



## Amendment to Apprentice safety assessment guidelines

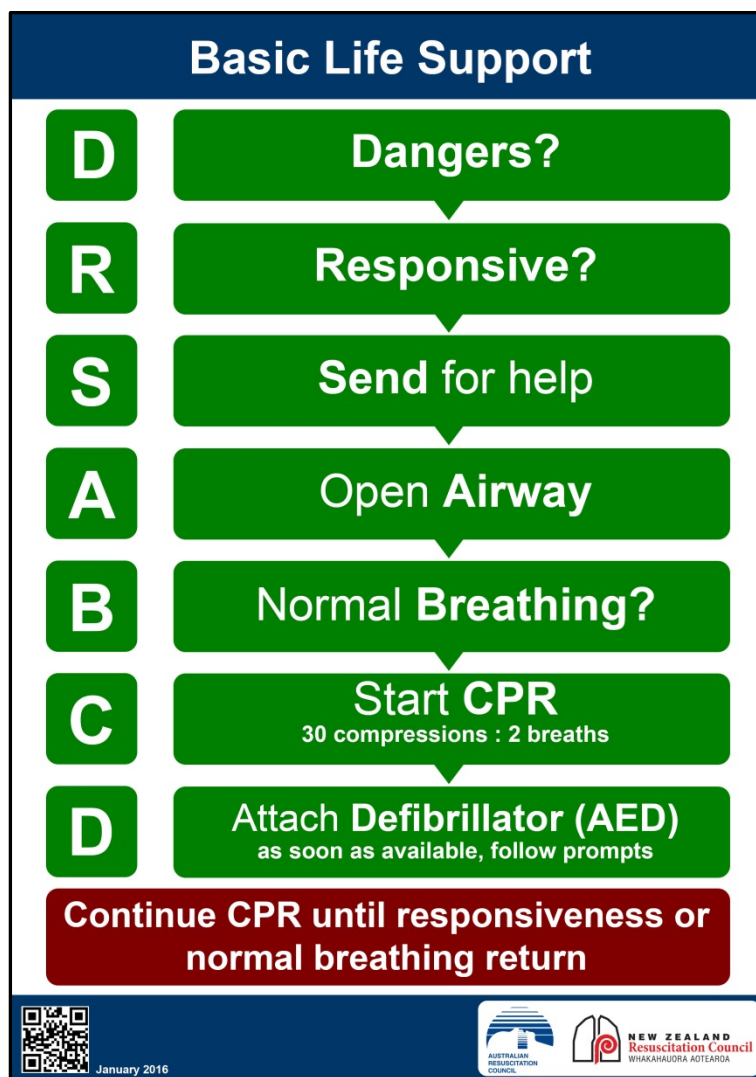
Issued 1 February 2018

Pages 11-17 inclusive are deleted and replaced with the following:

### Emergency resuscitation (CPR)

The method of emergency life support is Cardiopulmonary Resuscitation, more commonly referred to as “**CPR**”.

The recommended emergency procedures shown below are reproduced from the Australian Resuscitation Council Guideline 8 – Cardiopulmonary Resuscitation (as published in January 2016):



The seven steps of resuscitation are “**DRS ABCD**”:

<b>DANGERS</b>	Check for <b>d</b> anger (hazards/risks/safety)
<b>RESPONSIVENESS</b>	Check for <b>r</b> esponse (if unresponsive)
<b>SEND</b>	<b>S</b> end for help
<b>AIRWAY</b>	Open the <b>a</b> irway
<b>BREATHING</b>	Check <b>b</b> reathing (if not breathing / abnormal breathing)
<b>CPR</b>	Start <b>C</b> PR - give 30 chest compressions followed by two breaths
<b>DEFIBRILLATION</b>	Attach an AED (Automated External <b>D</b> efibrillator) as soon as available and follow the operating instructions

If still not breathing / abnormal breathing, **continue** CPR until medical help arrives.

Providing 30 compressions (at approximately 100/min) and giving two breaths (each given over one second per inspiration) should result in the delivery of five cycles in approximately two minutes.

Details of the “DRS ABCD” steps in the CPR method are subject to variation from time to time. Persons trained in resuscitation should refresh their knowledge of the procedures on a regular basis (recommended annually).

Further information and training in first aid and resuscitation procedures is available from recognised training providers.

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