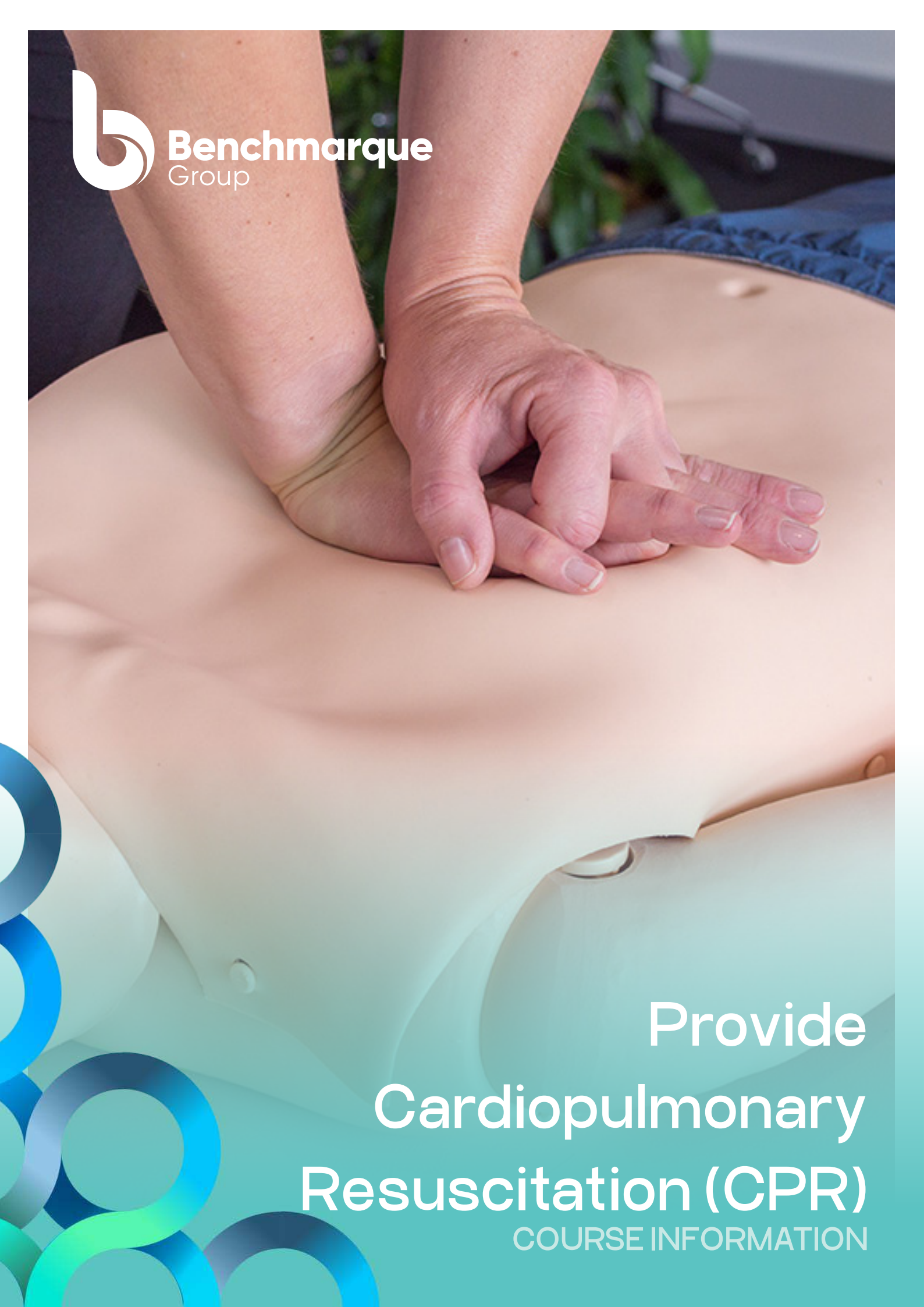




**Benchmark**  
Group



**Provide**  
**Cardiopulmonary**  
**Resuscitation (CPR)**  
COURSE INFORMATION

## Course snapshot

<b>COURSE TITLE</b>	<b><u>Provide Cardiopulmonary Resuscitation (CPR)</u></b>
<b>COURSE SUMMARY</b>	<p>Provide Cardiopulmonary Resuscitation is a short course designed to develop the knowledge and skills required to provide basic life support measures in an emergency. The single most important determinant of survival from a sudden cardiac arrest is the presence of a trained rescuer who is ready, willing, and able to act.</p> <p>This CPR course is well-suited for individuals across the community who may need to perform CPR in various scenarios, encompassing both community and workplace environments.</p>
<b>VALUE FOR ORGANISATIONS</b>	<p>This nationally-accredited course outlines the competencies and understanding necessary for executing CPR in accordance with the guidelines set by the Australian Resuscitation Council (ARC). Taught by an experienced Paramedic with over 20 years of experience, group bookings are available.</p>
<b>UNITS OF COMPETENCY</b>	NA
<b>COST</b>	\$65 (Inc.GST)
<b>PRE-READING</b>	There is no pre-reading for this course.
<b>DELIVERY &amp; ASSESSMENT</b>	Half day face-to-face workshop. 2 hours of face-to-face workshop, 1 hour of online learning completed via accessIQ.
<b>ESTIMATED HOURS OF STUDY</b>	3 hours of active learning.
<b>CPD HOURS</b>	<p>As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours.</p>
<b>ENTRY REQUIREMENTS</b>	This course is open to any individuals who may need to perform CPR in various scenarios.
<b>TERMS AND CONDITIONS</b>	<p><u><a href="https://benchmarkgroup.com.au/terms-and-conditions">Visit benchmarkgroup.com.au/terms-and-conditions</a></u> <u><a href="#">View Student Handbook</a></u></p>

## Course outline

This course outlines the competencies and understanding necessary for executing CPR in accordance with the guidelines set by the Australian Resuscitation Council (ARC).

Participants will acquire the knowledge and assurance needed to perform CPR on adults, children, and infants.

The course covers essential topics such as the DRSABCD action plan and appropriate responses to emergency situations, handling unconscious casualties, performing CPR, and utilising a defibrillator (AED).

