

**STEP 123**

RTO 45007 TRADE SKILLING CENTRE



# FIRST AID TRAINING

**BE PREPARED.  
ACT FAST.  
SAVE LIVES.**



Nationally Recognised Training

Interactive, hands-on learning

Quick certificate turnaround

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# HLTAID011

## FIRST AID

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The First Aid course is a nationally recognised certification that equips participants with the skills and knowledge to respond to a wide range of emergencies in civil construction environments. It focuses on providing effective first aid on-site, including managing injuries, incidents, and medical conditions commonly encountered on construction projects, as well as the use of an AED (defibrillator) in line with Australian Resuscitation Council guidelines.

This course is ideal for civil construction workers, supervisors, and safety personnel who are required to act as designated first aiders on-site, or for anyone working in construction who wants to be prepared to respond quickly and effectively to workplace emergencies.

The HLTAID011 – Provide First Aid course is designed to equip participants with the skills and confidence to respond to medical emergencies and administer first aid in civil construction environments until professional medical assistance arrives. This comprehensive course includes both theoretical and practical components, delivered in line with the latest Australian Resuscitation Council (ARC) guidelines.

Participants will learn how to perform CPR, use an AED (defibrillator), and manage injuries commonly encountered on construction sites, such as cuts, burns, fractures, crush injuries, and sprains. The course also covers how to respond to a range of medical emergencies including asthma, anaphylaxis, cardiac arrest, heat-related illness, and shock. Additional training includes legal responsibilities, infection control, incident reporting, and how to assess and manage emergency situations while maintaining site safety.

This course is delivered through blended learning, with online theory completed prior to attending a one-day, face-to-face practical session. The hands-on training uses realistic civil construction scenarios to ensure participants develop the confidence and capability to respond effectively in high-risk work environments.

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Upon successful completion, participants receive a nationally recognised Statement of Attainment for HLTAID011 – Provide First Aid. This certificate is valid for three years, with CPR (HLTAID009) recommended to be refreshed annually to meet civil construction compliance requirements.

This certification is essential for designated first aiders, supervisors, and safety personnel working on civil construction sites, including roadworks and infrastructure projects. It is a critical component of workplace health and safety, ensuring workers are prepared to respond quickly and effectively to incidents and emergencies on-site.

Upon successful completion of this course, participants will receive a nationally recognised Statement of Attainment for:  
HLTAID011 – Provide First Aid

This certification is valid for three years, with CPR (HLTAID009) recommended to be refreshed annually to remain compliant with Australian Resuscitation Council (ARC) guidelines and civil construction site requirements.

This qualification meets workplace first aid obligations within the civil construction industry and equips participants with the skills to respond quickly and effectively to on-site emergencies. It is suitable for roles across civil construction projects, including roadworks, earthworks, and infrastructure works, where maintaining a safe work environment is essential.

To enrol in this course, you must:

- ✓ Be at least 18 years old
- ✓ Provide basic English language, literacy, and numeracy (LLN) skills sufficient to read and understand first aid guidelines, complete assessments, and communicate effectively in emergencies.
- ✓ Bring two forms of identification, such as a driver's license and Medicare card (passport or student ID card also accepted).

There are no formal education requirements.

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Upon successful completion of all theory and practical assessments, participants will be issued with a nationally recognised Statement of Attainment.

Participants will also receive a First Aid card, providing convenient proof of competency for civil construction site access and compliance requirements.

This certification is issued by Step123 and is valid for three (3) years for first aid. CPR (HLTAID009) is recommended to be renewed annually in line with Australian Resuscitation Council (ARC) guidelines and civil construction safety standards.

The qualification meets Work Health and Safety (WHS) requirements for designated first aiders on civil construction sites and is recognised across all Australian states and territories, supporting compliance on projects such as roadworks, earthworks, and infrastructure developments.

Completing the First Aid course equips you with the practical skills and knowledge to respond effectively to emergencies in civil construction environments, where quick and competent action is critical. This nationally recognised certification is often a mandatory requirement for working on construction sites and infrastructure projects.

Successful completion may allow you to:

- Act as a designated first aider on civil construction sites in accordance with WHS requirements.
- Provide immediate first aid response to workplace incidents—such as injuries, accidents, or medical emergencies—until professional medical assistance arrives.
- Meet site safety and compliance requirements for civil construction activities including roadworks, earthworks, and infrastructure projects.

This certification is highly valuable for anyone working in civil construction, particularly those in site-based roles where first aid capability is essential for maintaining a safe work environment.