

Provide First Aid in Remote or Isolated Situations (RFA) HLTAID013

Basic First Aid training (HLTAID011) provides a First Aider with the skills and knowledge to assist a casualty when help is a phone call away.

Professional care is well established in the local community, the roads are clear, accessible and open in all weather conditions. There are no roadblocks or gates, no private land to negotiate. Addresses are marked and easily identified and in most cases, there are bystanders to help.



Take those things away - your current location is difficult to identify, difficult to access. There are obstructions or delays in getting an ambulance to you, roads are actually trails or unmarked pathways, inaccurate maps, hilly or wooded terrain that makes communications difficult or impossible - then you are alone. This is now called Remote Area and any First Aid administered under these circumstances is commonly called **Remote Area First Aid**.

Sometimes this type of training is called **Wilderness First Aid** or **Wilderness Medicine**. These are common names used in many other countries and occasionally used by Australian training organisations. **Provide First Aid in Remote or Isolated Situations** is the formal name of the Australian version of this training.

Dealing with an illness or injury in remote country is still First Aid, but First Aid is supposed to be just that – **FIRST** Aid. You provide control, comfort and support in the initial response but **quickly hand over** to professional emergency services. When getting help is difficult, it can be dangerous and takes time, patience and nous. During this time, you must continue managing an illness or injury often involving pain, you may have to move a casualty with limited resources and at the same time provide protection from the elements. Remote Area First Aid (HLTAID013) provides the First Aider with greater confidence in managing these situations. More importantly it provides training and awareness of the importance of planning and contingencies before leaving the highway.

This is ideal training for anyone who works, travels or plays in areas that are not easily accessible. You may find yourself communicating with distant emergency services via radio or phone giving information and receiving clinical or evacuation instructions in difficult circumstances with limited resources.

COURSE SUMMARY

This course is designed for those who require training that conforms to the recommendations of the Australian Resuscitation Council and provides the knowledge and skills to provide First Aid response and emergency life support to a casualty in a remote and / or isolated situation where emergency services may not be able to respond for extended periods.

NATIONAL COURSE CODE

HLTAID009 – Provide CPR (Day 1)

HLTAID011 – Provide First Aid (Day 1)

HLTAID013 – Provide First Aid in Remote Situations (Day 2)

PUAEME005 – Provide Pain Management (optional on Day 2)

DELIVERY

OPTION 1 – Remote Area First Aid includes the content of HLTAID011 – Provide First Aid.

This is completed on Day 1 with HLTAID013 – Remote Area First Aid completed on Day 2.

Students are required complete pre-course theory via self-paced learning using either our on-line courses or we can send out a workbook and manual. Upon completion of the theory students are required to attend 16 hours of face-to-face workshop training completed over two days.

OPTION 2 – Overnight camp with scenarios.

Students also have the option of attending an extended training session including an overnight camp (Day 3) in a remote location where skills can be practiced in real-life situations. This is not mandatory to achieve a successful completion of training but allows students to engage in real-life and complex situations in genuinely remote locations to assess their own skills under stress.

Scenarios are created to simulate normal working or recreational environments in which the student would find themselves during an emergency. Each overnight camp is designed in consultation to suit the participants. The number of nights camped out is also optional, the more scenarios, the more complexity you want, the longer we stay out.

OPTION 3 - PUAEME005 – Provide Pain Management

In certain circumstances, a First Aider (when qualified) can administer powerful analgesic medication when waiting for a delayed Ambulance response. It is possible for medications to be airdropped to a rescue team in complex terrain or weather, or as part of your planning, medications are included in your trauma pack. These important drugs can make an incredible difference to the casualty suffering painful fractures or require movement where pain would otherwise prevent transport to the evacuation point. Pain management options range from a cold pack through to Pentrox (green whistle). This training extends Day 2 by up to 2 hours.

RECOGNITION OF PRIOR LEARNING (RPL)

RPL is available for students who have completed their Provide First Aid training (HLTAID011) in the 6 months prior to commencing this course. You will not have to do day 1 of this training. Evidence of this is required at the time of booking.

COURSE CONTENT - HLTAID013

All content of HLTAID009 & HLTAID011
Preparation for isolated work and / or travel
Improvise treatment and resources
Communication systems
Communicating details of an incident

Evacuation and transportation procedures
Reporting and casualty handover
Prolonged casualty care
Evaluation of performance

COURSE CONTENT - PUAEME005 (optional)

Basic WHS requirements
Identify the need for pain relief
Storage and documentation for medications

Correct identification, administration and handling of Analgesics in First Aid
Administer pain relief

COURSE INCLUSION

Advanced First Aid manual
A4 Certificate

All training First Aid resources
Student support services

ASSESSMENT METHOD

Multiple choice questions
Short answer & multiple-choice questioning

Practical demonstrations / skills
Completion of reports & observations notes

AWARD ISSUED

Upon successful completion a Statement of Attainment will be issued for:

1. HLTAID009 – Provide CPR
2. HLTAID011 – Provide First Aid
3. HLTAID013 – Provide First Aid in Remote Situations
4. PUAEME005 – Provide Pain Management (**optional**)

Refresher training in Remote Area First Aid is recommended every 3 years

PREREQUISITES

Participants must be 14 years or older, be physically capable of performing CPR on the floor, practicing manual handling techniques, negotiating unstable terrain (and tolerating extremes in climate if engaged in the outdoor overnight module).

OVERNIGHT CAMPING OPTION (Day 3)

The option to extend Remote Area First Aid training is not mandatory. It is an opportunity to exercise the skills learned in course under real-life conditions and is a chance to put those new skills to the test under pressure.

The location and duration of this option is arranged in consultation with the participants and typically in the kind of environment in which the students live, work or play. A comprehensive equipment list is provided. Each participant is required to supply camping equipment and food, travel to the camp site and cover any costs associated with accessing National Parks or private property.

Students are provided with all equipment required to carry out an effective extended casualty care scenario and to perform a complex rescue from a remote location.

All overnight camps include two experienced instructors on site at all times.

COST

Full course Provide First Aid & Remote Area First Aid, Days 1 & 2	- \$330 per person
RPL - Remote Area First Aid, Day 2 only	- \$185 per person
Provide Pain Management – additional optional module	- \$110 per person

Additional Day 3 is by quote. We will assess your needs and the preferred location and provide you with a cost per person. Remember, Day 3 is not a mandatory requirement to complete this course.

Please note, these prices are based on training conducted at the [Mudgee Safety Training Centre](#).

Additional costs are incurred if face to face training is conducted at your premises.

MINIMUM / MAXIMUM

Bookings for Remote Area First Aid require a minimum 6 and a maximum of 16 participants. Most of our courses are run for private groups, community groups and businesses. In this case, the course will not be listed on our course calendar. Often, these groups are happy to have additional people join the course so please contact us at any time to see if there is a course available for you.