



## Basic Life Support

### Overview

The course is designed for anyone required to perform basic life support in an emergency situation prior to the arrival of emergency services/cardiac arrest team. The important skills of resuscitation and airway management are the key focus with a high emphasis on learning through practical scenarios appropriate to the individuals work environment.

### Course Content

Adult, Child and Infant Basic Life Support

- Back slaps and abdominal thrusts
- Chest thrusts (infant only)
- Recovery position
- Rescue breathing
- Cardiac massage
- Resuscitation equipment

### Learning outcomes

- Understanding the chain of survival
- The principles of initial assessment
- Learn how to manage a choking casualty
- Placing someone in the recovery position
- Be able to provide competent basic life support skills on an adult, child and infant
- Be able to recognise and use appropriate basic resuscitation equipment

**Type Of Course:** Theory and practice

**Duration Of Course:** 2 hours

**Maximum Number Of Candidates (Per Trainer):** 10

### Certification

Delegates who attend the whole session and successfully complete the course will be given a Back to Life Certificate (verifiable for health professionals for continuous professional development).

As basic life support is not used on a daily basis, skills can deteriorate within 5 to 6 weeks. Therefore it is recommended that organisations set up a standard for regularly training their staff which would be deemed acceptable for the health safety and wellbeing of patients, staff, clients and visitors.