



ROYAL
LIFE SAVING
SOCIETY UK

Life Support Programme



Instructor Guide

RLSS UK Life Support Programme

Instructor Guide

INTRODUCTION

The RLSS UK Life Support Programme is a CPR education programme with an optional basic First Aid element.

There are two awards in the programme, Life Support and Life Support 3, which are both certificated by RLSS UK.



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QUALIFICATION REQUIREMENTS – PROGRAMME INFORMATION

Award	<p>Life Support Award</p> <p>This award establishes a competent level of skill in Basic Life Support (learnt on an adult manikin) and in the diagnosis and treatment of choking.</p> <p>Award syllabus:</p> <ul style="list-style-type: none">• Awareness of own safety• Turning a casualty onto their back• Checking responsiveness• Sequence and application of CPR• Managing regurgitation• Recovery position• Diagnosis and treatment of choking <p>Optional first aid:</p> <ul style="list-style-type: none">• Diagnosis and treatment of bleeding• Diagnosis and treatment of shock
	<p>Life Support 3 Award</p> <p>This award establishes a competent level of skill in Basic Life Support for infant, child, and adult casualties, and in the diagnosis and treatment of choking.</p> <p>Award syllabus:</p> <ul style="list-style-type: none">• Awareness of own safety• Turning a casualty onto their back• Checking responsiveness• Sequence and application of CPR for infant, child, adult, and drowned casualties• Managing regurgitation• Recovery position• Use of a pocket mask• Diagnosis and treatment of choking <p>Optional first aid:</p> <ul style="list-style-type: none">• Diagnosis and treatment of bleeding• Diagnosis and treatment of shock
Instructor Qualifications	<p>RLSS UK Instructors permitted to train and assess the Life Support awards are:</p> <ul style="list-style-type: none">• Lifesaving Instructors (and Tutors)• Trainer Assessors (and higher)
Teaching Ratio	1 Instructor to 12 candidates
Assessing Ratio	1 Instructor to 4 candidates (maximum)
Instructor Resources	<p>Award specific:</p> <ul style="list-style-type: none">• Life Support Manual• Life Support Programme Instructor Guide• Life Support and Life Support 3 presentation <p>Reference:</p> <ul style="list-style-type: none">• RLSS UK Code of Practice• RLSS UK Safeguarding and Protecting Children and Vulnerable Adults Policy
Candidate Resource	<ul style="list-style-type: none">• Life Support Manual (optional)• Life Support or Life Support 3 Assessment Report Form
Equipment	<ul style="list-style-type: none">• Approximately 1 manikin per 4 candidates• Presentation equipment

Register the course at www.rlss.org.uk



Order award resources from RLSS Direct (www.rlssdirect.co.uk) using your course registration number



Teach and assess awards



Send the completed Assessment Report Forms to RLSS UK HQ

LIFE SUPPORT AWARD DELIVERY PROGRAMME

2 hours 25 minutes session (excluding assessment)

This award may be delivered in one training session, or through a number of training sessions, followed by the assessment. Therefore the delivery and timing guidance provided below is for guidance only and may not be suitable for all training situations.

Download the PowerPoint presentation from www.rlssdirect.co.uk



		SLIDES
Organisation	Throughout the programme: <ul style="list-style-type: none">• Split the candidates into groups for the practical activities• Provide feedback and encouragement to build the candidates' confidence• Encourage the candidates to ask questions	N/A
Introduction to the Programme (5 minutes)	<ul style="list-style-type: none">• Welcome, register, and ask the candidates to complete the candidate details section of the Assessment Report Form• Outline the aims of the award	3
Causes of Cardiac Arrest and Chain of Survival (5 minutes)	<ul style="list-style-type: none">• Explain: Cardiac arrest, potential causes including asphyxia• Explain: The chain of survival	4 5
Turning a Casualty onto their Back (15 minutes)	<ul style="list-style-type: none">• Demonstrate and discuss: Turning a casualty onto their back• Practise: Candidates practise until they are competent	6
Initial Checks (15 minutes)	<ul style="list-style-type: none">• Show overview, play video, show summary• Demonstrate and discuss: Initial checks, unresponsive and not breathing normally, calling 999, and asking if an AED is available• Practise: Candidates practice the sequence 2-3 times	7-9

