

## Course Details

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### FA2 Basic Life Support Adults and Paediatric

A programme of training designed for the lay person covering basic life support. It is designed to give knowledge in training in basic First Aid for dealing with all ages of 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
- 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 of three
- Positive coaching from approved Instructors with a maximum group size of 12 students
- 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 4

January 2010