



CPR First Aid

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HLTAID009 Provide cardiopulmonary resuscitation Course Information Sheet

Course Information

- HLTAID009 Provide cardiopulmonary resuscitation is usually referred to as CPR Refresher.
- **HLTAID009 Full Length** is a course option without pre-course theory.
- **EXPRESS HLTAID009** cardiopulmonary resuscitation course is for frequently trained who hold a current qualification in this course
- There are no pre-requisites for this first aid course so it is perfect for people that have never completed first aid training before or for workplace first aiders looking to update their first aid training.
- The course is available to the general public and for private bookings at workplaces across Australia.
- The Australian Resuscitation Council recommends HLTAID009 Provide cardiopulmonary resuscitation is renewed every 12 months.
- This course also includes training in Automated External Defibrillation and replaces the 22101VIC defibrillation course.

Award Issued:

- Participants assessed as being competent in all assessments will receive a **Statement of Attainment in HLTAID009** Provide cardiopulmonary resuscitation

Course Requirements:

- All clients completing this course must have moderate English. All clients will need to complete a few scenarios at the beginning of the class to ensure effective communication.
- It is a requirement that CPR be demonstrated for a minimum of 2 minutes
- on the floor using a manikin, if this is not achieved you will not be marked as competent.

Course Duration:

- 3-6 Hours of Pre-course online eLearning home study prior to the class
- 2.5 -hour full version (no theory), or
- 1.5 -hour version (plus online theory completed prior to class)
- 1hr face-to-face training (plus online theory completed prior to class)

Training Delivery:

- In your practical component you will need to complete a theory test (all multiple choice questions) and practical exercises, you will be assessed by your trainer and have to be marked as competent to pass for your qualification.
- Pre-course theory must be completed prior to attending your class. Failure to complete theory may result in exclusion from the course and forfeiture of fees.
- Practical exercises are completed in groups or pairs and will involve placing participants in the recovery position and practicing CPR on manikins on the floor.

Course Content:

- DRS ABCD
- Placing casualty in recovery position
- Completing CPR on adult, child and infant CPR manikins
- Trainer AED machines, administering defibrillation
- Notifying emergency services and incident reports
- All assessments are completed in line with ARC regulation



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Performance Evidence

The candidate must show Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the workplace or community setting.

There must be evidence that the candidate has completed the following tasks in line with state/territory regulations, first aid codes of practice, Australian Resuscitation Council (ARC) guidelines and workplace procedures:

- Managed, in line with ARC guidelines, the unconscious, breathing casualty including appropriate positioning to reduce the risk of airway compromise
- Managed, in line with ARC guidelines, the unconscious, non-breathing adult, including:
 - performing 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
 - following the prompts of an automated external defibrillator (AED) to deliver at least one shock
 - demonstrating a rotation of single rescuer operators with minimal interruptions to compressions
 - responding appropriately in the event of regurgitation or vomiting
 - handing over to emergency services
 - providing an accurate verbal report of the incident
 - reviewing the incident
- Managed, in line with ARC guidelines, the unconscious, non-breathing infant, including:
 - performing 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.

Knowledge Evidence

The candidate must be able Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- Guidelines and procedures including:
 - relevant ARC guidelines to managing the unconscious breathing and non-breathing casualty and provision of CPR
 - potential incident hazards and risk minimisation processes when providing first aid
 - infection control procedures, including use of standard precautions and resuscitation barrier devices
 - requirements for currency of skill and knowledge
 - first aid codes of practice
 - appropriate workplace or site procedures relevant to the provision of first aid



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- Legal, workplace and community considerations, including:
 - duty of care requirements
 - own skills and limitations
 - consent and how it relates to the conscious and unconscious casualty
 - privacy and confidentiality requirements
 - awareness of potential need for stress management techniques and available support for rescuers
- Considerations when providing CPR, including:
 - upper airway and effect of positional change
 - appropriate duration and cessation of CPR
 - appropriate use of an AED
 - safety and maintenance procedures for an AED
 - chain of survival
 - how to access emergency services
- Techniques for providing CPR to adults, children and infants including:
 - how to recognise that a casualty is unconscious and not breathing normally
 - rate, ratio and depth of compressions and ventilations
 - correct hand positioning for compressions
 - basic anatomy, physiology and the differences between adults, children and infants relating to CPR.

Assessment Conditions

Skills must be demonstrated working individually in an environment that provides realistic in-depth, industry- validated scenarios and simulations to assess candidates' skills and knowledge.

Assessment resources must include:

- adult and infant resuscitation manikins in line with ARC Guidelines for the purpose of assessment of CPR procedures
- AED training device
- workplace injury, trauma and/or illness record, or other appropriate workplace incident report form

Simulated assessment environments must simulate the real-life working environment where these skills and

knowledge would be performed, with all the relevant equipment and resources of that working environment.

Assessor Requirements

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, hold current first aid certificate HLTAID009 or higher.