2 hours 25 minutes session (excluding assessment)

		SLIDES
Performing CPR (25 minutes)	<ul style="list-style-type: none"> • Show overview, play video, show summary • Demonstrate and discuss: 30 chest compressions, 2 rescue breaths (repeat 30:2), what to do if an AED arrives • Practise: Candidates practise the sequence 2-3 times • Explain: When chest compression only CPR may be appropriate 	10-12
CPR Sequence Practice (24 minutes)	<ul style="list-style-type: none"> • Play video, show summary • Demonstrate and discuss: The complete sequence of skills • Practise: Candidates practise the sequence until they are competent • Explain: Problems that may occur during CPR 	13-14 15
Adaptations for Infants and Children (1 minute)	<ul style="list-style-type: none"> • Show overview • Explain: The CPR sequence can be used for casualties of all ages, the chest compressions can be adapted for an infant (2 fingers) or child (1 hand) • Ensure that only the minimum information about adaptations for infants and children is included, as this can complicate the learning and reduce CPR performance in the longer term (this information is included in Life Support 3) 	16
Regurgitation (15 minutes)	<ul style="list-style-type: none"> • Show overview • Demonstrate and discuss: Managing regurgitation of stomach contents • Practise: Candidates practise until they are competent 	17
Recovery Position (15 minutes)	<ul style="list-style-type: none"> • Show overview, play video • Demonstrate and discuss: How to put an unconscious casualty who you are sure is breathing normally into the recovery position • Practise: Candidates practise until they are competent 	18-19
Choking (20 minutes)	<p>Explain: 'Mild' and 'severe' airway obstruction, show overview</p> <p>Mild airway obstruction treatment:</p> <ul style="list-style-type: none"> • Play video, show summary • Practise: Candidates practise the skill <p>Severe airway obstruction treatment:</p> <ul style="list-style-type: none"> • Play video, show summary • Demonstrate and discuss: Up to 5 back blows, up to 5 abdominal thrusts, CPR if the casualty becomes unconscious • Practise: Candidates practise the skill (provide a safety warning about not completing the full abdominal thrust movement on a person in practise) 	20-21 23 24-25 26
Conclusion and Summary (5 minutes)	<ul style="list-style-type: none"> • Summarise the techniques covered and answer any outstanding questions 	27

Optional First Aid

		SLIDES
Bleeding	• Explain: External and internal bleeding, and the signs and symptoms	30
	• Demonstrate and discuss: Treatment of external bleeding including application of a dressing	31
	• Practise: Candidates to practise until they are competent	
	• Explain that the treatment for internal bleeding is to call 999 for an ambulance and treat for shock	
Shock	• Explain: Shock, and the signs and symptoms	32
	• Demonstrate and discuss: Treatment of shock	33
	• Practise: Candidates to practise until they are competent	
Assessment	Assessing ration, 4 candidates to 1 Instructor (maximum)	N/A

LIFE SUPPORT AWARD ASSESSMENT MATRIX

Assessment 1

Demonstrate the assessment and treatment of a simulated unconscious casualty

	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
On a simulated casualty who is lying face down, the candidate should demonstrate the following sequence. When appropriate the Assessor will inform the candidate of the presence of breathing <ul style="list-style-type: none">• “You have just come across this casualty, show me what you would do”				
Check for dangers				
Check response <ul style="list-style-type: none">• By gently shaking the shoulders and asking “Are you alright?”				
Turn the casualty onto their back <ul style="list-style-type: none">• Demonstrate adequate care				
Open Airway <ul style="list-style-type: none">• Head tilt chin lift				
Keeping the airway open, look, listen and feel for normal breathing for no more than 10 seconds <ul style="list-style-type: none">• “Casualty is breathing normally, but has started to regurgitate”				
Demonstrate the action for regurgitation				
Turn into the recovery position <ul style="list-style-type: none">• Be aware of history, signs and symptoms				
Summon help from the emergency services				
Describe how your actions would differ if the casualty responded during the above sequence				

