



# PROVIDE CPR HLTAID001

## COURSE SUMMARY

The Provide CPR course (HLTAID001), or Cardiopulmonary Resuscitation training, provides the skills and knowledge required to perform CPR in line with the Australian Resuscitation Council (ARC) Guidelines. CPR skills should be updated annually and is recommended to all workers who may be required to provide CPR, in a range of situations, including community and workplace settings.

## LEARNING OBJECTIVES

The CPR course provides appropriate training for staff who may require CPR training as recommended by the Australian Resuscitation Council (ARC) Guidelines. The comprehensive course training comprises of practical training plus face-to-face training.

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage

contingencies in the context of the job role. 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:

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

## **COURSE PREREQUISITES**

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There are no pre-requisites for this CPR course. Students must be at least 14 years of age at the time of attendance.

Important note: In order to issue an accredited certificate CPR must be performed on the floor with no exemptions.

Learn more about the Australian Government's competency and assessment requirements for this course at <http://training.gov.au/training/details/HLTAID001>

## **COURSE DETAILS**

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The face to face training is 2.5 hours and covers both theory and practical aspects of CPR Training. Students are required to arrive at least 10 minutes prior to the course commencement or will be refused entry. There is a short multiple choice quiz at the end of the training covering the course theory learnt that day. Students will also be assessed on practical skills as a

requirement to pass the course. Once completed, all students will receive a CPR Quick Guide.

Practitioners Members (RACGP) – The CPR course has been approved by the RACGP Quality Improvement & Continuing Professional Development Program.

Total Points – 5 (Category 2)  
Activity Number 4883

## **CERTIFICATE VALIDITY**

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The HLTAID001 certificate is valid for 12 months. Australian Resuscitation Council recommends that cardiopulmonary resuscitation skills are refreshed annually.

## **FEES**

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\$50 per person  
Minimum of 10 and maximum 20 participants

## **CONTACT US**

Should you have any questions about our First Aid Training packages, would like to sign up to a course or book a private session, please do not hesitate to get in touch:

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