps build understanding of first aid, hazard recognition, and appropriate response techniques, supporting safer, more effective hands-on training in CPR or first aid.

What you will learn?

You'll learn core first aid theory through interactive web content, including video demonstrations and essential concepts such as hazard identification, risk management and appropriate first aid responses. Knowledge questions are included in the online first aid course to reinforce learning and confirm understanding.

How you'll be assessed?

Assessment is completed through online knowledge questions embedded within the learning modules for the HLTAID011 Provide First Aid course. Students must successfully complete all online content and assessments for the HLTAID009 Provide Cardiopulmonary Resuscitation before attending the practical session.

Practical benefit?

The pre-course learning allows you to study when and where it suits you, building strong theoretical foundations before practical training. This helps maximise hands-on time during the practical session and supports confident, competent first aid performance in real-world situations, enabling participants to administer first aid effectively.

Practical In-Person Training (5 hours)

What is this unit?

The practical session is the face-to-face training component of the HLTAID011 Provide First Aid course. It focuses on applying first aid knowledge through hands-on practice and realistic scenarios under the guidance of certified first aid trainers.

Why does it matter?

This comprehensive first aid course is a practical skill that must be performed confidently and correctly in real situations. The practical session allows students to demonstrate competence in life-saving techniques, ensuring they meet nationally recognised assessment requirements and can respond effectively in emergencies.

What you will learn?

You'll practise essential first aid skills, including adult and infant CPR, AED operation, and management of unconscious casualties. Training also covers bleeding control, bandaging, slings and immobilisation, as well as the management of burns, fractures, asthma, anaphylaxis and envenomation.

How you will be assessed?

Assessment is conducted through practical demonstrations and realistic scenarios that reflect real-world first aid situations. Students must demonstrate competency in required skills, with trainers observing performance and providing guidance throughout the session.

Practical benefit?

The practical session builds confidence through hands-on learning and immediate feedback from experienced trainers. It ensures you can safely and effectively apply first aid skills in workplace and community settings, meeting the requirements for a nationally recognised first aid outcome.



Career Pathways

Completing this course opens the door to a range of career and training pathways, including:

- Workplace roles where a first aid certificate is mandatory, such as construction, mining, education, childcare, sport and community services
- Positions as a designated workplace first aider or safety officer
- Entry pathways into health, emergency response or patient care roles
- Further study in advanced first aid, emergency care or medical response training
- Progression into Certificate III or IV health care qualifications
- Potential credit transfer or recognition of prior learning toward related courses

These pathways allow students to build on their first aid skills and continue developing a career in health, safety or emergency services.

This certification is the minimum requirement for most of our nationally accredited first aid courses.

- HLTAID014 Provide Advanced First Aid
- HLTAID015 Advanced Resuscitation
- HLT21020 Certificate II in Medical Service First Response
- HLT31220 Certificate III in Basic Health Care
- HLT41120 Certificate IV in Health Care (First Responder / EMT Medic)
- Diploma - HLT51020 Diploma of Emergency Health Care
- Bachelor of Paramedic Science (University, not offered by IPC)

Certification and validity

On successful completion, students will be awarded the HLTAID011 Provide First Aid and HLTAID009 Provide Cardiopulmonary Resuscitation (CPR) units of competency under the Australian Qualifications Framework (AQF).

Safe Work Australia's Model Code of Practice: First Aid in the Workplace. This code states that first aid qualifications should be renewed every 3 years to ensure first aiders maintain their competence and stay up to date with current practices. The Australian Resuscitation Council (ARC) provides guidelines on resuscitation practices. The ARC does recommend that CPR skills be refreshed annually to maintain proficiency.