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## 32. CPROX1st AED Administrator

### 32.1 Introduction

This course is a cardio-pulmonary resuscitation (CPR), emergency oxygen (O<sub>2</sub>) administration, first aid, and automatic external defibrillator (AED) combined into one program. It is designed to teach divers the proper techniques to safely administer CPR, O<sub>2</sub>, correct first aid, and utilize an AED in emergency situations. The student will be qualified at the end of this specialty to:

1. Recognize and evaluate an emergency situation and a victim
2. Know how to activate or alert the emergency medical services (EMS)
3. Be able to provide 1 person adult CPR, administer the proper first aid to a non-breathing or injured person, and administer O<sub>2</sub> to a breathing or non-breathing person
4. Proper use an automatic external defibrillator (AED)

**It is important that the student understand that a requalification course is required every 2 years**

### 32.2 Who May Teach

1. Any active SDI CPROX1st AED Instructor may teach this course

### 32.3 Student to Instructor Ratio

#### Academic

1. Unlimited, so long as adequate facility, supplies and time are provided to ensure comprehensive and complete training of subject matter

### 32.4 Student Prerequisites

1. Minimum age 18, 10 with parental consent

### 32.5 Course Structure and Duration

**SDI allows instructors to structure courses according to the number of students participating and their skill level**

1. The suggested number of training hours is 4

### 32.6 Administrative Requirements

#### Administrative Tasks:

1. Collect the course fees from all the students
2. Ensure that the students have the required equipment
3. Communicate the schedule to the students
4. Have the students complete the:



- a. *SDI Liability Release and Express Assumption of Risk Form*
- b. *SDI Medical Statement Form*

**Upon successful completion of this specialty the instructor must:**

1. Issue the appropriate SDI certification by submitting the SDI Diver Registration Form to SDI Headquarters or registering the students online through member's area of the SDI website

## **32.7 Training Material**

**Required Material:**

1. *SDI CPROX1st AED Student Manual*
2. *SDI CPROX1st AED Student Slate*

## **32.8 Required Equipment**

**The minimum equipment requirements for students are as follows:**

1. Manikin
2. Oxygen (O<sub>2</sub>) cylinder with regulator
3. Automatic external defibrillator (AED) with owner's manual; training unit when available

## **32.9 Required Subject Areas**

**The following topics must be covered during this course. The SDI CPROX1st AED Student Slate is mandatory for use during this course but instructors may use any additional text or materials that they feel help present these topics.**

1. What CPROX1st AED Is
2. Emergency Oxygen
3. When do You Administer Oxygen
  - a. Oxygen for non-breathing victim
  - b. How to administer oxygen through an oro-nasal mask while performing CPR
  - c. Oxygen for breathing victim
    - i. Non-rebreather mask
    - ii. Demand valve mask
    - iii. Nitrox cylinder/regulator option
  - d. Oxygen safety and handling
4. Define Cardio Pulmonary Resuscitation (CPR)
  - a. Performing CPR
    - i. Self-protection
    - ii. Assess Scene and victim – EMS and statement
    - iii. ABC's
    - iv. Chin lift and gentle neck extension
    - v. Rule of 2's
    - vi. Continue CPR as long as needed



5. Define First Aid
6. When and How Must First Aid be Administered
  - a. Assess injury and victim's condition
  - b. Assess for "The Six Basics"
    - i. Breathing (absent) = CPR
    - ii. Bleeding = Pressure
    - iii. Broken = Immobilize
    - iv. Burns = Cool Water
    - v. Bites = Cover
    - vi. Blows = Watch
7. Define Automatic External Defibrillator (AED)
  - a. When to use
  - b. How to use
  - c. AED maintenance issues
  - d. Ensure AED is charged and ready for use

**Note: Manufacturer's manual must be followed for proper use of the AED**

## **32.10 Required Skill Performance and Graduation Requirements**

**Instructors are required to teach and evaluate all the following skills:**

1. Emergency oxygen
  - a. Setup and use of oxygen cylinder
  - b. Use of different types of masks
2. Perform CPR on a manikin
  - a. ABC's
  - b. Rule of 2's
3. First aid; treat a simulated injury for each of "The Six Basics"
  - a. Breathing (absent) = CPR
  - b. Bleeding = Pressure
  - c. Broken = Immobilize
  - d. Burns = Cool Water
  - e. Bites = Cover
  - f. Blows = Watch

**In order to complete this course, students must:**

1. Demonstrate an understanding of oxygen administration, first aid, CPR and the use of an AED
2. Recognize and evaluate an emergency situation
3. Know how to activate or alert the emergency medical services (EMS)
4. Be able to provide CPR, use an AED unit, and administer oxygen to breathing or non-breathing person
5. Be able to provide first aid for two simulated injuries



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**Note: The certification is valid for 2 years and must be renewed**