

Basic Life Support

CPR and defibrillator use for adults, children and infants, plus choking and anaphylaxis. The course most practices book first.

\$110 / person inc. GST

3 hours

3 planned learning hours

Who it's for and prerequisites

Everyone on staff, clinical and non-clinical: GPs, nurses, allied health, reception, practice managers and support staff.

Prerequisite: None. **Preparation:** None.

Learning outcomes

- Recognise an unresponsive person who is not breathing normally, including agonal breathing
- Follow DRSABCD and call for help using your workplace's own emergency process
- Give high-quality chest compressions: correct hand position, depth, rate of 100–120 a minute and full recoil
- Give effective rescue breaths with a pocket mask at a ratio of 30:2
- Adapt CPR for children and infants
- Use an AED safely, from switching it on to delivering a shock
- Manage choking and place a person in the recovery position
- Recognise anaphylaxis and use an adrenaline autoinjector

Online preparation

No pre-course learning required. All teaching and assessment take place during three hours of teaching and assessment, plus a 10-minute break.

Your training day

Use the timetable as a delivery plan. Adapt scenarios to participants' roles and equipment. 1 educator for up to 15 people.

Start	Session and content	Format
0:00	Welcome and safety Objectives, manikin hygiene, and how your workplace calls for help	Briefing
0:10	The first minutes Chain of survival, DRSABCD, recognising cardiac arrest and agonal breathing	Demonstration and discussion
0:25	Adult CPR Compressions on feedback manikins, then rescue breaths with a pocket mask; stepwise practice until consistent	Skills station
0:55	Using an AED Pad placement, safe shock, continuing CPR, and where your nearest public AED is	Skills station
1:15	Break	
1:25	Child and infant CPR Differences in technique, depth and when to call	Skills station
1:45	Choking and recovery position Back blows and chest thrusts for adults, children and infants	Skills station
2:00	Anaphylaxis Recognition and adrenaline autoinjector use with trainer devices	Demonstration and practice
2:10	Workplace scenario A collapse in your waiting room or treatment room, run in real time: roles, calling for help, fetching the AED	In-situ simulation
2:30	Assessment Two minutes of continuous CPR on a floor-level manikin, and safe AED use	Practical assessment
2:50	Close Feedback, reflection and your refresher plan. Finish at 3:10	Debrief

Assessment criteria

- Two minutes of continuous, effective CPR on an adult manikin on the floor, measured by a feedback device: compression depth about 5 cm and not more than 6 cm, rate of 100–120 a minute, full recoil, and minimal pauses
- Effective rescue breaths with a pocket mask at 30:2
- Safe use of an AED: switch on, apply pads correctly, ensure no one is touching the patient, deliver a shock, resume CPR immediately

Observe skills throughout, coach specifically and record individual outcomes. Use an approved checklist for each practical assessment. The 80% theory threshold, where listed, is our proposed course standard.

Certificate rules

Participants who meet every assessment criterion receive a certificate of competency showing the course, date, CPD hours and guideline version. Anyone who doesn't receives a certificate of attendance with specific feedback, and can be reassessed at a later session at no charge.

Certificate acceptance and refresher intervals depend on the employer and professional body. Contact us before attending if a participation adjustment is needed.

Running the course

Group: On-site minimum 6. Up to 15 per educator. Larger teams are split into back-to-back sessions on the same day.

Educators: 1 educator for up to 15 people.

Venue: A room where the group can kneel around manikins on the floor, such as a meeting room, or the waiting room after hours. A few chairs and a power point.

Equipment

- Adult, child and infant CPR manikins with real-time feedback (1 per 3 participants)
- AED trainers with training pads
- Pocket masks and single-use face shields
- Adrenaline autoinjector trainers
- Manikin hygiene supplies as per ANZCOR Guideline 10.3

Requirements this design supports

- RACGP Standards for general practices (5th ed.): Indicator C8.1► B (CPR training for non-clinical staff at least every three years) and GP3.1► A (CPR training for the clinical team)
- RACGP CPD: a CPR course of at least one hour, following ARC guidelines, with a physical CPR assessment on a manikin on the floor
- Annual CPR refreshers recommended by the Australian Resuscitation Council

Training supports skills and records. It does not by itself certify workplace compliance or guarantee employer acceptance.

CPD: 3 planned learning hours. [Accreditation pending] RACGP activity ID: [Activity ID pending] · ACRRM activity ID: [Activity ID pending].

Educator preparation and quality checks

Review current algorithms and local policies, check equipment and hygiene, prepare role-specific scenarios and assessment checklists, and confirm learner prerequisites. Record results, give individual feedback and use learner feedback to improve the next session. This outline is a delivery plan; it must be accompanied by original slides, online modules, scenarios and assessment tools.

Guideline references

- ANZCOR Guideline 2 – Managing an Emergency
- ANZCOR Guideline 3 – Recognition and First Aid Management of the Unconscious Person
- ANZCOR Guidelines 4, 5 and 6 – Airway, Breathing, Compressions
- ANZCOR Guideline 7 – Automated External Defibrillation in Basic Life Support
- ANZCOR Guideline 8 – Cardiopulmonary Resuscitation (CPR)
- ANZCOR Guideline 9.2.7 – First Aid Management of Anaphylaxis
- ANZCOR Guideline 10.1 – Basic Life Support (BLS) Training
- ANZCOR Guideline 10.3 – Minimum Hygiene Requirements for Resuscitation and First Aid Training
- RACGP – Frequently asked questions for CPR requirements in general practices

[anzcor.org](https://www.anzcor.org/): [current guideline library](#) · [Training guideline](#) · [RACGP CPR FAQ](#)

Design based on ANZCOR guidance checked 7 October 2026. Confirm the current version at [anzcor.org](https://www.anzcor.org/) before every delivery. No drug-dose tables are reproduced in this outline.

Based in Melbourne. Training across Victoria, and interstate for the right group. Travel within metropolitan Melbourne is included. Regional and interstate travel is quoted before you book. Contact: hello@respondlifesupport.com · [Phone TBC].