

# Emergency Services Training Institute

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## CARDIAC FIRST RESPONDER (CFR)

### Course Aim:

Participants will be trained to develop a very high standard in the delivery Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) use.

Students will be practiced under various scenarios, paying particular attention to safety. Choking and Infant emergencies are also taught and practiced.

### Training Methods:

- Classroom presentation on multimedia projector / DVD's.
- Practical demonstrations of techniques.
- Course handouts, training manuals, training records and evaluation forms are also provided.

### Assessment & Certification:

Cardiac First Response students are required to successfully complete a Multiple Choice Question (MCQ) assessment of twenty questions for Responder and twenty five for Practitioner level. 80% is required to be successful on the MCQ.

Competence in skills demonstration is also required. The theory and practical assessment will be set by, or on behalf of, the Pre-Hospital Emergency Care Council.

Certification in the Cardiac First Response Standard is required every two years. In order to maintain a readiness to perform CPR and AED interventions effectively the standard interval accepted for retention training is one year after the initial certification. However, as the retention of skills in CPR and the use of AED are known to rapidly diminish, it is recommended that retention training occurs as frequently as practicable.

### Course Attendance:

- Maximum of 6 participants per instructor
- 1 day duration.

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