

GROUP SIX – BASIC LIFE SUPPORT AWARDS

PHASED INTRODUCTION OF SKILLS

Basic Life Support 1 (BLS 1)

Chain of Survival
Scene Safety
Recognition of Cardiac Arrest
Agonal Breathing
Adult CPR
Adult AED

Basic Life Support 2 (BLS 2)

Understanding of Ventricular Fibrillation
Definition of Death
Return of Spontaneous Circulation
Precautions when using AED
AED maintenance
Patient Handover & Care Report Forms
Recovery Position

Basic Life Support 3 (BLS 3)

Infant and Child CPR
Foreign Body Airway Obstruction on a conscious victim – Adult, Child and Infant
Foreign Body Airway Obstruction on an unconscious victim – Adult, Child and Infant
Foreign Body Airway Obstruction on obese / pregnant victims
Critical Incident Stress Management (CISM)

Cardiac First Response Community

Stroke (FAST) Assessment
Aspirin 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

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Understand Chain of Survival	1. As per CFR Student Handbook
2. Scene Safety	2. As per CFR Student Handbook
3. Recognition of Cardiac Arrest – non breathing / Agonal gasps	3. As per CFR Student Handbook
4. Understand how to call for help 112/999 & send for an AED	4. As per CFR Student Handbook
5. Demonstrate mouth to mouth/mouth to barrier device resuscitation	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. Demonstrate Basic CPR Skills	6. Correct hand position and reasonable compression depth, achieving a basic CPR skill
7. Turn on AED and follow voice prompts	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.

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

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. All skills and knowledge in BLS1. (Good CPR Skills)	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. Basic understanding of ventricular fibrillation	2. As per CFR Student Handbook
3. Understand definition of death – reasons not to start CPR	3. As per CFR Student Handbook
4. Recognise ROSC (Return of Spontaneous Circulation)	4. As per CFR Student Handbook
5. Precautions when using an AED	5. As per CFR Student Handbook
6. AED Maintenance	6. As per CFR Student Handbook
7. Patient Handover & Patient Care report form filling	7. As per CFR Student Handbook
8. Demonstrate Recovery Position where there are no obvious traumatic injuries	8. As per CFR Student Handbook

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

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

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

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