

COURSE CONTENT OVERVIEW

CPR Awareness Training

This CPR Awareness Training course will help you to recognise when someone is experiencing a medical emergency that requires CPR to be administered immediately. It explains the techniques to administer CPR to increase the casualty's chance of survival before the emergency medical services can reach them. The techniques vary depending on the casualty's age and these steps are shown through a combination of text, illustrations, and videos. You will learn how to use defibrillators (AEDs), how to put someone into the recovery position, and the infection prevention measures that need to be considered.

On completion of this course, you will have gained an awareness of CPR, or refreshed your existing knowledge. This will help you to safely and confidently administer CPR if you are in a situation where someone needs it.

Module One: Introduction to CPR

This module explains what CPR is and who can administer this life-saving procedure to someone. It covers how to recognise when someone is experiencing a medical emergency and needs immediate help, as well as how to seek medical assistance. How to safely approach and assess the casualty by carrying out a primary survey is also explained.

- What is CPR?
- Who can give CPR?
- Recognising a medical emergency
- Seeking medical assistance
- The primary survey

Module Two: Administering CPR

This module explains what to do if someone is unresponsive and has stopped breathing or isn't breathing normally. It covers the situations when you would stop giving CPR, how to use defibrillators (AEDs), and how to put a casualty into the recovery position if they start breathing normally after CPR has been given. The module also addressed the factors that should be considered before and after giving CPR, and where to seek support after the experience, if needed.

- Considerations before giving CPR
- Administering hands-only CPR to adults
- Administering CPR with rescue breaths to adults
- Administering CPR to children
- Administering CPR to infants
- When to stop giving CPR
- Defibrillators (AEDs)
- The recovery position for adults and children
- The recovery position for infants
- The jaw thrust technique
- Considerations after giving CPR
- Support after giving CPR

Module Three: Infection Prevention and Control

The final module of this course discusses the steps that can be taken to help prevent infection from spreading during CPR and after CPR has been given. Finally, it explains the importance of hand hygiene and other measures that protect the casualty and person attending to them from further harm.

- The importance of infection prevention
- Hand hygiene
- Handwashing procedure

Aims of the training

By the end of this course, you will understand:

- How to protect your own health and safety when responding to a casualty, and how to carry out the primary survey.
- When to administer CPR to a casualty, including in cases of cardiac arrest.
- How to administer CPR to adults.
- How to administer CPR to children.
- How to administer CPR to infants.
- How to use defibrillators (AEDs).
- How to put casualties into the recovery position.
- The importance of infection prevention.