

Free Online CFR Instructor update. Since August many of you have registered and completed the free online CFR instructor update. The update will inform you about changes in basic life support skills. This is relevant to teaching OFA courses and includes useful teaching tips as well as an outline of the new CFR training materials (DVD and manuals).

If you have not already done so, please register for the online course using this web link:

http://elearning.phecit.ie/PHECC/lr_login.jsp

CFR training materials. These are now on sale and are available to purchase from OFAAA. The CFR Instructor pack and CFR Student Manual are useful training resources and fulfil the CFR requirements of the OFA course. Forty-three learning outcomes from the FETAC level 5 (Component Specification) for OFA are covered when the CFR DVD is used.

Assessment. It is recommended that the CFR assessment sheet is used to assess the CPR/AED skills demonstration required for the OFA course. This assessment sheet is available in the CFR Student Manual and from PHECC's website to [download](#). If you continue to use your own test sheet please remember to revise it to comply with the new CFR guidelines; e.g. the ABC sequence has changed to CAB. A review of your theory test (SAQs) also applies.

I would like to thank you for your continued support and co-operation. PHECC's strategy is to encourage as many people as possible to train in resuscitation. Please don't hesitate to contact the PHECC office if you have any questions about CFR, we are happy to take a call or you can email info@phecc.ie.

Regards
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