



# Basic Life Support & First Aid

To include use of Automated External Defibrillator (AED)

**This course offers an excellent half-day training/annual update with practical elements using training aids and models.**

## COURSE OBJECTIVES \_\_\_\_\_

- To be aware of the role and aims of a first aider incl. effective communication and escalation of care
- To be able to:
  - assess the emergency situation in order to act safely, promptly and effectively (incl. H&S regulations)
  - administer first aid to a casualty who is unconscious (incl. seizures and recovery position)
  - recognise the signs and symptoms of a heart attack, cardiac arrest and stroke in order to respond appropriately
  - administer cardiopulmonary resuscitation including use of AED – awareness of DNACPR and RESPECT
  - administer first aid to a casualty who is choking
  - administer first aid to a casualty who is wounded and bleeding (incl. embedded object, venous and arterial bleeding)
  - administer first aid to a casualty who is suffering from shock and anaphylactic shock
  - recognise and administer first aid for minor injuries (incl. small cuts, grazes, bruises, minor burns & scalds)

## COURSE NOTES \_\_\_\_\_

- This course can be adapted for your service can be shortened to the CPR update only if required (please contact us to discuss your training needs in detail)
- This course is mapped to 'Standard 12 Basic Life Support' of the Care Certificate standards and follows the Resuscitation Council 2021 Resuscitation Guidelines
- Including demonstration of recovery position and an abdominal thrust using a simulation choking vest
- A Resuscitation Mannequin is used to practice CPR and mouth-to-mouth technique (if appropriate following the relevant guidelines) and demonstration of an Automated Defibrillator (AED)

COURSE INFORMATION	
<b>Duration:</b>	Half day
<b>Who should attend:</b>	All staff
<b>Certification:</b>	Certificate of Attendance
<b>Travel Charge:</b>	Dependent on Location

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