

Course Name

Cardiac First Responder (CFR) Training

Course Overview

Cardiac First Responder and Emergency First Aid 1 day course covers a comprehensive range of topics to prepare participants to administer first aid care. The goal of this training is to give participants the skills necessary to keep a casualty alive until professional help arrives. This course can be delivered to suit a range of industries and environments, including conflict and post-conflict regions. The course delivers both CPR and AED (defibrillator) training as part of the 1 day course.

Course Objectives

This course is designed and delivered to the standards set out under Irish legislation and meets the requirements of the Irish Heart Foundation. Participants will receive an Irish Heart Foundation and a Certificate on successful completion of the course.

Who Should Attend

Course Duration

1 days

Course Outline

Course Content

The purpose of a Cardiac First Responder is to assist in preserving life or minimising the consequences of injury until the arrival of medical aid and emergency services.

Part 1: The Basics of Emergency Care

Learn how to recognise the signs of a life-threatening emergency.

Start basic life support (CPR) to a person who collapses and is clearly not breathing.

Administer back-slaps if a person indicates that they are choking.

Use the correct J-thrust technique for choking emergencies.

Learn the indications and correct administration of Aspirin (Dispirin)

Part 2: Accessing and Use of an Automated External Defibrillator.

You will be taught to use an AED without delay.

Know to check an AED and have it ready for immediate use.

You will know what is to be included with the AED and contra indications for use on a patient.

Part 3: Safety and Communication

Understand how to communicate effectively to give a patient privacy and dignity when being treated.

Know how to be scene safe and protect members of the public/ family members or work colleagues from a shock from AED while in use.

Know what PPE means and how it can be used while attending to a patient requiring CPR/AED treatment (Gloves, Pocket mask or face shield)

Learn How to properly call the Emergency Medical Services and communicate effectively with other healthcare professionals in the care of the patient. (RED Card)

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