

Basic Life Support

Aim

To give participants the skills and knowledge to act in an emergency situation providing the casualty with critical lifesaving assistance until support arrives.

Target Group

Low risk environments (e.g. office staff, voluntary organisations etc.) where the risk might be minimal. Or as a support measure in organisations where some other key staff will have at least the 3-day 'First Aid at Work' or the or 1-day 'Emergency First Aid at Work' training.

Delivery method, venue and duration - date(s) to suit you

- Face-to-face in your own training room over a half-day
- *(This topic is one of the few that cannot be delivered properly over a virtual platform).*

Learning outcomes: by the end of this session participants should have covered the following areas:

- Responsibilities and reporting
- Dealing with an unresponsive casualty
- Cardiopulmonary resuscitation (CPR)
- Choking
- Safe use of an Automated External Defibrillator (AED)
- Recovery position
- Assessment of the situation
- Infection control
- Safety measures

Training methods used

All of our training sessions are intended to be as interactive as possible. Participants are encouraged to ask questions, make comments and bring up their own issues. We use lots of different methods including quizzes, case studies, video clips and small group work as well as direct teaching. We want participants to leave the session saying "that was really enjoyable - and it was directly relevant to my working life."

Accredited or non-accredited first aid training?

The rules changed in 2013 and it's now up to the employer to decide whether its first aid training should be accredited or non-accredited. We offer both... the content is the same and meets the requirements specified by the Health and Safety (First Aid) Regulations 1981. Maximum numbers are 16 per session for unaccredited first aid training and 12 per session for accredited first aid training.