

# LEVEL 3 FIRST AID



HLTAID014 – Provide Advanced First Aid

HLTAID009 – Provide Cardiopulmonary Resuscitation

## ONLINE PRACTICAL ASSESSMENT SUBMISSION

### Instructions to learner:

1. Complete all theory and written assessment tasks in your online learner portal
2. Upload a video/s of your First Aid practical tasks (outline next page)

### Video Instructions

You may film your assessment with your phone, camera or computer.

When uploading video/s, please save file as your full name and course (eg. Fred Jones First Aid Item 1)

Video **MUST** be upload to the following link:

[https://drive.google.com/open?id=1hw7g\\_FD2z9S1PDy8eaTxvwY5B\\_2WvIWb](https://drive.google.com/open?id=1hw7g_FD2z9S1PDy8eaTxvwY5B_2WvIWb)

Please **do not** send us your video via email as file size will be too big

### **Please Note:**

In order to demonstrate practical assessment items on video, you will require the following items

- A filming device
- A model or volunteer casualty
- Ice pack or frozen peas
- A compression bandage\*
- A Triangular bandage\*

(\* can be purchased from your local pharmacy)



# Assessment Instructions

Student must submit the following items, each may be on a separate video file

## Item 1: Perform Cardiopulmonary Resuscitation (CPR)

Learner MUST explain what they are doing to the video, the following items must be demonstrated and explained

- Following DRABCD guidelines
- Correct positioning of casualty for CPR
- Correct method of breathing
- Correct amount of head tilt according to age group of casualty
- Correct hand position for compressions
- Correct depth of compression (explain only)
- Correct rate of compressions: breathing
- Demonstration of correct recovery position

\*please note, if using a live person as your model, compressions and breathing only need to be simulated

## Item 2: Demonstrate one method of applying a sling

(utilizing one of the methods outlined in the instruction pdf)

## Item 3: Demonstrate applying an ice pack to a sprained ankle using a compression bandage

(utilizing one of the methods outlined in the instruction pdf)

## Item 4: Demonstrate and explain your management strategies for the following scenarios:

### Scenario 1

#### Diagnosis

- Deep cut in his left upper leg which is spurting blood.
- Grazed right palm
- Pain to the upper right arm

### Scenario 2

#### Diagnosis

- Deformed right lower leg
- Grazing to the right side of body
- Blood pumping from a deep gash near her left elbow
- Blurred Vision

### Scenario 3

#### Diagnosis

- Rapid pulse and fast breathing
- Chest pain
- Pale, cold and starting to sweat.
- Signs of possible heart Attack

