

<b>Title</b>	<b>Instruct how to provide basic life support</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	People credited with this unit standard are able to instruct another person how to provide basic life support and first aid management for severe bleeding and shock.
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<b>Classification</b>	Health Studies > First Aid
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<b>Available grade</b>	Achieved
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### Guidance Information

1 Reference  
Toitū te Waiora Workforce Development Council. (2022). *First Aid as a Life Skill: Training Requirements for Quality Provision of Unit Standard-based First Aid Training*. Available at: [First Aid qualifications - Toitū te Waiora \(toitutewaiora.nz\)](https://www.toitutewaiora.nz/).

2 Assessment conditions  
Practices of first aid (knowledge and skills) must be consistent with the current version of the First Aid as a Life Skill document.

Competence must be demonstrated in a simulated emergency situation. Environmental conditions must be identified and considered for the situation where the assessment takes place.

For Outcome 1:

Instructions provided for basic life support techniques must be for adult or child, and infant.

For Outcomes 3 and 4:

Assessment must show specific information on how each person's bleeding and shock is expected to be managed. This information may cover aspects such as the environment, number of people injured or unwell, number and description of bystanders.

3 Definitions  
*Adult* – according to the First Aid as a Life Skill document refers to a person over the age of eight.  
*Basic life support*, is that phase of emergency care that either:  
a. prevents respiratory or circulatory arrest or insufficiency through prompt recognition or intervention; or  
b. supports the person to relieve an airway obstruction; or

- c. supports the breathing and circulation of a person with cardiopulmonary resuscitation (CPR) and supports the person through accessing an AED where available.

*Child* – according to the First Aid as a Life Skill document refers to a person one to eight years of age.

*Infant* – according to the First Aid as a Life Skill document refers to a person younger than one year of age.

*DRSABCD* – algorithm for basic life support, the action plan includes Danger, Response, Send for help, Airway, Breathing, Cardiopulmonary resuscitation, and Defibrillation. *C* in *DRSABCD* can also refer to Circulation in situations of life-threatening bleeding.

*Environmental conditions* refer to conditions at the emergency scene.

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## Outcomes and performance criteria

### Outcome 1

Instruct how to provide basic life support.

Range person is not breathing normally and is unresponsive.

#### Performance criteria

1.1 Instruct how to apply the DRSABCD algorithm.

1.2 Instruct how to assess a collapsed person's condition.

Range responsiveness, airway, breathing.

1.3 Instruct how to manage the collapsed person's condition.

Range airway patency, breathing support (CPR), circulation support.

1.4 Instruct when and how to attach an AED.

### Outcome 2

Instruct how to manage a foreign body airway obstruction.

#### Performance criteria

2.1 Instruct correct hand positioning on the chest, and the administration of back blows, and how to manage a foreign body airway obstruction for an adult or child.

2.2 Instruct how to manage a foreign body airway obstruction for an infant.

### Outcome 3

Instruct how to manage first aid for life-threatening bleeding.

**Performance criteria**

- 3.1 Instruct how to manage bleeding in life-threatening situation.
- 3.2 Instruct when managing bleeding takes priority over CPR in a life-threatening situation, and when a tourniquet may be required.

**Outcome 4**

Instruct how to provide first aid management for a person in shock.

**Performance criteria**

- 4.1 Instruct how to provide first aid and manage a person in shock.
- 4.2 Instruct how to put someone into the recovery position.

<b>Planned review date</b>	31 December 2028
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	25 January 2024	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0230
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact Toitū te Waiora Community, Health, Education and Social Services Workforce Development Council [info@toitutewaiora.nz](mailto:info@toitutewaiora.nz) if you wish to suggest changes to the content of this unit standard.