This course is taught by an experienced Paramedic with over 20 years of experience. Chris has a Diploma of Paramedical Science, a Bachelor of Nursing and a Cert 4 in training and Assessment.

## Course outcome

At the successful completion of our Provide Cardiopulmonary Resuscitation (CPR) course, students will be able to:

- Respond to an emergency situation.
- Perform CPR procedures.
- Communicate details of the incident to emergency services.
- Review the incident.

## Assessments

Workshop performance tasks and practical scenarios:

- Perform CPR on an adult (incl. the use of an AED and placing a casualty into the recovery position)
- Perform CPR on an infant

Theory assessment: An online assessment consisting of multiple-choice questions

## Course content

Participants will engage in interactive group sessions and discussions in an environment that provides realistic in-depth, scenarios and simulations.

## Pre-Requisite Unit

No prerequisites are necessary for the CPR course, but participants must possess a basic level of literacy and numeracy for course admission.

If you have any medical conditions or special needs that may hinder your completion of practical assessments, especially performing CPR on a manikin on the floor, please inform us. It is mandatory to perform at least 2 minutes of uninterrupted single rescuer CPR on an adult resuscitation manikin placed on the floor as part of the course requirements.

## About accessIQ

We are paving the way for innovative and easy online learning through our bespoke online course and assessment platform, accessIQ.

- Study anywhere, anytime
- Edit saved answers, review before submitting
- Live student console – tracks assessment, enrollments and waitlists
- Access statement of results and resource library.

# About Benchmark Group

Benchmark Group is a Registered Training Organisation (RTO 21824) delivering a range of clinical skills courses to meet the needs of a broad range of health professionals across Australia.

As an RTO working in the health sector, our focus is on the delivery of courses designed to provide healthcare professionals with the opportunity to expand their skills and careers. We concentrate on skills and knowledge that can be immediately implemented in a vocational context.

Skills learnt today can be used tomorrow.



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