It is a mandatory requirement that all practical assessments listed below be demonstrated by each participant and observed by a Trainer/Assessor in order to be marked as competent in the above unit. It is a mandatory assessment requirement in all first aid courses that participants demonstrate CPR on the floor, not on an elevated surface. To be assessed as competent in this course you must be physically capable of performing CPR on the floor. If you have an injury that limits your ability to adequately demonstrate CPR, you may attend the course and be issued a Statement of Attendance.

**PRACTICAL ASSESSMENT 1 / SCENARIO 1 - PREGNANT WOMAN – RECOVERY POSITION**

Working in Pairs – Perform DRSAB assessment - each participant needs to demonstrate the following based upon the provided scenario:
- **DANGER (Safety)** - Review environment and ensure the area is safe. Put gloves on if available.
- **RESPONSE** - Assess if casualty is conscious, using voice and touch. (Not responding, breathing and unconscious)
- **SEND for help** (000/triple zero) and note the time.
- **AIRWAY** – Check and clear airway, RESPOND TO REGURGITATION OR VOMITING – use safe manual handling techniques to turn your partner into the RECOVERY POSITION ON THE LEFT SIDE to clear airway and prevent choking. Tilt the head back once airway is clear.
- **BREATHING** - Look, Listen and Feel for breathing. If casualty is breathing, leave them on their side.
- **TREAT SHOCK** – Keep casualty calm, warm and reassure (use a blanket/space blanket if available).
- **CONTINUE TO MONITOR** whilst in the recovery position.
- Change roles with your partner so they can follow the above steps.
- **EVALUATION** - Debrief with your partner at the end of the assessment.

**PRACTICAL ASSESSMENT 2A /SCENARIO 2 – PERFORM CARDIO PULMONARY RESUSCITATION**

Working in pairs using an ADULT/CHILD Manikin - each participant needs to demonstrate the following based upon the provided scenario:
- Commence CPR on an Adult manikin on the floor.
  - Position hands in the middle of the chest of the manikin.
  - Depress chest to one third (1/3) depth.
- Perform single rescuer CPR with uninterrupted compressions/breaths of 30:2 (5 cycles of 30:2), this will be 2 minutes of CPR. Use correct body positioning and technique (Ensure elbows are locked, shoulders are above hands and participants are up on their knees for stability).
- Participant should demonstrate adequate breaths to show rise and fall on the manikin.
- Call your partner over to assist with compressions only while you continue with breaths for one cycle, this will ensure minimum interruption to compressions.
- Observe for any return of breathing/signs of life.
- Change roles with your partner so they can follow the above steps.
- **EVALUATION** - Debrief with your partner at the end of the assessment.

**PRACTICAL ASSESSMENT 2B / SCENARIO 3 – INFANT CHOKING**

Working in pairs - Conduct DRS ABC assessment using an INFANT Manikin - each participant to demonstrate the following based upon the provided scenario:
- **DANGER (Safety)** - Review environment and ensure the area is safe. Put gloves on if available.
- **RESPONSE** - Assess if casualty (manikin) is conscious, using voice and touch.
- **SEND for help** and note the time (000/triple zero).
- **AIRWAY** – To assess airway – Pull chin forward. Do not tilt the head back. Look for foreign material.
  - If obstructed, place infant manikin over knee face down, deliver up to 5 back blows between shoulder blades, check if airway clears
  - If not clear gently turn infant manikin over onto back and deliver up to 5 chest thrusts.
- **BREATHING** - Look, Listen and Feel for breathing.
- **INFANT becomes unconscious and stops breathing** – BEGIN CPR:
  - Use safe manual handling to move manikin to a firm surface and commence CPR on INFANT manikin.
  - Ensure fingers are positioned over middle of chest.
  - Depress chest with 2 fingers to one third (1/3) depth.
- Perform single rescuer CPR with uninterrupted compressions/puffs of 30:2 (5 cycles of 30:2), this will be 2 minutes of CPR.
  - Participant should demonstrate adequate puffs to show rise and fall on the manikin.
- Observe for any return of breathing/signs of life.
- Change roles with your partner so they can follow the above steps.
PRACTICAL ASSESSMENT 3 - AED
Working in pairs using an ADULT/CHILD Manikin - each participant needs to demonstrate the following:
- Participant 1 start continual compressions only (no breaths) on manikin
- Participant 2 Unpack trainer AED – place AED on the floor
- Each AED Training device might operate differently, either lift the lid or press the ON button, listen and follow the verbal prompts
- Place pads on the exposed chest of the manikin in correct position
  - remove moisture if necessary and shave if necessary
  - do not place on top of a medication patch/pacemaker/medical port – place to the side if applicable
- When prompted do not touch casualty – deliver shock
- Pack up AED
- Change roles with your partner so they can follow the above steps.
- EVALUATION - Debrief with your partner at the end of the assessment.

PRACTICAL ASSESSMENT 4/ SCENARIO 4 – PARTICIPANT INCIDENT REPORT
Working in pairs read through and complete the Scenario listed on the Participant Incident Report. This is located on the reverse of the Unit Sign Off sheet based scenario provided. Please ensure all fields are completed.