



CPR & AED for SSA

CPR and AED FOR SWIM INSTRUCTORS

“Are your Skills Up-to-date?”

Description

In the ILCOR 2015 international update the following policy statement was made ***“Given the rapidity with which BLS skills decay after training, coupled with the observed improvement in skill and confidence among students who train more frequently, it may be reasonable for BLS retraining to be completed more frequently by individuals who are likely to encounter cardiac arrest.”*** This policy statement is reinforced by Swimming South Africa requirement that Swim Instructors and Coaches revalidate their Cardio Pulmonary Resuscitation (CPR) skills annually.



This course focuses on the skills to recognise a sudden cardiac arrest or heart attack, airway obstruction and drowning and what actions to take such as the provision of Cardio Pulmonary Resuscitation (CPR) and use of the Automated External Defibrillator (AED) with confidence in a prompt, safe and effective way until the Emergency Medical Services arrive.

Duration

Minimum 2 – 3 hours.

Topics revised

A wide range of topics are covered including: -

- Emergency Action Steps
- Universal Precautions
- Chain of Survival
- Cardio Pulmonary Resuscitation (CPR)
 - Chest Compressions
 - Airway Management
 - Breathing (Rescue)
- Use of Automated External Defibrillator
- Heart Attack & Sudden Cardiac Arrest
- Foreign Body Airway Obstruction - Choking.
- Drowning / Near Drowning
- Hypothermia

Certification

Subject to assessment, all participants will be issued with a Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) certificate valid for one (1) year as per Swimming South Africa's requirements for revalidation of the skills.

Course Dates and Training Venues

“Closed / In-House” courses can be arranged at dates and times to suit you, with a MINIMUM OF 4 delegates required. Travel cost will be calculated at a nominal rate for training if more than 30 Km radius from our training venue. (T & C apply)

Costs

Initial Training: **R175,00 per delegate**

For more information, contact:

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Where the BASICS are important!

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