

Pre-course self-study



Dear Learner,

Welcome to your course enrolment with First Aid Academy (RTO 40920) in the following unit of competency:

HLTAID009 Provide cardiopulmonary resuscitation

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

This unit applies to all workers who may be required to provide CPR, in a range of situations, including community and workplace settings.

Specific licensing /regulatory requirements relating to this competency, including requirements for refresher training should be obtained from the relevant national/state/territory Work Health and Safety Regulatory Authorities.

Pre-course learning material

The amount of training a learner is required to complete for each unit of competency in order to be confident in the subject matter can vary amongst individuals. The amount of training time and material may depend on the student's background and level of experience in the field of training.

First Aid Academy recognises that some learners:

- a) Are new to the training (e.g. school leavers or employees new to the industry)
- b) Have experience in the training of this course or work experience relating to this course

First Aid Academy recognizes that every learner is different and may prefer different ways to gain and absorb knowledge and develop skills. This pre-course learning material has been developed to assist learners that are new to the subject or learners with existing skills and knowledge who wish to refresh and consolidate the content of this unit of competency.

Delivery mode

For learners that are new to the training of Cardiopulmonary Resuscitation, First Aid Academy recommends the completion of the pre-course study. *This will enable the learner to fully gain the knowledge and skills for this course and consolidate their learning by completing the revision questions provided.*

For learners with prior training or work experience in the course, the provided pre-course study may be completed as a refresher of their existing skills and knowledge.

All learners must complete the face to face component of the course. In class, your trainer will ensure and check that all learners have the required knowledge and skills for completing the course and are confident to apply their skills in community and workplace settings while meeting current industry standards.

What is first aid?

First aid can be described as the immediate treatment or care of a sick or injured person until an ambulance arrives or the person recovers. First aid may be required in any part of our lives, at home, work, school or play - indoors and outdoors or during sport. Minor or major incidents can happen without notice. And everyone should be prepared and feel confident to provide assistance in an incident until professional help arrives.

At work, workplace health and safety (WHS) legislation requires employers to uphold their duty of care to ensure that workers and other people are not exposed to health and safety risks. This includes preventing exposure to risk (e.g. safe use of equipment, safe surroundings) and how to manage a risk (e.g. dealing with an incident in an appropriate way).

As a first aider in the workplace you are required to have successfully completed nationally recognised training or equivalent level of training that qualifies you to administer first aid. Your nationally accredited training course is based on industry standards and aligned with the leading industry bodies in the provision of first aid in Australia, the Australian Resuscitation Council (ARC) and Safe Work Australia.

The ARC has developed a set of [guidelines on emergency care](#) that form the basis of the first aid treatments you will learn during this course.

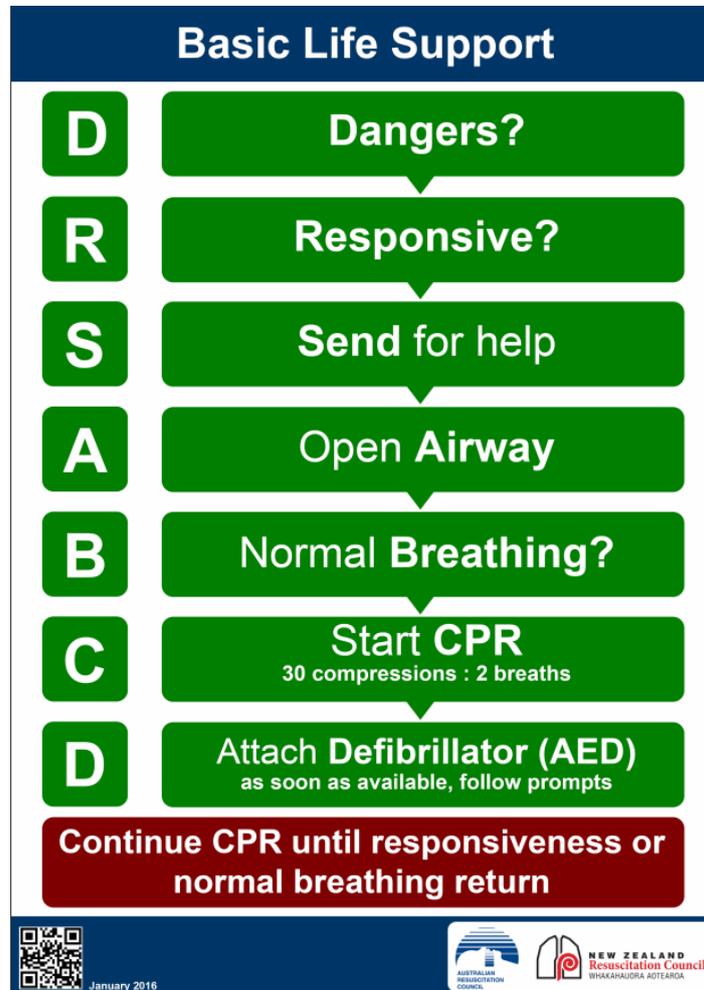
Your initial step as a first aider is to recognise an emergency situation. You will need to assess the situation and the casualty, identify hazards and risks, make decisions on how to provide immediate help and organise professional care.

The injury or illness that you may encounter could be minor or major. The treatment you apply as a first aider may also be minor or major, and may require knowledge and skills on different levels. But it will always require you to assist a casualty in a respectful and reassuring way.



Your primary assessment:

To assess the emergency situation and the casualty, the emergency action plan DRS ABCD will always help you to ensure your own safety and to stay calm and focused:



Source: www.resus.org

Follow the link to [Shock verdict](#) for a practical amusing video demonstration of the DRS ABCD. Your trainer will also demonstrate the DRS ABCD in class for you and you will have plenty of opportunity to practice yourself.

