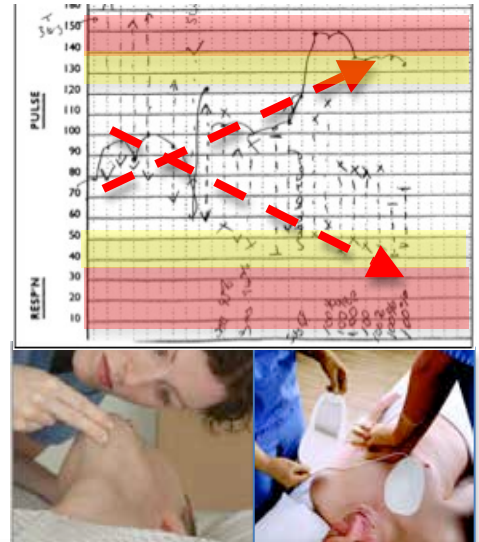


# ARC Advanced Life Support Level 1 Immediate Life Support Course



Australian Resuscitation  
Council

c/o Royal Australasian College of  
Surgeons,

College of Surgeons Gardens

250-290 Spring Street

East Melbourne 3002

Victoria

Phone: (03) 9249 1214

Fax: (03) 9249 1216

email: [ARC@surgeons.org](mailto:ARC@surgeons.org)

Website: [www.resus.org.au](http://www.resus.org.au)

Course centre contact details and  
course dates can be found on the  
ARC website

Advanced Life support skills for healthcare personnel to manage the  
immediate period of crisis including cardiopulmonary arrest

Aim is to train healthcare  
personnel in cardiopulmonary  
resuscitation, simple airway  
management and safe  
defibrillation

One-day course face-to-face  
component with supporting  
manual

Practical workshops and  
simulations

Course material uses current  
ARC/NZRC guidelines

Co-badged with the  
Resuscitation Council of the  
UK with certification  
recognised in UK, New  
Zealand and Europe

Accredited with professional  
colleges

Registered ARC Instructors

Course includes:

- Causes and prevention of cardiopulmonary arrest
- Systematic patient assessment using the ABCDE approach
- The ALS algorithm and initial resuscitation
- Manual and/or AED Mode Defibrillation techniques
- Airway management using various techniques and adjuncts (inc. Oropharyngeal/ optional - Laryngeal Mask Airway)
- Participation as a member of the Medical Emergency Team
- Key clinical skills assessed continuously over the course