

Primary Resuscitation

1. Purpose of Award

To test the ability to perform basic life support including the correct method of summoning assistance, placing a casualty in the recovery position and performing cardio-pulmonary resuscitation.

2. Validity

This award is valid for three years from the date of the test.

3. Structure

The Primary Resuscitation award is purely assessment based and no formal training modules are associated with the award.

4. Pre-Requisites

None

5. Trainer

BCU Level 3 Lifeguard Coach or BCU Lifeguards Aquatic First Aid Coach or higher may assess up to six candidates.

6. Assessment

The assessment requires knowledge of the current Life Support techniques. The candidate will demonstrate competence in the application of C.P.R. on an approved adult training manikin and the application of a variety of casualty management techniques on a simulated unconscious casualty.

1. Casualty Management

Demonstrate the following:

- i. The technique for opening and maintaining an open airway on adults.
- ii. The technique used to turn a casualty who is vomiting.
- iii. The technique used to turn a casualty into the recovery position.

2. Cardio Pulmonary Resuscitation Test.

Demonstrate CPR on an approved adult manikin. The test shall start with the manikin lying face up and correctly positioned for CPR. The test will end, at the Assessors discretion, after a demonstration of 1-3 minutes duration.

3. Oral Test

Answer questions on:

- i. Principles of Resuscitation (including when to summon help)
- ii. After care of the casualty
- iii. Problems during resuscitation

The Assessor must be satisfied that the Candidate has sufficient knowledge in the areas indicated, by asking 2 or 3 questions on each of the three topics, but not more than 7 in total.