



UNDERSTANDING VITAL SIGNS



Vital signs are measurements of the body's most basic functions and help to assess a casualty's condition and effectiveness of treatment provided.

Vital signs are useful in detecting or monitoring medical problems. Vital signs can be measured in a medical setting, at home, at the site of a medical emergency, or elsewhere.

The five main vital signs routinely monitored in a pre-hospital environment are body temperature, pulse rate, respiration rate (rate of breathing), blood pressure and oxygen saturations.



Course Summary

The ABC Lifesavers Understanding Vital Signs Course has been developed to provide first aiders/first responders with the skills, knowledge and confidence required to measure a casualty's body temperature, pulse rate, respiration rate, blood pressure and oxygen saturations. Once an initial set of observations (baseline) have been established then the first aider/first responder can identify if a casualty's condition is improving or getting worse by checking the vital signs regularly, normally every 10 minutes.

This hands-on course covers the following topics:

- Key Terms.
- Measuring Body Temperature.
- Measuring Pulse Rate.
- Measuring Respiration Rate.
- Measuring Blood Pressure.
- Measuring Oxygen Saturations.
- Recording Vital Signs.
- Understanding Vital Signs



The Understanding Vital Signs Course is delivered by a highly qualified and experienced trainer with over 45 years' experience in providing appropriate care and evaluating vital signs for all types of casualties.

The Understanding Vital Signs Course is ideal for first aider/first responders who want to learn the skills of establishing and understanding vital signs to provide the most appropriate care to casualties.

Please note Understanding Vital Signs Course accredited course. Participants undertaking the course will be issued with a Statement of Attendance upon successful completion.

Course Location

Courses are delivered in the workplace or at one of ABC Lifesavers public course venues

Course Cost

\$60.00 per participant (maximum number in any one session 6)

How to book

Email or call ABC Lifesavers:

Email: abclifesaver000@gmail.com

Mobile: Call Andy 0435 879 258

Entry Requirements

There are no pre-requisites for this course; however, it is recommended that participants have sufficient English language and visual interpretation skills and can comfortably kneel on the floor to perform CPR.

Minimum Age

There is no minimum age for participants however, adult supervision (parent or guardian) is required for those under the age of 15 years.

Duration

120 mins

Language, Literacy and Numeracy (LLN) Requirements

Participants will require suitable LLN skills to complete the following tasks/skills:

- Listen and understand verbal information delivered by an English-speaking trainer