



# Basic Life Saving

## Description:

The course is designed to provide participants with first aid skills. It focuses on the practical skills most likely to be encountered in the workplace - as well as dealing with life-threatening situations.

## Objectives:

On completion of the course, participants will be able to recognise and treat:

- The principles of first aid
- The priorities of treatment
- Emergency procedures
  - Cardiopulmonary resuscitation (CPR)
- Use of a defibrillator
- Unconscious casualties
- The recovery position
- Non-breathing casualties
- Heart attack
- Bleeding and amputation
- Use of a tourniquet
- First aid kits
- Record keeping

## Qualification:

On completion of the course, participants will receive a Basic Life Saving certificate.

## Typical Interest Groups:

Anyone who wants to have basic first aid skills in the event of a medical emergency.

## Course Size:

The maximum number of delegates per session is 12.

## Prerequisites:

Candidates must be physically able to carry out the procedures detailed in the course outline.

## Suitability:

N/A

## Duration:

3 Hours

