

# APPENDIX 1 BASIC LIFE SUPPORT 1

Revised: - June 2006  
Amendment No. 8

**AIM:**

To ensure that candidates have the basic skills necessary to administrate Basic Life Support if called on to do so.

**THEORY LEVEL:** Low

**SKILL LEVEL:** Moderate

**PREREQUISITES:** None

**AWARD:** Certificate

**VALIDITY:** 2 years

## TEST ITEMS

1. Answer questions on recognition of respiratory failure, return of spontaneous breathing, and when/how to get help.
2. Demonstrate procedures to:-
  - (a) Check responsive and turning victim if necessary.
  - (b) Establish an airway.
  - (c) Administer mouth to mouth **and** mouth to nose resuscitation and check for signs of breathing.
  - (d) Be able to demonstrate effective skills to administer one operator, cardio-pulmonary resuscitation.
  - (e) Candidates must satisfy the examiner on their recognition of the return of spontaneous breathing.
3. Aftercare including recovery position.

**NOTE:** Training MANIKIN should be used