

# Which First Aid course is suitable for me?

## First Aid Refresher Course

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The *First Aid Refresher* course is suitable for Students that have pre-existing skills and knowledge in the provision of first aid. Pre-existing skills mean that you are attending this course on a 3-yearly basis as part of your work or community group requirements.

If you are attending the *First Aid Refresher*, you will not be required to complete the online pre-reading and assessment. Existing knowledge will be revised in class, this will include a short multiple-choice assessment to be completed at the end of the class. Practical skills will be assessed as per the unit of competency requirements.

**Course Duration:** 8 hours in class

**Unit of Competency:** HLTAID011 Provide First Aid

## First Aid Course

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The *First Aid* course is suitable for Students that do not have pre-existing skills and knowledge in the provision of first aid. You may have completed a first aid course before, but it exceeds the required 3-yearly refresher.

If you are attending the First Aid course, you will be required to complete an online 2-hour pre-course reading and assessment to obtain the underpinning knowledge. Trainers and Assessors will revise and test the authenticity of your online learning in the classroom. No multiple-choice theory assessment will be required at the end of the class. Practical skills will be assessed as per the unit of competency requirements.

**Course Duration:** 3 hours online pre-reading and assessment  
8 hours in class

**Unit of Competency:** HLTAID011 Provide First Aid