

Title	Explain basic life support		
Level	2	Credits	2

Purpose	People credited with this unit standard are able to instruct someone to provide basic life support and describe first aid management for severe bleeding and shock.
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Classification	Health Studies > First Aid
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Available grade	Achieved
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Guidance Information

1 Assessment conditions

This unit standard can only be achieved by persons who are able to understand the principles and the technique(s) of basic life support but are unable to physically apply the techniques.

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

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

Assessors should observe the learner instructing someone how to apply the practical skills in line with the current version of the First Aid as a Life Skill document.

For Outcome 1:

- Basic life support techniques used must be explained for the following: adult or child, and infant.
- Explain or demonstrate on self (not on a manikin or on someone else, as this could cause an injury).
- Assessment must comply with the current version of the First Aid as a Life Skill document, available from Toitū Te Waiora.

For Outcome 2:

- The training provider's assessment checklist 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.

- 2 Teaching guide:
For maximum knowledge and skill retention, all range statement items contained in the unit standard must be included in training and be consistent with accepted practice as detailed in the *First Aid as a Life Skill*.
- 3 Definitions:
AED – Automated External Defibrillator.
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 Automated External Defibrillator (AED) where available.
CPR – Cardiopulmonary resuscitation.
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.
Life stages – for the purposes of this unit standard life stages are defined according to the *First Aid as a Life Skill* document guidelines: *Adult* – over the age of eight years; *Child* – aged one to eight years; *Infant* – younger than one year.
- 4 References:
New Zealand. Toitū te Waiora. (2022). *First Aid as a Life Skill: Training Requirements for Quality Provision of Unit Standard-based First Aid Training*. Available at: <https://www.toitutewaiora.nz/assets/Uploads/Toitu-te-Waiora-Forms/NZQA-standards/First-Aid-as-a-Life-Skill-Final-draft3.pdf>. (Accessed: 21 October 2022).

Outcomes and performance criteria

Outcome 1

Explain basic life support.

Range person is not breathing normally and is unresponsive.

Performance criteria

- 1.1 Explain how to apply the DRSABCD algorithm.
- 1.2 Explain how to assess a collapsed person's condition.
Range responsiveness, airway, breathing.
- 1.3 Explain how to manage the collapsed person's condition.
Range airway patency; breathing support (resuscitation and CPR); circulation support; describe when and how to attach an AED.
- 1.4 Describe or demonstrate on self and verbally describe how to manage a foreign body airway obstruction for an adult and child.

- 1.5 Describe or demonstrate on a manikin how to manage a foreign body airway obstruction for an infant.

Outcome 2

Explain first aid management for life threatening bleeding.

Range person has severe bleeding.

Performance criteria

- 2.1 Explain when severe bleeding in a life-threatening situation may take priority over CPR.
- 2.2 Explain the use of a tourniquet, and when it may be required.

Outcome 3

Describe First Aid management for shock.

Performance criteria

- 3.1 Describe the management of a person in shock.
- 3.2 Describe how to put someone into the recovery position.

Planned review date	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	Xx Month 2023	N/A

Consent and Moderation Requirements (CMR) reference	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 info@toitutewaiora.nz if you wish to suggest changes to the content of this unit standard.