

## The Defibrillator Class

Personal Development, Health and Physical Education Years 7-10 Syllabus

### LEARNING OUTCOMES

During this class students learn the importance and value of defibrillators and how easy they are to use. Students simulate using a defibrillator on a DefibMat while watching a video tutorial and develop confidence to administer first aid. The Defibrillator Class takes 30 minutes.

### STEP 1: Class Preparation

- Print out one Defibrillator Class handout per student and make sure you have 12 DefibMats, a Defibrillator Class Video, computer and projector, floor space
- Lay out the 12 DefibMats on the floor, with two or three children per mat.
- Get the video ready to play.

### STEP 2: Running order for the class, as prompted by the video

1. Cardiac Arrest	6 Minutes
2. Learn the DRSABCD action plan	3 minutes
3. Performance observation	12 minutes
<ul style="list-style-type: none"> <li>• <i>Listened to defibrillator prompts – 5 points</i></li> <li>• <i>Used defibrillator pads correctly – 5 points</i></li> <li>• <i>Completed two minutes of defibrillator prompted CPR – 5 points</i></li> </ul>	
4. Nearest defibrillator discussion	2 minutes
<ul style="list-style-type: none"> <li>• <i>Where are the nearest defibrillators located at school, home, on holidays, travelling to school, at sport, at shops?</i></li> </ul>	
5. Different brands of defibrillators	2 minutes
6. Quiz	5 minutes
7. <b>Total time</b>	<b>30 minutes</b>

### STEP 3: Quiz - Answer the following 10 questions. 1 point each / total of 10 points

1. What does D stand for?
2. What does R stand for?
3. What does S stand for?
4. What does A stand for?
5. What does B stand for?
6. What does C stand for?
7. What does D stand for?
8. Who is allowed to use a defibrillator?
9. Will a defibrillator shock someone who doesn't need to be shocked?
10. How deep are compressions?

Name of Student:..... Score out of 25:.....