

## Basic Life Support Assessment

Name of participant:	Payroll number:	Designation:
Name of assessor:	Payroll number:	Designation:

To achieve competency, each relevant performance criteria must be performed and observed as being correct by the assessor as per the Australian and New Zealand Committee of Resuscitation (ANZCOR)

Competency is demonstrated by performance of all stated criteria in a simulated environment.

Key: C = Competent NYC = Not Yet Competent (tick the appropriate rating) N/A = Not Applicable

### Underpinning knowledge and understanding:

- Compliance with the Australian and New Zealand Council of Resuscitation Basic Life Support Algorithm.
- Work Health and Safety (WHS) Standards.
- Infection Control Policy and guidelines.

### Confirmation statement

I confirm that:

- The purpose of this assessment has been clearly explained to me.
- I have read the section above on underpinning knowledge and understanding.
- The performance criteria in this assessment have been discussed with me and I am aware that I will be assessed against these criteria.
- I have been given fair notice of the date, time and venue of this assessment.

Note: It is the **responsibility** of the **Participant** to identify any physical restriction preventing them from demonstrating the practical BLS and the **Assessor** to **document** any reasonable adjustment taken.

**Participant's signature:**

**Date:**

### Assessment outcome

**Result of the assessment (tick the appropriate result)**

**Competent**

**Not yet competent**

Assessor's feedback:

Details of feedback from participant:

Action/further training required (including timeframe/s):

Reassessment must be completed by (date):

Assessor's signature:

Date:

Participant's signature:

Date:

Performance criteria	C	NYC	Comments
<p><b>DANGER</b>  <b>1. Recognise an emergency situation and identify potential/actual dangers</b>  <i>Participant must:</i>            1.1. State potential dangers a rescuer/victim may face before Cardiopulmonary resuscitation (CPR) can be performed.            1.2. State area is safe.            1.3. Follow/describe the required infection control procedures relevant to their workplace (Personal Protective Equipment – PPE).            1.4. Follows correct manual handling principles throughout procedure.</p>			
<p><b>RESPONSE</b>  <b>2. Assess responsiveness</b>  <i>Participant must:</i>            2.1. Assess response by appropriate verbal and tactile stimuli (i.e. a simple command and grasping and squeezing the shoulders of the victim firmly).            2.2. Identify the victim is unresponsive/not rousable.</p>			
<p><b>SEND</b>  <b>3. Send for help</b>  <i>Participant must:</i>            3.1. Describe how to ‘Raise the Alarm’ within their workplace including local Clinical Emergency Response System (CERS) protocols and notes the time.            3.2. State the specific relevant emergency numbers used within their workplace and the required information that must be given when sending for help.</p>			
<p><b>AIRWAY</b>  <b>4. Establish and maintain an open airway</b>  <i>Participant must:</i>            4.1. Assess airway for obstruction and clear airway.            4.2. Describe the different methods of clearing airway (e.g. Suction /turn head to allow the fluid to drain out/or roll victim on their side if required due to C spine considerations).            4.3. Demonstrate head tilt/chin lift or jaw thrust manoeuvre to open airway.</p>			
<p><b>BREATHING</b>  <b>5. Assess for normal breathing: Look, listen and feel</b>  <i>Participant must:</i>            5.1. Maintain an open airway while assessing breathing for no more than 10 seconds.            5.2. Look, listen and feel:                5.2.1. Look for chest rise and fall.                5.2.2. Listen for escape of air from mouth and nose.                5.2.3. Feel for air escaping and chest movement.   <i>Assessor prompt: victim is not breathing or not breathing normally and is not responding.</i></p>			
<p><b>CPR</b>  <b>6. Initiate CPR and follow BLS algorithm</b>  <i>Participant must:</i></p>			

<p>6.1. Commence compressions using two hands on the centre of the chest (lower half of sternum).</p> <p>6.2. Demonstrate correct hand position (heel of one hand placed in the centre of the chest with the other hand on top).</p> <p>6.3. Maintain correct posture (arms straight, shoulders over chest).</p> <p>6.4. Perform cardiac compressions to correct depth (one third of the chest depth) at a rate of 100 – 120/minute.</p> <p>6.5. After 30 compressions, give 2 rescue breaths (enough to see rise and fall of the chest, over 1 second for each breath) using appropriate equipment available in your workplace. If unwilling/unable to perform rescue breaths, continue chest compressions only.</p> <p>6.6. Demonstrate appropriate positioning of mask to give good seal (2 person technique if required).</p> <p>6.7. Maintain CPR cycle at ratio of 30:2.</p> <p>6.8. Demonstrate or state how often the person performing compressions should be rotated (every 2 minutes if there are 2 or more rescuers, or if fatigued).</p> <p>Mask used during this assessment:  <input type="checkbox"/> Pocket mask    <input type="checkbox"/> Bag valve mask    <input type="checkbox"/> Other: _____</p>			
<p><b>DEFIBRILLATION</b></p> <p><i>* If a defibrillator (AED) is available in your workplace (and this skill has been deemed relevant to your role) proceed to this step. If defibrillation is not included in this assessment, write "Not assessed" in this section and proceed to Communication.</i></p> <p><b>7. Attach defibrillator (AED) as soon as available and follow the voice prompts</b></p> <p><b>Participant must:</b></p> <p>7.1. State safety considerations for defibrillator pad placement (e.g. pads not over pacemaker, victim unconscious and not in contact with fluid, chest dry, good contact between pads and victim).</p> <p>7.2. Turn machine ON and follow voice prompts.</p> <p>7.3. Attach defibrillator pads in correct position as manufacturer guidelines (Sternum: right parasternal 2nd inter-costal space, Apex: mid-axillary 6th inter-costal space or anterior-posterior positioning).</p> <p>7.4. If shock advised:</p> <ul style="list-style-type: none"> <li>• Visually scan victim and area.</li> <li>• Ensure all persons are 'clear' of victim and the immediate environment.</li> <li>• Safely administer shock, while looking at the patient.</li> <li>• Immediately recommence CPR following delivery of shock.</li> </ul> <p>7.5. State safety considerations for defibrillation (e.g. shock not delivered in oxygen rich environment, victim not in contact with metal, victim is still unresponsive before delivering a shock).</p> <p>7.6. Follow voice prompts until further help arrives.</p>			
<p><b>COMMUNICATION</b></p> <p><b>8. Effective communication of the event</b></p> <p><b>Participant must:</b></p> <p>8.1. State how they would handover to Rapid Response/Advanced Life Support/Ambulance Team (i.e. ISBAR).</p> <p>8.2. State when it is appropriate to cease basic life support/CPR (e.g. patient recovers, life is pronounced extinct by Medical Officer/physically impossible to continue).</p>			