Free say-and-do preparation

BLS communication rehearsal.

A spoken preparation checklist for basic life support. Use it to organise explanations and questions before your next rehearsal.

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Preparation practice, not clinical advice. This is a conversation planning guide, not a clinical procedure. Online rehearsal develops thinking and language; learn and practise physical skills in person with appropriate supervision.

How to use this checklist

Read the fictional task first. Work through each prompt out loud, using only the information supplied. Where a clinical detail is missing, say what you need to clarify rather than inventing it.

Use current ANZCOR guidance to prepare your supervised practice.

“I will prepare with the current resuscitation guidance and a supervised practical session.”

Rehearse a clear call for emergency assistance.

“I need emergency assistance at this location.”

Give a colleague a specific task and confirm understanding.

“Please confirm the task and tell me when it is done.”

Prepare a concise handover for the arriving response team.

“This is what I found, what we have done and the response so far.”

Check your explanation

• State your immediate safety concern and call for the appropriate emergency response.

• Give a colleague a clear task and confirm it has been understood.

• Hand over what you found, what has been done and the patient’s response.

Watch for these omissions

• Continuing an assessment without summoning urgent help.

• Giving vague instructions to the team.

• Assuming online rehearsal replaces supervised resuscitation practice.

Connect it to a scenario

Use supervised simulation for the physical sequence. Online, rehearse how you call for help, direct a colleague and give a concise handover when the response team arrives. Refer to the current ANZCOR guidance for the clinical sequence.

Repeat with a different fictional situation to check that your explanation responds to the task rather than a memorised script. Review the current ANZCOR basic life support guidance and RN Standards for Practice alongside supervised skills training.