

# Provide basic emergency life support

HLTAID009 Provide cardiopulmonary resuscitation; HLTAID010 Provide basic emergency life support

## Course aim

This course provides the skills and knowledge required to recognise and respond to life-threatening emergencies in line with the Australian Resuscitation Council (ARC) Guidelines. It applies to all workers who may be required to provide an emergency response in a range of situations, including community and workplace settings.

## Course objectives

By the end of the course, the student will be able to:

*Demonstrate knowledge of:*

*State/Territory regulations, first aid codes of practice and workplace procedures including:*

- ARC Guidelines relevant to provision of CPR and first aid
- 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
- Own skills and limitations
- Respectful behaviour towards a casualty
- Consent
- Privacy and confidentiality requirements
- Importance of debriefing

*Considerations when providing basic emergency life support, including:*

- Airway obstruction due to body position
- Appropriate duration and cessation of CPR
- Appropriate use of an AED
- Chain of survival
- Standard precautions
- Principles and procedures for first aid management of the following scenarios:
  - Allergic reaction
  - Anaphylaxis
  - Bleeding control
  - Cardiac conditions, including chest pain
  - Choking and airway obstruction
  - Respiratory distress, including asthma
  - Shock
  - Stroke
  - Basic anatomy and physiology relating to:
    - Considerations in provision of first aid for specified conditions
    - Chest
    - How to recognise a person is not breathing normally
    - Response/consciousness
    - Upper airway and effect of positional change

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## Course prerequisite

No prerequisite is required for the completion of this course.

## Course assessment

Students will be assessed to determine their competency in these courses both theoretically and practically.

The theory assessment consists of multiple choice and short answer questions.

The practical assessment will require students to apply the DRS ABCD to an adult and infant mannequin and manage a casualty until help is on the scene. The student will also be required to apply first aid procedures for the following:

- Allergic reaction
- Anaphylaxis
- Bleeding control
- Choking and airway obstruction
- Respiratory distress, including asthma
- Shock

## Course duration

8 hours over 1 day  
(The time noted above includes a break.)

## Trainer ratio

12 students per trainer

## Course location

Courses are primarily delivered at our facilities:  
3M Australia,  
93 Derby Street, Silverwater NSW  
The Construction Training Centre,  
460 Beaudesert Road, Salisbury QLD  
However, courses can be delivered at your worksite if required. In this instance your employer will confirm there are suitable facilities on site to deliver the training.

*Demonstrate skills in the following:*

*Followed DRSABCD in line with ARC guidelines, including:*

- Performed at least 2 minutes of uninterrupted single rescuer cardiopulmonary resuscitation (CPR) (5 cycles of both compressions and ventilations) on an adult resuscitation manikin placed on the floor
- Performed at least 2 minutes of uninterrupted single rescuer CPR (5 cycles both compressions and ventilations) on an infant resuscitation manikin placed on a firm surface
- Responded appropriately in the event of regurgitation or vomiting
- Managed the unconscious breathing casualty
- Followed single rescue procedure, including the demonstration of a rotation of operators with minimal interruptions to compressions
- Followed the prompts of an Automated External Defibrillator (AED)

*Responded to at least one simulated first aid scenario contextualised to the candidate's workplace/community setting, including:*

- Demonstrated safe manual handling techniques
- Provided an accurate verbal or written report of the incident
- Applied first aid procedures for the following:
  - Allergic reaction
  - Anaphylaxis
  - Bleeding control
  - Choking and airway obstruction
  - Respiratory distress, including asthma
  - Shock

**On successful completion students will be issued with:**

**Statement of Attainment in** HLTAID009 Provide cardiopulmonary resuscitation; HLTAID010 Provide basic emergency life support