

## Basic Life Support and Management of Choking



The basic life support (cardiopulmonary resuscitation) course is suitable for all persons who wish to be able to give life saving CPR. The course covers the appropriate techniques for adults, paediatrics and infants in a single session, with time for practice on appropriately sized manikins. The management of choking and heart attacks are also taught as part of this course.

*Course Content (Theory 20%, Practical 80%)*

- Introductory cardiovascular and respiratory anatomy and physiology
- Incident management & the emergency response sequence (DRACBC)
- Rescue breathing & Cardiac compressions
- Use of a pocket resuscitation mask and/or face-shield
- Management of choking in the unconscious and conscious patient
- Recovery position
- Recognition and management of heart attack

Target Audience	Public, Business, Social Groups / Societies		
Course Duration	2.5 hours – New students 1 hour – Update and revalidation		
Timing	Single teaching session		
Location	Your site or one of our preferred training facilities		
Maximum Class Size	12		
Course Pre-Requisites	Nil		
Student Handouts	Textbook	Workbook	Handouts
	x	x	✓
Assessment	Practical assessment throughout the teaching session		
Certificate Validation	1 year		
Legislative Background / Syllabus Source	European Resuscitation Council Guidelines ( <a href="http://www.erc.edu">www.erc.edu</a> ) UK Resuscitation Council Guidelines ( <a href="http://www.resus.org.uk">www.resus.org.uk</a> )		
Cost (Individual)	Price on Application		
Cost (Group)	Price on Application		
Course Accreditation / Approval	Construction Industry Training Board ( <a href="http://www.citbni.org.uk">www.citbni.org.uk</a> ) The adult element of this course also forms part of the <i>First Aid at Work</i> course which is accredited by the Health and Safety Executive (NI) ( <a href="http://www.hseni.gov.uk">www.hseni.gov.uk</a> )		
Other Information	We can advise and assist in the purchase of CPR adjuncts (such as pocket masks and rescue breathing face shields) <i>at no extra charge</i> through our contacts at Cardiac Services Ltd.		
Contact for Further Information & Booking	Revive Healthcare Training Ltd PO Box 841 Belfast BT15 4WZ Ph / Fax: 028 032 4481 Email: <a href="mailto:revivehealthcare@tiscali.co.uk">revivehealthcare@tiscali.co.uk</a> Website: <a href="http://www.revivehealthcare.co.uk">www.revivehealthcare.co.uk</a>		