What is CPR?

The need for cardiopulmonary resuscitation (CPR) arises when a person's breathing or heartbeat has stopped or is abnormal. The supply of oxygen to the brain and vital organs is interrupted and this can lead to severe damage or even death.

Whenever someone is seriously ill or injured or in need of urgent medical help, you will need to call [Triple Zero 000](#) immediately to organise professional care.

CPR is a technique to help you as a first aider to save a life. By giving compressions you simulate the person's heart beat and keep their circulation going. And by giving a rescue breath, you provide the casualty with oxygen that allows the casualty's cells to metabolise energy to perform vital functions such as muscle movement. This includes the body's most precious involuntary muscle: the heart. CPR will help you to keep a casualty's organs alive until the arrival of advanced medical care.

Find out more about CPR:

[ANZCOR Guideline 8 – Cardiopulmonary Resuscitation \(CPR\)](#)

In your class your trainer will demonstrate how to apply the DRS ABCD and you will practise how to resuscitate in simulated situations.

Take some time to reflect on the individual steps of the DRS ABCD:

- | | |
|---------------|--|
| Dangers? | What dangers can you think of in emergency situations?
Dangers for you as a first aider? How can you protect yourself?
Dangers for the casualty? |
| Response? | Is the casualty responsive?
What does the response look like? |
| Send for help | What are the main numbers for Emergency Services?
How would you organise help in your workplace? |
| Airway? | Is the airway open?
What can block the airway? How can you clear it? |
| Breathing? | Check for breathing (LOOK, LISTEN and FEEL)
Look for rise and fall of the chest
Listen for breathing sounds?
Feel the chest for movement |



The casualty is not breathing or not breathing normally:

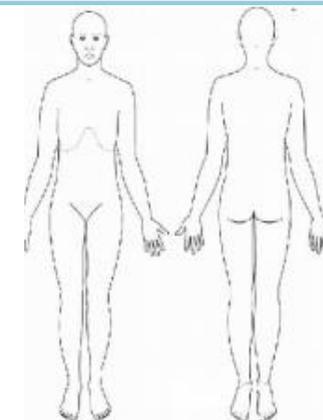
- | | |
|---------------|--|
| CPR | Start CPR if no normal breathing is detected
Start with 30 chest compressions, followed by 2 rescue breaths |
| Defibrillator | Attach the Automated External Defibrillator (AED) as soon as possible and follow instructions. |

Reporting on an incident:

Passing on detailed information on a casualty's condition, can be of great use for emergency services. In your workplace, WHS legislation will require you to complete incident report forms for any minor or major incident you have attended as a first aider.

Please see the following incident report as an example.

CONFIDENTIAL INCIDENT REPORT		CASUALTY EXAMINATION				
Date: 3 / 2 / 19	Time: 10:00	Workplace/location: <i>Workshop</i>				
Casualty Name: <i>Jack Smith</i>		Phone: <i>not known</i>				
Date of Birth: 20 / 4 / 1965	<input checked="" type="checkbox"/> Male <input type="checkbox"/> Female					
Address: <i>not known</i>						
Contact Person for Casualty: <i>Paul, friend</i>		Phone: 0412 345 678				
What happened (How, when?) <i>Jack felt pain in chest and collapsed.</i>						
First aid action taken (What did you do? Did you use equipment?) <i>Followed DRS ABCD, did CPR for 5 minutes, gave two shocks with AED, Paul started breathing again.</i>						
Medical history (circle) Diabetes Epilepsy Allergies Asthma Heart Problems Operations/injuries Other Unknown		Hand over to (circle) Ambulance Hospital Own Doctor Return to work				
Last meal/drink/oral intake: <i>Lunch on board</i> Current medications: <i>Not known</i>		Post-incident debrief and evaluation (circle) Debrief / Date YES NO 3 / 2 2019 Counselling YES NO Staff meeting YES NO 4 / 2 / 2019 First Aiders Name: <i>Jimmy Student</i> First Aider Signature: <i>Jimmy Student</i>				
		Observations of VITAL SIGNS (e.g. value/description)				
		Time of incident	10.00 am/pm	10.03 am/pm	10.05 am/pm	
		Conscious state	Alert	<i>No</i>	<i>No</i>	<i>Semi</i>
		Responds to Verbal stimuli	<i>No</i>	<i>No</i>	<i>Yes</i>	
		Responds to Physical stimuli	<i>No</i>	<i>No</i>	<i>Yes</i>	
		Unconscious	<i>UC</i>	<i>UC</i>	<i>Consci.</i>	
		Pulse				
		Rate (value)	<i>0</i>	<i>0</i>	<i>80</i>	
		Description (fast, weak)			<i>weak</i>	
		Breathing				
		Rate (value)	<i>0</i>	<i>0</i>	<i>10, shallow</i>	
		Description (shallow, rapid)				
		Skin state				
		Temperature (value)	<i>--</i>	<i>--</i>	<i>36.5</i>	
		Description (dry, clammy)	<i>--</i>	<i>--</i>	<i>dry</i>	
		Colour (pale, grey, pink)	<i>--</i>	<i>Pale, grey</i>	<i>pale</i>	
		Comments:				



Sources

ARC guidelines viewed on www.resus.org.au, April 2022

First Aid Code of practice, 2021 [First aid in the workplace Code of Practice 2021 \(worksafe.qld.gov.au\)](http://www.worksafe.qld.gov.au)

Revision questions

1. Describe in your own words what first aid is?

2. What is the emergency action plan for your primary assessment?

3. Name two potential dangers you may face when attending to an emergency.

4. What is the ratio of compressions to rescue breath during CPR?

Please see your trainer with any questions you have about the learning content provided and join the discussions in class. We are looking forward to seeing you soon at First Aid Academy.