

Provide Cardiopulmonary Resuscitation (CPR)

Course Delivery Time: 2-3 hours

Units of Competency:

Successful completion of this course will result in the award of:

- HLTAID001 Provide Cardiopulmonary Resuscitation

Pre-requisites:

- Be a minimum of 12 years of age on the date of assessment (where a candidate is under 18 they must have parent/ carer/ guardian consent)
- Provide a copy of your Statement of Attainment if your qualification was issued by an RTO other than SLST, for Update candidates
- Adhere to SLST policies and procedures

Validity:

The qualification is valid for a period of 12 months. In order to maintain currency, you must do a refresher/ update course prior to the 12-month expiry date.

Course delivery options:

- Provide CPR– Full Course (3 hours Face-to-Face Only)
- Provide CPR – Update (2 hours Face-to-Face Only)

Course Overview:

SLST's CPR course will provide you with the skills and knowledge to be able to confidently take control of potentially life threatening emergencies until professional assistance arrives. The course focus includes cover the signs and symptoms and treatment options for incidents including first aid and CPR/ breathing conditions. The CPR training course is ideal for all Tasmanians, but in particular those who have the responsibility for the care of another or have the duty of care towards a person in their personnel or professional lives.

Course Outline:

- 1.0 Respond to an emergency situation
 - 1.1 Recognise an emergency situation
 - 1.2 Identify, assess and minimise immediate hazards to health and safety of self and others
 - 1.3 Assess the casualty and recognise the need for CPR
 - 1.4 Seek assistance from emergency response services
- 2.0 Perform CPR procedures
 - 2.1 Perform cardiopulmonary resuscitation in accordance with ARC guidelines
 - 2.2 Display respectful behaviour towards casualty
 - 2.3 Operate automated external defibrillator (AED) according to manufacturer's instructions
- 3.0 Communicate details of the incident
 - 3.1 Accurately convey incident details to emergency response services
 - 3.2 Report details of incident to workplace supervisor as appropriate
 - 3.3 Maintain confidentiality of records and information in line with statutory and/or organisational policies

Course Assessment:

The assessment for this course includes two key components. These are i) a multiple-choice assessment and ii) a practical based assessment. These are based on the content taught during the training session and are completed under exam conditions by each individual candidate.

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Practical Assessment Checklist:

Task 1: Conduct an initial patient assessment using recognised techniques

- 1.1. Identify and appropriately respond to dangers (hazards) to persons affected
- 1.2. Assess patient response capabilities (talk and touch)
- 1.3. Obtain consent and reassure patient in a culturally aware, sensitive and respectful manner
- 1.4. Provide accurate information and make patient comfortable using available resources
- 1.5. Using safe manual handling techniques place patient in the recovery position
- 1.6. Call 000 and communicate accurate incident details to emergency services / appropriate personnel
- 1.7. Check patient for breathing (look, listen and feel) and consider patient body position
- 1.8. Manage the unconscious breathing casualty – recovery position

Task 2: Using recognised techniques administer CPR to an adult manikin

- 2.1. Open, clear and maintain patient airway (head tilt / pistol grip)
- 2.2. Administer 30 chest compressions (correct hand location / effective depth)
- 2.3. Administer 2 rescue breathes (mouth to mouth or mouth to mask)
- 2.4. Respond appropriately to patient vomiting or regurgitating
- 2.5. Perform 2 minutes of uninterrupted single rescuer CPR on the floor (5 full cycles)
- 2.6. Demonstrate rotation of CPR operator with minimal interruptions to compressions

Task 3: Operate an AED in an emergency

- 3.1. Communicate effectively and participate as a team member
- 3.2. Identify and appropriately respond to dangers (hazards) e.g. conductors
- 3.3. Turn on the AED and follow the prompts
- 3.4. Prepare patient for pad application (dry chest, check for implants / medical patches, remove jewellery)
- 3.5. Apply electrode pads (working around the CPR operator)
- 3.6. Manage incident situation (time, communications, safety, self and team)

Task 4: Using recognised techniques administer CPR to an infant manikin

- 4.1. Open, clear and maintain patient airway including nose / mouth (head supported in neutral position)
- 4.2. Administer 30 chest compressions (correct hand and finger location / effective depth)
- 4.3. Administer 2 rescue breathes (mouth to nose and mouth)
- 4.4. Respond appropriately to patient vomiting or regurgitating
- 4.5. Perform 2 minutes of uninterrupted single rescuer CPR on the floor (5 full cycles)
- 4.6. Demonstrate rotation of CPR operator with minimal interruptions to compressions

Task 5: Undertake required post incident processes in line with Organisational procedures

- 5.1. Provide accurate verbal report of patient condition and CPR procedures performed to relieving personnel
- 5.2. Debrief – discuss and provide support for the psychological impact and individual need