

# Cardiopulmonary Resuscitation (CPR 4hr)

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 require the knowledge and confidence to perform CPR on an adult, child and infant, to describe alternative methods for delivering rescue breaths and how to manage a victim of drowning.

## **COURSE DURATION:**

St John offers the following option:

- 4 hours face to face workshop: This is full face to face course and participants are required to attend the full workshop.

## **CERTIFICATE:**

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

- **HLTAID009** Provide cardiopulmonary resuscitation

St John recommends, as per the First Aid in the Workplace Code of Practice and the Australian Resuscitation Council guidelines, that first aid skills are renewed every 3 years and resuscitation skills (**HLTAID009/HLTAID015**) are renewed every 12 months.

## **COURSE OUTLINE:**

This course covers the following:

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

## **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.

You will be required to demonstrate CPR on a manikin on the floor.

## 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)

## DELIVERY BY ST JOHN'S RTO PARTNERS:

St John Ambulance Australia's courses are delivered by way of partnership agreements (e.g. with State or Territory St John Ambulance organisations). Our partners are authorised to deliver training on behalf of St John Ambulance Australia Ltd. (TOID 88041). Contact details for our partner organisations are available from [www.stjohn.org.au](http://www.stjohn.org.au) or call 1300 ST JOHN.

## PARTICIPANT'S 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)**

