



# Cardiopulmonary Resuscitation (CPR)



## COURSE INFORMATION

The St John Cardiopulmonary Resuscitation (CPR) course gives you the skills to perform CPR on a person who is unconscious and not breathing normally in line with the Australian Resuscitation Council (ARC) guidelines. You will gain the knowledge and confidence to perform CPR on an adult, child and infant.

## ENTRY REQUIREMENTS

For participants interested in enrolling in this course:

- Must provide a valid Unique Student Identifier (USI) at the time of enrolment.
- For courses with pre-learning, access to a reliable device (e.g., computer, laptop, or smart phone) connected to the internet is required.
- Must complete pre-learning before coming to class as topics covered in pre-learning are not covered in the classroom.
- Must be able to perform CPR on a manikin on the floor for 2 minutes.

## PARTICIPANT COHORT

Participants are drawn from across the Australian community as CPR is considered an important life skill.

Participants include individuals enrolled in programs where first aid is a necessary component (e.g., medical and nursing courses) or an integral part of the curriculum (e.g., enrolled nursing and sports programs).

## COURSE DURATION AND DELIVERY MODES

St John offers the following options:

- **4 hours face to face workshop:** This is full face to face course and participants are required to attend the full workshop.
- **2 hours (face to face workshops with prework):** This is face to face course and with online prework. Participants must complete the online e-learning module prior to attending the face-to-face workshops for practice and assessment.
- **Assessment only:** The assessment only option will particularly suit participants who regularly apply resuscitation skills and engage in ongoing learning about resuscitation.

## COURSE OUTLINE

This course covers the following among others:

- DRSABCD action plan and responding to emergency situations
- Managing unconscious breathing casualties
- Responding to emergency situations
- Communicating the incident
- Cardiopulmonary resuscitation (CPR)
- Using a defibrillator (AED)
- Legal issues in first aid
- Infection control

## CERTIFICATE

On successful completion of this course, you will be issued a statement of attainment in:

- HLTAID009 Provide cardiopulmonary resuscitation

St John Ambulance advises, in accordance with The Safe Work Australia model Code of Practice: First Aid in the Workplace and the guidelines of the Australian Resuscitation Council, first aid skills are renewed every 3 years and resuscitation skills are renewed every 12 months.

## ASSESSMENT METHODS

A successful outcome for this statement of attainment will be determined by a range of different methods including written assessment, observation of simulated and practical activities etc.

## LOCATIONS

St John delivers first aid courses nationally and across many locations in Australia. Choose the location to suit your needs.

- PUBLIC (at a venue near you)
- CUSTOMISED (on-site consultation)
- ONSITE (at a venue of your choice)
- ONLINE (training delivered online from our e-Learning platform)

## DELIVERY BY ST JOHN'S THIRD PARTIES

St John Ambulance Australia's courses are delivered by way of third-party arrangements (e.g., with State or Territory St John Ambulance organisations). Our third-party agents deliver nationally accredited training and assessment on behalf of St John Ambulance Australia Ltd.



(TOID 88041). Contact details for St John's third-party organisations are available from [www.stjohn.org.au](http://www.stjohn.org.au) or call 1300 ST JOHN.

### **PARTICIPANT HANDBOOK**

Download the *Participant's Handbook* from [www.stjohn.org.au](http://www.stjohn.org.au) for more information about completing a course with St John Ambulance Australia. This includes information about complaints, appeals and privacy information.

We actively tailor training to meet the needs of people from diverse backgrounds and abilities and encourage all to apply.

For more information on this course, contact the Training Office in your area  
**1300 ST JOHN (1300 785 646) [WWW.STJOHN.ORG.AU](http://WWW.STJOHN.ORG.AU)**