



Basic Life Support Training Course Specification

Course Title: Basic Life Support Training

Course Overview:

Our Basic Life Support (BLS) Training Course is meticulously designed to provide participants with essential skills in line with the latest guidelines from the UK Resuscitation Council. This comprehensive course encompasses theoretical knowledge and practical hands-on skills necessary for initiating life-saving measures in emergency situations.

Course Duration: 1 Day

Course Content:

- **Assessment of an Unresponsive Casualty:**
 - Recognise unresponsiveness promptly
 - Clear the airway and assess breathing effectively
- **Cardiopulmonary Resuscitation (CPR):**
 - Perform hands-only CPR with the correct compression-to-breath ratio
 - Demonstrate effective chest compressions and rescue breaths
- **Use of Automated External Defibrillator (AED):**
 - Understand the function and operation of an AED
 - Integrate AED use into CPR protocols seamlessly
- **Choking Management:**
 - Assess and assist a choking victim using appropriate techniques
 - Clear airway obstructions effectively
- **Recovery Position:**
 - Position an unconscious breathing casualty correctly in the recovery position
 - Monitor and provide ongoing care in the recovery position

Learning Outcomes:

Upon successful completion of this course, participants will:

- **Demonstrate Competence:**
 - Effectively assess and respond to an unresponsive casualty, applying appropriate interventions.
- **Perform CPR with Confidence:**
 - Execute hands-only CPR with the correct compression-to-breath ratio, ensuring optimal efficacy.
- **Navigate AED Usage:**
 - Understand and proficiently operate an AED, incorporating it seamlessly into CPR procedures.
- **Manage Choking Incidents:**
 - Assess and manage choking incidents using correct techniques, promoting effective airway clearance.
- **Implement the Recovery Position:**
 - Position an unconscious breathing casualty in the recovery position, ensuring ongoing care.

Hands-On Practical Sessions:



Participants will engage in hands-on practical sessions, allowing them to apply theoretical knowledge to real-life scenarios.

Assessment Methods:

- Continuous assessment during practical sessions
- Written assessments to evaluate theoretical understanding

Certification:

Upon successful completion of the course, participants will receive certification that aligns with UK Resuscitation Council guidelines.

Target Audience:

- Healthcare professionals
- Workplace first aiders
- Individuals seeking foundational life support skills

Course Benefits:

- Compliance with the latest UK Resuscitation Council guidelines
- Practical, hands-on learning with experienced instructors
- Confidence to respond effectively in emergency situations
- Essential life-saving skills applicable in various settings

Enrolment:

To enrol in our Basic Life Support Training Course and become a vital link in the chain of survival, please contact us or visit our registration page. Your commitment to life-saving skills starts here.