

# BASIC LIFE SUPPORT

This is a short course in Basic Life Support and is ideal for those looking to gain basic first aid knowledge and skills. The aim of the course is to enable all students to deal with an unresponsive casualty who is breathing normally, and how to deal with an unresponsive casualty who is not breathing normally.

## Duration

A 3-hour course consisting of theory and practical work.

## Syllabus

A range of subjects is covered including:-

- Arriving at the scene
- Casualty assessment
- Top-to-toe survey
- Recovery position
- Resuscitation
- Hygiene control

## Certification

Although there is no formal assessment, the trainer will assess each individual ongoing throughout the course and issue a certificate of attendance.

## Numbers

A maximum of 16 students can be accommodated on this course.

## Age limit

There is no age limit for those who wish to attend.

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