

AIM

To have an understanding of Basic Life Support techniques

DURATION

Short Course (2 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Know how to conduct a Primary Survey
- Know how to perform CPR
- Know how to use an AED
- Know how to deal with breathing casualties
- Know how to put a casualty into the Recovery Position
- Know how to deal with choking casualties

LESSONS AND TOPICS

Primary Survey

- DRSABCD
- Danger
- Response
- Shout/Summon
- Airway
- Breathing

Unconscious Not Breathing Casualties

- CPR
- Automated External Defibrillator (AED)
- When to stop CPR

Breathing Casualties

- Recovery Position

Choking Casualties

- Choking
- Mild Choking
- Severe Choking