

What's involved - RLSSQ Resuscitation Statement of Attainment Course Outline (HLTCPR201A)

Resuscitation The aim of this training is to provide practical experience in the lifesaving techniques of cardiopulmonary resuscitation (CPR). These skills can be taught to groups, in controlled circumstances, from the age of 14 years.	
Aim	To provide practical experience in the lifesaving techniques of cardiopulmonary resuscitation (CPR).
Minimum Age	14 years.
Pre-requisite	Nil.
1. Theory	Answer questions on: 1.1 The techniques of CPR, including modifications for children and infants. 1.2 Emergency care of people suffering from shock, choking or bleeding, and 1.3 The use of bystanders and how to contact emergency services.
Practical Test	
2. Initiative	Demonstrate initiative in dealing with a non responsive / unconscious person. The Assessor will set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include some, or all, of the following components – 2.1 Checking for dangers and taking appropriate action. 2.2 The assessment for responsiveness / unconsciousness. 2.3. Sending for help 2.4 Clearing and opening the airway. 2.5 Checking for breathing (not breathing normally, unresponsive) 2.6 Positioning of the casualty for CPR including Rescue Breathing 2.7 Locating the compression point for CPR. 2.8 Demonstrating the appropriate action for a casualty who vomits or regurgitates. 2.9 Placing the casualty in the lateral position. The Assessor may also ask candidates to demonstrate any of the above components not covered in the initiative test.
3. Rescue Breathing	Demonstrate on a manikin one of the following methods of Rescue Breathing as selected by the Assessor – 3.1 Mouth-to-mouth. 3.2 Mouth-to-nose, or 3.3 Mouth-to-mask.
4. Cardio Pulmonary Resuscitation (CPR)	Demonstrate on a manikin: 4.1 One operator CPR. 4.2 Two operator CPR.
Explanatory Note	In test item 3 if there is a doubt regarding the candidate's ability, a demonstration of the alternative technique may be requested.
Currency of Awards	The currency period for this personal performance award is 12 months. Studies of skill and knowledge retention of trained people have shown that performance declines significantly if regular practice is not undertaken. It is important to note that an award is only an indication of the competence of a person at the date of attainment of the award. Regular training is required to ensure that an adequate standard is maintained. Employers using awards as a standard of lifesaving ability must ensure that employees are capable of performing to the standard whenever they are on duty.

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