



New program teaches life-saving CPR training online

Parents and carers can now learn life-saving CPR skills in the comfort of their own home after a new CPR online training program was launched this week.

The program, CPR Training for Parents, which was developed by The Children's Hospital at Westmead and generously funded by Endeavour Energy, teaches parents and carers the skills needed to perform CPR on a baby (under 12 months) and a child. These skills can also be applied to an adult.

It is the first CPR program that is available to the public free of charge.

Dr Fenton O'Leary, Staff Specialist in Emergency, said knowledge of and the ability to perform basic CPR can be the difference between life and death but it is a skill that is lacking in the community.

"Each year, approximately 25,000 Australians need CPR but alarmingly, only as little as 22% receive CPR from a bystander."

"We believe everyone should know how to perform CPR in case of an emergency. This is a life-saving practice that can significantly increase a person's chance of survival and it is something that anyone can learn."

"This program has been designed for time poor parents who can't necessarily take half a day to complete a certified practical training course. We want to make it as easy as possible for parents to learn the basic skills they need to save a life," Dr O'Leary said.

The program, which features seven different modules, has been developed according to the latest Australian Resuscitation Council Guidelines and takes around 90 minutes to complete, although the modules can be completed in stages.

In addition to covering baby and child CPR, the program also includes modules on helping a baby or child who is choking or in need of first aid for a burn injury.

While the course does not offer any practical experience, it is hoped that the skills learnt will give parents the confidence needed to put knowledge into action in an emergency situation.

"Any attempt at CPR is better than no attempt," Dr O'Leary said.

To access the program, visit cprtrainingforparents.org.au.