Assessment 2

Demonstrate the assessment and treatment of an unconscious, non-breathing ADULT casualty

<p>On an approved adult manikin, the candidate should demonstrate the following sequence. When appropriate the Assessor will inform the candidate of the absence of normal breathing:</p> <ul style="list-style-type: none"> • “You have just come across this casualty, show me what you would do” 	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
<p>Check for dangers</p>				
<p>Check response</p> <ul style="list-style-type: none"> • By gently shaking the shoulders and asking “Are you alright?” 				
<p>Open Airway</p> <ul style="list-style-type: none"> • Head tilt chin lift 				
<p>Keeping the airway open, look, listen and feel for normal breathing for no more than 10 seconds</p> <ul style="list-style-type: none"> • “Casualty is NOT breathing normally” 				
<p>Summon help from the emergency services and ask if an AED is available</p>				
<p>Perform 30 chest compressions</p> <ul style="list-style-type: none"> • Hand position in centre of chest • Compression depth/rate 				
<p>Give 2 rescue breaths</p>				
<p>Continue 30 chest compressions then 2 rescue breaths for a period of two minutes</p>				

Assessment 3

Demonstrate knowledge and understanding of Life Support	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
Answer 4 questions on life support from the questions provided				

1. When checking if a casualty is breathing normally, how long should you check for?

- Up to 10 seconds

2. How would you do chest compressions differently on a child?

- Use one hand

3. How would you do chest compressions differently on an infant?

- Use two fingers

4. When might you need to perform chest compression only CPR?

- If the casualty has a severe facial injury

5. How should you treat a casualty who is choking but can still breathe and cough?

- Encourage them to cough

6. How should you treat a casualty who is choking and cannot breathe?

- Give up to 5 back blows, then up to 5 abdominal thrusts and repeat until the blockage is relieved

7. What should you do if a choking casualty becomes unconscious?

- Start CPR

8. If you are performing CPR and an AED arrives, what should you do?

- Turn it on and follow the voice prompts

9. If a casualty is unconscious, has a clear airway and you are sure they are breathing normally, what position should you put them in?

- The recovery position

10. How does the recovery position help to keep a casualty's airway clear?

One answer from:

- It prevents the tongue from falling back to block the airway
- It reduces the risk of regurgitated stomach contents going into the lungs

Assessment 4 (Optional First Aid)

Demonstrate knowledge and understanding of basic first aid	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
On a simulated casualty demonstrate how to manage bleeding on the casualty's arm using a wound dressing				
On a simulated casualty demonstrate how to treat a casualty for shock				

LIFE SUPPORT 3 AWARD DELIVERY PROGRAMME

3 hours 10 minutes session (excluding assessment)

This award may be delivered in one training session, or through a number of training sessions, followed by the assessment. Therefore the delivery and timing guidance provided below is for guidance only and may not be suitable for all training situations.

Download the PowerPoint presentation from www.rlssdirect.co.uk



SLIDES

Organisation	Throughout the programme: <ul style="list-style-type: none">• Split the candidates into groups for the practical activities• Provide feedback and encouragement to build the candidates' confidence• Encourage the candidates to ask questions	N/A
Introduction to the Programme (5 minutes)	<ul style="list-style-type: none">• Welcome, register, and ask the candidates to complete the candidate details section of the Assessment Report Form• Outline the aims of the award	3
Causes of Cardiac Arrest and Chain of Survival (5 minutes)	<ul style="list-style-type: none">• Explain: Cardiac arrest, potential causes including asphyxia• Explain: The chain of survival	4 5
Turning a Casualty onto their Back (15 minutes)	<ul style="list-style-type: none">• Demonstrate and discuss: Turning a casualty onto their back• Practise: Candidates practise until they are competent	6
Initial Checks (15 minutes)	<ul style="list-style-type: none">• Show overview, play video, show summary• Demonstrate and discuss: Initial checks, unresponsive and not breathing normally, calling 999, and asking if an AED is available• Practise: Candidates practice the sequence 2-3 times	7-9

