

LIVING ROOM LIFESAVERS

Bringing life saving CPR skills to you



Online Learning

(25 mins)

For the very first time, we've made our surf lifesavers training resource available to the community

What you will learn

- ✓ Key principles of providing basic emergency care
- ✓ Primary assessment and CPR on adults
- ✓ Use of an Automated External Defibrillator (AED)



Virtual Classroom

(60 mins)

An engaging virtual classroom learning experience facilitated by one of our experienced trainers

What we will cover

- ✓ Latest guidelines on the impact of COVID-19 on performing CPR, including the use of pocket masks
- ✓ Techniques to ensure that CPR is effective on both adults and infants
- ✓ Managing complications during CPR and managing victims after CPR



Online Learning
~~\$25~~ \$19



Accelerated Practical Session Face to Face (60 mins)

A hands-on practical session on the other side of COVID-19, exclusive to participants who've completed both of the Working from Home CPR sessions

What we will cover

- ✓ Short recap on learning so far
- ✓ Practical application of the recovery position, CPR on manikins and use of an AED
- ✓ Theory and practical assessment for HLTAID001 Provide cardiopulmonary resuscitation*

For all booking enquiries please email training@surflifesaving.com.au or contact your account manager.

*Refer to the course description for further details (RTO code: 90394)