

Performance Evidence

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 two simulated first aid scenarios contextualised to the candidate's workplace/community setting, including:
 - conducted a visual and verbal assessment of the casualty
 - demonstrated safe manual handling techniques
 - post-incident debrief and evaluation
 - provided an accurate verbal or written report of the incident
- Applied first aid procedures for the following:
 - allergic reaction
 - anaphylaxis
 - bleeding control
 - choking and airway obstruction
 - envenomation, using pressure immobilisation
 - fractures, sprains and strains, using arm slings, roller bandages or other appropriate immobilisation techniques
 - respiratory distress, including asthma
 - shock

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role.

This includes knowledge of:

- state/territory regulations, first aid codes of practice and workplace procedures including:
- ARC Guidelines relevant to provision of CPR and first aid
- safe work practices to minimise risks and potential hazards
- infection control principles and procedures, including use of standard precautions
- requirements for currency of skill and knowledge
- legal, workplace and community considerations including:
- need for stress-management techniques and available support following an emergency situation
- duty of care requirements
- respectful behaviour towards a casualty
- own skills and limitations
- consent
- privacy and confidentiality requirements
- importance of debriefing
- considerations when providing first aid including:
- airway obstruction due to body position
- appropriate duration and cessation of CPR
- appropriate use of an AED
- standard precautions and infection control
- principles and procedures for first aid management of the following scenarios:
- abdominal injuries
- allergic reactions
- anaphylaxis
- bleeding control
- burns
- cardiac conditions
- choking and airway obstruction
- cold and crush injuries
- diabetes
- dislocations
- drowning
- envenomation
- environmental impact (including hypothermia, hyperthermia, dehydration and heat stroke)
- epilepsy
- eye and ear injuries
- fractures
- head, neck and spinal injuries
- minor skin injuries
- needle stick injuries
- poisoning and toxic substances

- respiratory distress, including asthma and other respiratory conditions
- seizures
- severe allergic and anaphylactic reactions
- shock
- soft tissue injuries
- unconsciousness, abnormal breathing or not breathing
- basic anatomy and physiology relating to:
 - absence of normal breathing
 - anatomy of the external chest
 - physiology relating to response/consciousness
 - upper airway anatomy and effect of positional change
- anatomy and physiology considerations in provision of first aid for specified conditions