3 hours 10 minutes session (excluding assessment)

		SLIDES
Performing CPR (25 minutes)	<ul style="list-style-type: none"> • Show overview, play video, show summary • Demonstrate and discuss: 30 chest compressions, 2 rescue breaths (repeat 30:2), what to do if an AED arrives • Practise: Candidates practise the sequence 2-3 times • Explain: When chest compression only CPR may be appropriate 	10-12
CPR Sequence Practice (25 minutes)	<ul style="list-style-type: none"> • Play video, show summary • Demonstrate and discuss: The complete sequence of skills • Practise: Candidates practise the sequence until they are competent • Explain: Problems that may occur during CPR 	13-14 15
Adaptations for Infants, Children and Drowned Casualties (15 minutes)	<p>Children and Infants:</p> <ul style="list-style-type: none"> • Show overview <p>Children:</p> <ul style="list-style-type: none"> • Play video, show summary • Demonstrate and discuss: 5 initial rescue breaths, one hand compressions, one-third the chest depth, CPR for 1 minute before calling 999 if alone • Practise: Candidates practise until they are competent <p>Infants:</p> <ul style="list-style-type: none"> • Play video, show summary • Demonstrate and discuss: Neutral head position, 5 initial rescue breaths, 2 finger compressions, one-third the chest depth, CPR for 1 minute before calling 999 if alone • Practise: Candidates practise until they are competent <p>Drowning:</p> <ul style="list-style-type: none"> • Explain that drowning casualties should also receive 5 initial rescue breaths, and CPR for 1 minute before calling 999 if alone • Explain that no attempts should be made to remove water or foam from the casualties airway 	16 17-18 19-20 21
CPR using a Pocket Mask (15 minutes)	<p>Pocket mask:</p> <ul style="list-style-type: none"> • Explain: The purpose of a pocket mask, play video • Demonstrate and discuss: The technique of using a pocket mask for rescue breaths • Practise: Candidates practise until they are competent 	22-23
More than one Rescuer CPR (15 minutes)	<p>More than one rescuer:</p> <ul style="list-style-type: none"> • Explain: The value of changing 'rescuer' every two minutes to ensure that the standard of CPR remains high, and the importance of minimal delay during change over • Practise: Candidates practise taking over CPR from another 'rescuer', preferably using a pocket mask to avoid the need to cleanse the manikin during the sequence 	24
Regurgitation (15 minutes)	<ul style="list-style-type: none"> • Show overview • Demonstrate and discuss: Managing regurgitation of stomach contents • Practise: Candidates practise until they are competent 	25

3 hours 10 minutes session (excluding assessment)

		SLIDES
Recovery Position (15 minutes)	<ul style="list-style-type: none">• Show overview, play video• Demonstrate and discuss: How to put an unconscious casualty who you are sure is breathing normally into the recovery position• Practise: Candidates practise until they are competent	26-27
Choking (20 minutes)	Explain: 'Mild' and 'severe' airway obstruction, show overview	28-29
	Mild airway obstruction treatment: <ul style="list-style-type: none">• Play video, show summary• Practise: Candidates practise the skill	30-31
	Severe airway obstruction treatment: <ul style="list-style-type: none">• Play video, show summary• Demonstrate and discuss: Up to 5 back blows, up to 5 abdominal thrusts, CPR if the casualty becomes unconscious• Practise: Candidates practise the skill (provide a safety warning about not completing the full abdominal thrust movement on a person in practise)	32-33 34
Conclusion and Summary (5 minutes)	<ul style="list-style-type: none">• Summarise the topics covered and answer any outstanding questions	35

