

First Aid - Adult – Basic Life Support

Duration: 3 hours

Participation during the session is encouraged in order to gain certification. There is no requirement to complete a formal examination.

A certificate is awarded on successful completion of the course. Certification is valid for 1 year. Requalification can be achieved by attending a knowledge and skills update.

Who should attend this course?

Anyone who wishes to obtain basic resuscitation and first aid skills

Course Objectives

Participants will complete the course with the knowledge and confidence to deal with an unconscious casualty and provide resuscitation in the event of a cardiac arrest.

Course Outline

- Unconscious casualty
- Choking
- Severe bleeding.
- Resuscitation
- Recovery position
- Making a 999 call