



Surf Life Saving Australia

Course Syllabus

Advanced Resuscitation (ARC)

PRE-REQUISITES

Candidate must be a minimum age of 15 at the date of assessment

CHAPTERS TO BE LEARNT (1st First Aid and Emergency Care Manual)

Chapter 1	Introduction to First Aid
Chapter 2	Anatomy and Physiology
Chapter 3	First Aid Management
Chapter 4	Expired Air Resuscitation (EAR)
Chapter 5	Cardiopulmonary Resuscitation
Chapter 8	Respiratory Emergencies
Chapter 23	Oxygen Administration

ASSESSMENT

The candidate must satisfy the Assessor(s) they are competent in all learning outcomes by;

- Written assessment
- Performance of skills
- Simulation of resuscitation scenarios
- Pre-operational Assessment of Equipment

For this award to remain current candidates must perform an annual proficiency check.



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LEARNING OUTCOMES

Chapter one

- List the aims of first aid
- Identify the causes of accidents and illness
- Identify potential hazards in the workplace
- Define the terms 'consent', 'duty of care', and 'negligence'
- Perform maintenance of first aid equipment
- Demonstrate effective methods of personal protection

Chapter two

- Apply correct anatomical terminology
- Outline the functions of the respiratory system
- Outline the functions of the circulatory system

Chapter three

- List the principles of first aid management
- Outline the 'Basic Life Support Flow Chart'
- Outline the 'Chain of Survival' and its role in first aid management
- Explain the principles of DRABCD
- Employ the principles of DRABCD on a patient
- Demonstrate effective patient questioning
- Demonstrate the 'body check' procedure on a patient
- Apply the correct protocol of a patient referral/handover

Chapter four 'Expired Air Resuscitation'

- Apply a patient assessment prior to starting EAR
- List the methods of EAR
- Detail the technique involved in each method of EAR
- Perform EAR using different methods
- Perform EAR on adult, child, and infant patients
- Demonstrate the methods of removing foreign body airway obstruction (FBAO) on an adult, child, and infant patients
- Specify signs of recovery and error when administering EAR

Chapter five 'Cardiopulmonary Resuscitation'

- Explain signs that indicate lack of circulation
- Perform a pulse check on a patient
- Apply correct compression technique during External Cardiac Compression (ECC)
- Combine EAR & ECC to perform CPR
- List the differences in CPR when applied to an adult, child, and infant
- Perform CPR on adult, child, and infant patients
- Plan management strategies for a patient who has just received CPR



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Chapter eight 'Respiratory Emergencies'

- Explain the criteria for identifying respiratory distress
- Apply treatment for drowning/near drowning
- Identify signs of laryngeal spasm
- Apply treatment for laryngeal spasm
- Identify signs and symptoms of hyperventilation
- Apply treatment to hyperventilation
- Identify signs and symptoms of asthma
- Apply treatment to asthma
- Apply treatment to suffocation
- Apply treatment to smoke/gas inhalation
- Identify signs and symptoms of allergic reactions
- Apply treatment of allergic reactions
- Detail types of chest injuries
- Identify signs and symptoms of chest injuries
- Apply treatment to chest injuries
- Identify signs and symptoms of winding
- Apply treatment of winding

Chapter twenty-three 'Advanced resuscitation and Oxygen administration'

- List stages in the chain of survival.
- Perform one and two person patient assessment.
- Perform mouth-to-mouth, mouth-to-nose and mouth-to-mask expired air resuscitation (EAR) techniques.
- Define the differences between infant and adult resuscitation methods.
- List who should be sent to hospital.
- List the different rates of CPR for adults, children and infants.
- Perform one and two person CPR techniques.
- Perform oxygen aided resuscitation technique.
- Detail procedures for managing patients after CPR.
- Outline safety concerns associated with oxygen resuscitation equipment.
- Identify and assess patients requiring oxygen therapy.
- Perform oxygen therapy techniques.
- List the basic safety checks of an airbag unit.
- Perform set up of an airbag resuscitator unit.
- Explain the roles of EAR, CPR and airbag operators in emergency procedures.
- Perform the correct application and management of an airbag on a patient
- Outline the post-use procedures to be carried out after using an airbag.

COMPETENCIES

PUAEME003B Administer Oxygen in an emergency situation