

Basic Life Support

Course Description:

This course of training teaches you important life saving skills and is delivered with a practical hands on approach to develop or refresh your skills. In line with the Resuscitation Council (UK) Guidelines.

Course Outline:

You will learn;

Possible causes of cardiac and respiratory arrest

How to deliver C.P.R.

How to recognise and manage a Heart Attack

How to put someone into the recovery position

How to assist a choking casualty and perform the necessary actions required

A.E.D. Awareness

Course Duration:

3 hours

