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| <b>Course Duration</b>            | 3 Hours*  |
| <b>Who is the course aimed at</b> | Anyone working within the healthcare sector   |
| <b>Number of Seats</b>            | 15 maximum  |
| <b>Type of Training</b>           | Face to Face  |
| <b>Course Standard</b>            | Course is assessed and certificated in line with the UK Resus Council Guidelines 2010.<br>HSE recognised. |

### **Course Pre-requisites**

Candidates are to wear comfortable, loose clothing. Closed toe shoes. Hair tied back and no jewellery other than plain band ring and/or stud earrings. All candidates have to practically demonstrate competence at performing the sequence of basic life support on the resus dummy. Candidates must inform the trainer if they have any medical problems.

### **Course Content**

- Definition of basic life support
- How to recognise a casualty
- D.R.S.A.B.C. (danger, response, shout, airway, breathing, compressions)
- Cardio-pulmonary resuscitation
- The recovery position
- Dealing with choking and other emergencies such as electrocution, drowning, hanging.
- Practical demonstration and use of a Resus-Annie

### **Equipment Needed**

Handouts and workbooks will be provided. Candidates need to bring notepaper and pens with them.

### **Other Notes**

\* Please note that the length of the course is approximate and depends upon the number of candidates attending and the level of participation from them.

Location may vary and is subject to availability.

Refreshments will be provided by the client.

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PLEASE CONTACT [CPD@supplycaresolutions.co.uk](mailto:CPD@supplycaresolutions.co.uk) to find out the next available course date and location.