

Course Details

FA1 Basic Life Support Adults

A programme of training designed for the lay person covering basic life support. It is designed for adult First Aiders dealing with adult patients.

Content

The programme includes:

- Assessment of danger to the First Aider and patient
- Use of barriers
- Checking level of responsiveness
- Summoning help
- Checking and opening the airway
- Rescue breathing
- Dealing with choking
- Chest Compressions
- Basic bandaging
- Shock
- Recovery position

The course follows a syllabus laid down by the Dimension-People-Safe family of first aid training systems which utilises the following training methods:

- Video/DVD segments to convey essential information
- Hands on practice in groups three
- Positive coaching from approved Instructors
- Up-to-date medical information presented in a stress-free learning environment
- Opportunity for self appraisal and completion of a class evaluation

Certification

Students will receive a certificate of attendance

Short Day Course 3 hours

January 2010