

## Lesson Plan: HLTAID011 – Provide First Aid

**Delivery Mode:** Online/Face-to-Face (Blended Theory and Practical)

**Location:** Online/Superyacht Crew Academy Office, Frenchs Forest, Sydney

**Duration:** 1 Day (08:30 – 16:30) – 6 hours online, 2 hours classroom practical

**Unit Code:** HLTAID011

**Qualification:** MARSS00033 Safety Training Certification Skill Set

**RTO:** Superyacht Crew Academy (RTO ID: 91462)

### Session Objectives

By the end of this session, learners will be able to:

- Perform CPR on adult and infant manikins according to ARC guidelines
- Use an Automated External Defibrillator (AED) and manage unconscious casualties
- Respond to a wide range of first aid scenarios using safe and appropriate techniques
- Apply correct infection control and legal procedures in accordance with workplace and community standards

### Online & Classroom Based Lesson Plan

Online Section/hours	Topic	Activities	Assessment	Resources
1.5 hours	<b>Respond to an Emergency Situation</b>  Recognise and assess an emergency situation  Ensure safety for self, bystanders, and casualty	Online interactive learning through video, slides, content within the student portal		Axcelerate Portal Learner guide Wifi Laptop

	<p>Assess the casualty and recognise the need for first aid</p> <p>Seek assistance from emergency services</p>			
1.5 hours	<p><b>Apply Appropriate First Aid Procedures</b></p> <p>Perform Cardiopulmonary Resuscitation (CPR) in accordance with ARC guidelines</p> <p>Provide first aid in line with established first aid principles</p> <p>Display respectful behaviour towards casualty</p> <p>Obtain consent where possible</p> <p>Use available resources and equipment</p> <p>Operate first aid equipment (e.g., AED) correctly</p> <p>Monitor the casualty's condition throughout</p>	<p>Online interactive learning through video, slides, content within the student portal</p>		<p>Axcelerate Portal</p> <p>Learner guide</p> <p>Wifi</p> <p>Laptop</p>

1.5 hours	<p><b>Communicate Details of the Incident</b></p> <p>Accurately communicate incident details to emergency services</p> <p>Report incident details in line with workplace procedures</p> <p>Complete relevant workplace documentation</p> <p>Maintain privacy and confidentiality of information</p>	Online interactive learning through video, slides, content within the student portal		<p>Axcelerate Portal</p> <p>Learner guide</p> <p>Wifi</p> <p>Laptop</p>
0.5 hours	<p><b>Review the Incident</b></p> <p>Recognise possible psychological impacts on self and others</p> <p>Contribute to reviews of the first aid response as required</p>	Online interactive learning through video, slides, content within the student portal		<p>Axcelerate Portal</p> <p>Learner guide</p> <p>Wifi</p> <p>Laptop</p>
60 Mins	Knowledge Assessment	Multiple Choice Assessment, Fill out simulated forms	Multiple Choice Assessment, Fill out simulated forms	<p>Axcelerate Portal</p> <p>Learner guide</p> <p>Wifi</p> <p>Laptop</p>

Classroom ( 2 hours )	Practical assessment <ol style="list-style-type: none"> <li>1. Manage an unconscious, breathing casualty</li> <li>2. Manage an unconscious, non-breathing infant</li> <li>3. Manage an unconscious, non-breathing adult</li> <li>4. Manage an anaphylactic shock</li> <li>5. Manage an asthma attack</li> <li>6. Manage a choking incident</li> <li>7. Manage an envenomation using pressure immobilisation</li> <li>8. Manage a shock</li> <li>9. Manage musculoskeletal injuries</li> <li>10. Manage incidents of bleeding</li> <li>11. Manage a casualty without prior knowledge of the casualty's condition</li> <li>12. Reviewing an incident</li> </ol>	Practical Assessment with first aid equipment, tools and mannequin	Practical assessment using trainer observation checklist	Observation checklist Whiteboard Marker Pen mannequin First aid equipment & kits
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## Resources & Equipment

- Adult and infant CPR manikins
- AED training units
- Bandages, splints, slings, and PPE kits (gloves, masks)
- EpiPens, asthma inhalers, simulated wound and burn kits
- First aid kits and casualty simulation props
- Axcelerate portal
- Learner guide

## Assessment Methods

- Practical skill demonstrations on manikins and in scenarios
- Knowledge assessment (multiple choice and short answer)
- Injury report forms
- Roleplay and simulated response observation
- Verbal questioning and group discussions