Optional First Aid

Bleeding	<ul style="list-style-type: none">• Explain: External and internal bleeding, and the signs and symptoms• Demonstrate and discuss: Treatment of external bleeding including application of a dressing• Practise: Candidates to practise until they are competent• Explain that the treatment for internal bleeding is to call 999 for an ambulance and treat for shock	38 39
Shock	<ul style="list-style-type: none">• Explain: Shock, and the signs and symptoms• Demonstrate and discuss: Treatment of shock• Practise: Candidates to practise until they are competent	40 41
Assessment	Assessing ration, 4 candidates to 1 Instructor (maximum)	N/A

LIFE SUPPORT 3 AWARD ASSESSMENT MATRIX

Assessment 1

Demonstrate the assessment and treatment of a simulated unconscious casualty

<p>On a simulated casualty who is lying face down, the candidate should demonstrate the following sequence. When appropriate the Assessor will inform the candidate of the presence of breathing</p> <ul style="list-style-type: none"> • “You have just come across this casualty, show me what you would do” 	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
<p>Check for dangers</p>				
<p>Check response</p> <ul style="list-style-type: none"> • By gently shaking the shoulders and asking “Are you alright?” 				
<p>Turn the casualty onto their back</p> <ul style="list-style-type: none"> • Demonstrate adequate care 				
<p>Open Airway</p> <ul style="list-style-type: none"> • Head tilt chin lift 				
<p>Keeping the airway open, look, listen and feel for normal breathing for no more than 10 seconds</p> <ul style="list-style-type: none"> • “Casualty is breathing normally, but has started to regurgitate” 				
<p>Demonstrate the action for regurgitation</p>				
<p>Turn into the recovery position</p> <ul style="list-style-type: none"> • Be aware of history, signs and symptoms 				
<p>Summon help from the emergency services</p>				
<p>Describe how your actions would differ if the casualty responded during the above sequence</p>				

Assessment 2

Demonstrate the assessment and treatment of an unconscious, non-breathing ADULT casualty

(Assessment 3 may follow directly after Assessment 2, following the demonstration of CPR for 2 minutes)

<p>On an approved adult manikin, the candidate should demonstrate the following sequence. When appropriate the Assessor will inform the candidate of the absence of normal breathing:</p> <ul style="list-style-type: none"> • “You have just come across this casualty, show me what you would do” 	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
<p>Check for dangers</p>				
<p>Check response</p> <ul style="list-style-type: none"> • By gently shaking the shoulders and asking “Are you alright?” 				
<p>Open Airway</p> <ul style="list-style-type: none"> • Head tilt chin lift 				
<p>Keeping the airway open, look, listen and feel for normal breathing for no more than 10 seconds</p> <ul style="list-style-type: none"> • “Casualty is NOT breathing normally” 				
<p>Summon help from the emergency services and ask if an AED is available</p>				
<p>Perform 30 chest compressions</p> <ul style="list-style-type: none"> • Hand position in centre of chest • Compression depth/rate 				
<p>Give 2 rescue breaths</p>				
<p>Continue 30 chest compressions then 2 rescue breaths for a period of two minutes</p>				

Assessment 3

Demonstrate CPR on an adult manikin with more than 1 rescuer

(Assessment 3 may follow directly after Assessment 2, following the demonstration of CPR for 2 minutes)

<p>On an adult manikin, the candidate should demonstrate the following sequence. When appropriate, the Assessor will direct the trained operator to offer assistance</p>	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
<p>Perform 30 chest compressions</p> <ul style="list-style-type: none"> • Hand position in centre of chest • Compression depth/rate 				
<p>Give 2 rescue breaths</p>				
<p>Continue 30 chest compressions then 2 rescue breaths for a period of 2 minutes</p>				
<p>A second trained operator will take over</p> <ul style="list-style-type: none"> • Efficient changeover • Pocket mask must be demonstrated 				

