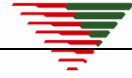




# Provide cardiopulmonary resuscitation

(HLTAID001)



## About this course

SED

This Nationally Recognised course offered by Just Careers Training (RTO ID 91413) trading as Licences 4 Work.

This unit describes the skills and knowledge required to perform cardiopulmonary resuscitation (CPR) in line with the Australian Resuscitation Council (ARC) Guidelines.

A Refresher Option is available for those wanting to refresh/ recertify prior to expiry of a currently held certificate.

---

## Outcome

On successful completion of this course participants will be issued with a Statement of Attainment for:

### **HLTAID001 - Provide cardiopulmonary resuscitation**

Current industry standard is for this course to be refreshed / updated every 12 months.

---

## Prerequisites

There are no pre-requisites or co-requisites for this competency unit.

For the Advanced Option you must hold a current unexpired certificate for the same course.

---

## Courses on offer

**Standard Course** - This option is suitable for those who do not hold a current CPR certificate or have attained their previous certificate more than 12 months ago (calculated at the time of attendance). Please refer to our website for any promotional prices (is on promotion from time to time).

**Advanced / Refresher** - This option is suitable for those who hold a current CPR certificate or have attained their previous certificate more than 12 months ago (calculated at the time of attendance). Please refer to our website for any promotional prices (is on promotion from time to time).

## Delivery Method

### Face-to-Face Standard/ Refresher

#### Part 1

- **For Standard** – this involves pre course training (self-study) and multiple-choice questions to be completed before attendance.
- **For Advanced / Refresher** - **no** pre-course study required – simply bring the original copy of your current unexpired (3 years from date of issue) certificate

#### Part 2

For Standard and Advanced Options - theory and practical training (half a day training) followed by assessment.

---

## Knowledge and Performance Outcomes

**Specifically, you will cover the following skills and knowledge:**

### Performance

- Following DRSABCD in line with ARC guidelines, including:
- Performing single rescuer cardiopulmonary resuscitation (CPR) (5 cycles of both compressions and ventilations) on an adult resuscitation manikin placed on the floor
- Performing single rescuer CPR (5 cycles both compressions and ventilations) on an infant resuscitation manikin placed on a firm surface
- responding appropriately in the event of regurgitation or vomiting
- managing the unconscious breathing casualty
- following single rescue procedure, including rotation of operators with minimal interruptions to compressions
- following the prompts of an automated external defibrillator (AED)
- Responding to at first aid scenario, including:
- demonstrated safe manual handling techniques
- provided an accurate verbal or written report of the incident

### Knowledge

This includes knowledge of:

- State/Territory regulations, first aid codes of practice and workplace procedures including:
- ARC Guidelines relevant to the provision of CPR
- safe work practices to minimise risks and potential hazards
- infection control principles and procedures, including use of standard precautions
- requirements for currency of skill and knowledge
- Legal, workplace and community considerations, including:
- awareness of potential need for stress-management techniques and available support following an emergency situation
- duty of care requirements
- respectful behaviour towards a casualty

- own skills and limitations
  - consent
  - privacy and confidentiality requirements
  - importance of debriefing
  - Considerations when providing CPR, including:
    - airway obstruction due to body position
    - appropriate duration and cessation of CPR
    - appropriate use of an AED
    - chain of survival
    - standard precautions
  - Basic anatomy and physiology relating to:
    - how to recognise a person is not breathing normally
    - chest
    - response/consciousness
    - upper airway and effect of positional change
- 

## Where are the courses held?

The public Face-to-Face courses and all Completion / Practical are held at one of our training facilities. Please visit our website for further information about current locations.

If you choose to undertake your course by live stream webinar, you may participate from your home, workplace or anywhere else where there is a reliable internet connection.

You may also arrange for this component of the course to be held in your workplace, school, community centre, etc as long as the venue is suitable. Minimum numbers apply; contact us for further information.

Just Careers Training can also arrange for training in other locations with sufficient notice and numbers.

## What do I need to bring?

### Face-to-Face Courses

All pens, paper, writing material will be provided by Licences 4 Work.

You will need to bring to your Face-to-Face class;

- Results of your pre-course multiple choice question result (Standard course only)
- Your current certificate (Refresher course only)
- Your stories and experiences!
- Your Identification – between your document and cards: Name, Address, DOB, Photo and Signature
- Comfortable clothing – mild physical activity will be required

## Important Information

This course requires that you demonstrate the skills you learn in your training, including performing CPR on a mannequin on the floor. If you feel you may not be able to get onto the ground, or that your physical health will prevent you from demonstrating CPR (sustained pumping activity for between 2-4 minutes) then please contact our office before you book for further information.

---

## Fees and Charges

Please refer to our website for fees, charges, terms and conditions.

---

## Further Information

***For further information about this course, please contact Licences 4 Work on (02) 82920111 or visit our websites:***

[www.licences4work.com.au](http://www.licences4work.com.au)

[www.licences4worknewcastle.com.au](http://www.licences4worknewcastle.com.au)

[www.licences4workbrisbane.com.au](http://www.licences4workbrisbane.com.au)

[www.licences4workperth.com.au](http://www.licences4workperth.com.au)