

## Overview of *CPR for Life* training session

This summary of the key components of the *CPR for Life* Training session should be read in conjunction with the *CPR for Life* Teacher demonstration DVD.

### Aim

At the completion of this session, students should know how to:

- describe, recognise and respond to a cardiac arrest
- access an ambulance (Dial triple zero – 000)
- perform CPR on a manikin
- maintain the skills learned during the CPR training session
- access additional training.

### Duration

- Approximately 90 minutes

### Session components

- *CPR for Life* Student training DVD using role play to demonstrate the occurrence and response to cardiac arrest
- Demonstration of single operator CPR by a trained teacher on a manikin
- Practise by students on a manikin

### Equipment

- Manikins (The recommended ratio is one manikin for every three students)
- *CPR for Life in schools* Training resource kit
- DVD player and television
- *CPR for Life in schools* Step wallet cards (Provided in the *CPR for Life in schools* Training resource kit)
- *CPR for Life* Participation certificates (Downloadable from the *CPR for Life in schools* website located at [www.ambulance.qld.gov.au/schoolcpr](http://www.ambulance.qld.gov.au/schoolcpr))

## Session outline

### 1. Introduction — 10 minutes

- State the aim of the training session
- Outline the components of the session

### 2. *CPR for Life* Student training DVD — 18 minutes

- Show Part A of the DVD
- Discuss the content of the DVD
- Discuss possible scenarios where students could be required to administer CPR
- Show Part B of the DVD

### 3. Teacher demonstrates adult CPR — 15 minutes

- Demonstrate the use of the manikin
- Demonstrate one full sequence of CPR
- Highlight six key skills:
  1. check for danger
  2. check for response
  3. call triple zero (000)
  4. check for normal breathing
  5. rescue breathing
  6. chest compressions.

### 4. Manikin practice — 35 minutes

- Divide class into groups of three students and allocate roles and tasks
- Distribute consumables (for example, single use bags if required for manikin use) and removable manikin pieces (for example, face pieces)
- Allow students to practise CPR
- The *CPR for Life* Practice checklist may be used as a learning tool for peer feedback

### 5. Manikin disinfection — 10 minutes

- Describe procedure
- Students undertake the disinfecting of manikins and face pieces

### 6. Conclusion — 5 minutes

- Distribute *CPR for Life* Participation certificates and *CPR for Life in schools* Student wallet cards to students

### Notes

- Refer to the *CPR for Life* Teacher demonstration DVD for more detail
- You may also wish to visit the *CPR for Life in schools* website located at [www.ambulance.qld.gov.au/schoolcpr](http://www.ambulance.qld.gov.au/schoolcpr) to access the *CPR for Life* Peer trainer's manual for further information