



## Course Information

### Basic Life Support

Basic Life Support teaches the core elements of how to deal with a casualty in a life threatening situation.

The course is suitable and advisable for everyone, including doctors, nurses and members of the public.

Candidates will be confident on how to perform CPR and emergency first aid on casualties who have suffered cardiac arrest, strokes and other life threatening conditions.

#### Course content:

- *Understand the role of the first aider*
- *How to act in an emergency*
- *Cardio-pulmonary-resuscitation (CPR)*
- *Dealing with an unconscious casualty*
- *The recovery position*
- *Dealing with a choking casualty*

**This course is delivered by our team of experienced trainers who make the course fun, interesting, practical and relevant to your workplace.**



This 2-3 hour course meets the UK Resuscitation Council basic life support guidance and will give candidates the knowledge and confidence to provide effective basic life support skills.

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Price includes:

Certificate valid for 3 years;

Dynamic & fun training;

All course material;

Realistic Casualty Simulation;

Lots of hands on practical sessions.

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Ask about our in-house courses for 6+ people

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Contact us to discuss costings