

## BASIC LIFE SUPPORT



### DESCRIPTION

This course will provide participants with theoretical and practical experience in Adult Basic Life Support, providing up-to-date information and Resuscitation Guidelines and emphasising the recommendations made by the Resuscitation Council UK to simplify and aid retention of Basic Life Support skills.

### DURATION

1 Day

### WHO WOULD BENEFIT FROM THIS COURSE?

- Staff working in Care Homes, Hospitals, Hostels, Day Centres, Community Care, Sheltered Housing and Residential Facilities
- Staff working in Universities/Colleges, Schools, Offices, Hotels, Building Sites and Security Personnel

### COURSE CONTENT

- Resuscitation Guidelines
- Recovery Position
- Chest compressions
- Mouth-to-Mouth Resuscitation
- Choking

### QUALIFICATION

Certificate of attendance given.

### OUTCOME

By the end of this session you will be able to demonstrate Basic Life Support including mouth-to-mouth resuscitation, chest compressions, the recovery position and how to effectively deal with someone choking.

Independent Clinical Services Training

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Calls may be recorded