**GROUP SIX – BASIC LIFE SUPPORT AWARDS**

**PHASED INTRODUCTION OF SKILLS**

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| **Basic Life Support 1 (BLS 1)**Chain of SurvivalScene SafetyRecognition of Cardiac ArrestAgonal BreathingAdult CPRAdult AED**Basic Life Support 2 (BLS 2)**Understanding of Ventricular FibrillationDefinition of DeathReturn of Spontaneous CirculationPrecautions when using AEDAED maintenancePatient Handover & Care Report FormsRecovery Position**Basic Life Support 3 (BLS 3)**Infant and Child CPRForeign Body Airway Obstruction on a conscious victim – Adult, Child and InfantForeign Body Airway Obstruction on an unconscious victim – Adult, Child and InfantForeign Body Airway Obstruction on obese / pregnant victims Critical Incident Stress Management (CISM)**Cardiac First Response Community** Stroke (FAST) AssessmentAspirin Administration CFR Report Writing |

**BASIC LIFE SUPPORT 1 AWARD**

**AIM:**

*To ensure that Candidates have the necessary skills to administer Cardio Pulmonary Resuscitation (CPR) and ability to use an Automated External Defibrillator (AED) in order to sustain life.*

**SINGLE RESCUER SKILLS**

**PREREQUISITES:** None.

**AWARD:** Certificate.

**VALIDITY:** 2 Years

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| **TEST ITEMS**1. Understand Chain of Survival
2. Scene Safety
3. Recognition of Cardiac Arrest – non breathing / Agonal gasps
4. Understand how to call for help 112/999 & send for an AED
5. Demonstrate mouth to mouth/mouth to barrier device resuscitation
6. Demonstrate Basic CPR Skills
7. Turn on AED and follow voice prompts
 | **GUIDELINES**1. As per CFR Student Handbook
2. As per CFR Student Handbook
3. As per CFR Student Handbook
4. As per CFR Student Handbook
5. Ideally instructors should have barrier devices available for student use. Students who do not wish to do mouth to mouth should be instructed in hands only CPR.
6. Correct hand position and reasonable compression depth, achieving a basic CPR skill
7. If possible instructors should arrange more than one type of training AED to show examples of different wording used, but in effect the same message given.
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**N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**

**BASIC LIFE SUPPORT 2 AWARD**

**AIM:**

*To ensure that Candidates have the necessary skills and knowledge relating to Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED). To place an unconscious breathing victim into the Recovery position*

**SINGLE RESCUER SKILLS**

**PREREQUISITES:** BLS 1 AWARD

**AWARD:** Certificate.

**VALIDITY**: 2 Years

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| **TEST ITEMS**1. All skills and knowledge in BLS1. (Good CPR Skills)
2. Basic understanding of ventricular fibrillation
3. Understand definition of death – reasons not to start CPR
4. Recognise ROSC (Return of Spontaneous Circulation)
5. Precautions when using an AED
6. AED Maintenance
7. Patient Handover & Patient Care report form filling
8. Demonstrate Recovery Position where there are no obvious traumatic injuries
 | **GUIDELINES**1. Candidate should be able to demonstrate good CPR skills, correct hand position, correct depth of compression, recoil without hands leaving the chest and maintaining a consistent rhythm
2. As per CFR Student Handbook
3. As per CFR Student Handbook
4. As per CFR Student Handbook
5. As per CFR Student Handbook
6. As per CFR Student Handbook

.1. As per CFR Student Handbook
2. As per CFR Student Handbook
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**N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**

 **BASIC LIFE SUPPORT 3 AWARD**

**AIM:**

*To provide comprehensive BLS & AED Skills and complement the knowledge in BLS 1 & 2. To provide the necessary BLS skills to deal with foreign body airway obstructions in conscious and unconscious victims.*

**SINGLE RESCUER SKILLS**

**PREREQUISITES:** BLS 2 AWARD

**AWARD:** Certificate.

**VALIDITY**: 2 Years

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| **TEST ITEMS**1. All skills and knowledge in BLS1 and BLS
2. Demonstrate effective CPR skills for child and Infant
3. FBAO – Demonstrate Foreign Body Airway Obstruction skills for Adult, Child and Infant who are conscious victims
4. Demonstrate FBAO skills for Adult, Child and Infant who are unconscious victims
5. Demonstrate FBAO skills for when dealing with either pregnant or obese victims.
6. Answer questions on any aspect of Basic Life Support Theory
7. CISM – Understand Critical Incident Stress Management
 | **GUIDELINES**1. As per CFR Student Handbook
2. As per CFR Student Handbook
3. As per CFR Student Handbook
4. As per CFR Student Handbook
5. As per CFR Student Handbook
6. Theory drawn from the CFR Student Handbook
7. As per CFR Student Handbook
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**N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**

**CARDIAC FIRST RESPONSE COMMUNITY**

**AIM:**

*To bring IWS Personal to a higher level of professionalism in the area of Basic Life Support, Cardiopulmonary Resuscitation, Automated External Defibrillation, Choking Response Solutions, Aspirin Administration, Chain of Survival, Critical Incident Stress Management, CFR Report Writing, Cardiac Arrest & Heart Attack, Stroke (FAST) Assessment, Definitions of Death & CISM.*

**THEORY LEVEL: High**

**SKILL LEVEL: High**

**PREREQUISITES: BLS 1 - 3**

**AWARD: Certificate**.

**VALIDITY: 2 years**.

**TEST ITEMS**

1. All skills and knowledge in BLS 1, BLS 2 and BLS 3 (Skill Test Stations) (Skill Sheet)
2. Stroke (FAST) Assessment
3. Aspirin Administration
4. CFR Report Writing

**Course Registration Form to IWS HQ 14 Days in Advance**

**Fee Payable to IWS HQ**

**Course Material from** [**www.phecc.ie**](http://www.phecc.ie)

**N.B. – TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**