

# STA International Basic Life Support and Automated External Defibrillation



## Course Overview and Assessment

### Introduction

This unregulated course trains learners in basic life support techniques and the safe use of an Automated External Defibrillator (AED). This course is aimed at people who may need to use an AED.

In order to attend the course, learners must:

- Be 16 years old at the time of the assessment
- Be able to kneel on the floor to demonstrate CPR.

On successful completion of the course, learners will be issued with a STA International Basic Life Support and Automated External Defibrillation Certificate.

This course is valid for 2 years. In order to revalidate their certificate learners will need to attend a new course before the 2-year expiry date.

### Course Overview

The course can be delivered over a period of weeks or over consecutive days. The recommended delivery hours are 4 hours, this does not include breaks.

There is a maximum of 16 learners to 1 tutor.

Learners are required to undertake CPR techniques therefore, access to resuscitation manikins and an AED training device is essential.

### Equipment requirements

- STA International Basic Life Support and Automated External Defibrillation E-Manual. Each learner is required to have their own copy of the manual to have access to theoretical and practical knowledge
- Resuscitation manikins:
  - Adult manikins at a ratio of 1:4
  - Resuscitation pocket masks.
- AED Training device at a ratio of 1:4
- STA International Basic Life Support and Automated External Defibrillation PowerPoint and supporting resources.

## On successful completion of the course

### Learners will:

Be able to perform cardiopulmonary resuscitation for an adult sudden collapse casualty

Be able to perform first aid for an unconscious casualty including the recovery position and aftercare

Be able to safely use an AED

## Assessment Information

In order to pass the course, learners will be assessed on their CPR and AED skills.

This course is assessed by the course tutor.

### Practical Assessment

Throughout the course learners will undertake practical CPR, AED and unconscious casualty training before undertaking the final assessment to determine their competency.

Learners are required undertake a CPR with use of an AED assessment and unconscious casualty assessment. Learners must complete the assessment activities without prompting or guidance from the tutor and all procedures must be completed in line with the STA International Basic Life Support and Automated External Defibrillation manual in order for the learner to be deemed competent.

### Practical assessment

Learners must individually demonstrate effective CPR on an adult sudden collapse casualty. Learners must follow all stated procedures and perform CPR for at least 2 mins in order to be deemed competent and pass the assessment.

Learners must demonstrate correct placement of the AED pads and following the AED instructions.

Learners must also demonstrate the correct procedures for an unresponsive casualty, including placing the casualty into the recovery position and monitoring them. Learners must follow all stated procedures in order to be deemed competent and pass the assessment.

### Re-assessment

If a learner is unsuccessful in the end of course assessment, the learner must retake the practical assessment. This re-assessment must be completed within six weeks from the failure date. All retakes must be registered.