Assessment 4&5

4. Demonstrate the assessment and treatment of an unconscious non-breathing infant (help is available)

5. Demonstrate the assessment and treatment of an unconscious non-breathing child (help is available)

When appropriate, the Assessor will inform the candidate of the absence of normal breathing	CANDIDATE		CANDIDATE		CANDIDATE		CANDIDATE	
	INFANT	CHILD	INFANT	CHILD	INFANT	CHILD	INFANT	CHILD
<ul style="list-style-type: none"> “You have come across this casualty, show me what you would do” 								
Check for Dangers								
Check response <ul style="list-style-type: none"> By gently shaking the shoulders and asking “Are you alright?” 								
Open Airway <ul style="list-style-type: none"> Head tilt chin lift 								
Keeping the airway open, look, listen and feel for normal breathing for no more than 10 seconds <ul style="list-style-type: none"> “Casualty is NOT breathing normally” 								
Ask bystander to summon help from the emergency services <ul style="list-style-type: none"> Ask if an AED is available 								
Give 5 initial breaths								
Perform 30 chest compressions <ul style="list-style-type: none"> Hand position in centre of chest Compression depth/rate 								
Give 2 rescue breaths								
Continue 30 chest compressions then 2 rescue breaths for a period of two minutes								
Explain how your actions would differ if you were alone								

Assessment 6

Demonstration of Life Support skills

Using initiative, demonstrate the diagnosis and treatment of 2 simulated casualties using skills and knowledge contained in the Life Support 3 syllabus

“You have just come across these 2 casualties, show me what you would do”

<ul style="list-style-type: none"> • Test should be no more than 3 minutes • Use only skills listed in Life Support 3 syllabus • Use either <ul style="list-style-type: none"> • 2 simulated casualties or • 1 simulated casualty and a manikin 	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
<ul style="list-style-type: none"> • Bystanders and/or first-aiders may be used, if appropriate • Chest compressions must only be demonstrated on an approved manikin 				
<ul style="list-style-type: none"> • Following the assessment, question the candidate on the actions taken 				

Assessment 7

Demonstrate knowledge and understanding of Life Support	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
Answer 3 questions from Section A, and 3 questions from Section B of questions provided				

Section A

1. **When checking if a casualty is breathing normally, how long should you check for?**
 - Up to 10 seconds
2. **How would you do chest compressions differently on a child?**
 - Use one hand
 - One third chest depth
3. **How would you do chest compressions differently on an infant?**
 - Use two fingers
 - One third chest depth
4. **How does opening the airway differ on an infant?**
 - Extend to the neutral position
5. **When might you need to perform chest compression only CPR?**
 - If the casualty has a severe facial injury
6. **How does the recovery position help to keep a casualty's airway clear?**
 - It prevents the tongue from falling back to block the airway
 - It reduces the risk of regurgitated stomach contents going into the lungs

Section B

7. **How should you treat a casualty who is choking but can still breathe and cough?**
 - Encourage them to cough
8. **How should you treat a casualty who is choking and cannot breathe?**
 - Give up to 5 back blows, then up to 5 abdominal thrusts and repeat until the blockage is relieved
9. **What should you do if a choking casualty becomes unconscious?**
 - Start CPR (with chest compressions)
10. **How does the treatment for choking differ for infants?**
 - Use chest thrusts instead of abdominal thrusts
11. **If you are performing CPR and an AED arrives, what should you do?**
 - Turn it on and follow the voice prompts
12. **If a casualty is unconscious, has a clear airway and you are sure they are breathing normally, what position should you put them in?**
 - The recovery position

Assessment 8 (Optional First Aid)

Demonstrate knowledge and understanding of basic first aid	CANDIDATE	CANDIDATE	CANDIDATE	CANDIDATE
On a simulated casualty demonstrate how to manage bleeding on the casualty's arm using a wound dressing				
On a simulated casualty demonstrate how to treat a casualty for shock				



For more information on
The Royal Life Saving Society UK
please visit www.rlss.org.uk