

If you are a parent or carer, knowing how to perform CPR is a skill that could potentially save your child's life or that of another loved one. Accidents can happen in and around the home which may cause your child to stop breathing (e.g. drowning, choking, allergic reaction, electric shock). Would you know what to do?

This course provides the knowledge and skills to manage a life threatening emergency and deliver cardiopulmonary resuscitation (CPR) to an unconscious person.

Course Content Overview

- Assessment of an emergency situation
- Assessment of a casualty's vital signs
- Recognition and management of an unconscious casualty
- Rescue breathing and cardiopulmonary resuscitation (CPR) – adult, children and infant variations
- Assessment and obtaining emergency services or medical assistance

Held at

- Nepean Aquatic Centre (see map below)

When

- Refer to separate calendar of CPR courses for exact dates. Generally held the last Tuesday of the month.

Start time

- 7:30 pm

Duration

- 2 – 2½ hours

Assessment

- Practical demonstration of CPR technique and competency
- Theoretical component (multiple choice)

Award

- CPR Certificate issued by Royal Life Saving Society which is valid for 12 months

Minimum Age

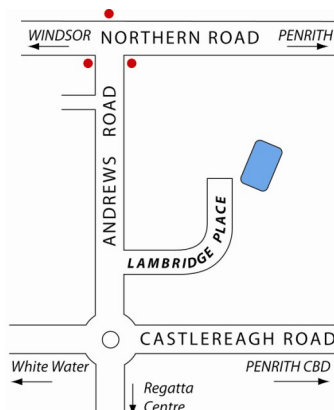
- 14 years

Cost

- \$50.00

Who should attend

- All Parents or carers – especially if you have a backyard pool or spa at home.
- Anyone who requires a CPR certificate for their employment.
- Anyone who has a CPR or First Aid certificate which is more than 12 months old.



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