



ST BERNARD'S  
SAFETY TRAINING CENTRE

## **Basic Life Support (BLS) & AED**

**Suitability:** This course is suitable for anyone who would like to learn the basic first aid techniques in administering Basic Life Support alongside the use of an AED for a casualty who is unconscious and not breathing. It provides clear information of what has to be done until professional medical assistance takes over. This course is also suitable to renew an existing qualification in the subject

**Validity of Certificate:** 3 years

**Course Duration:** 3 hours

**Course Assessment:** During the Basic Life Support (BLS) & AED course, participants are practically assessed on the various practical aspects (mentioned below). At the end of the course, participants are assessed by a theory assessment sheet to assess understanding of main topics

**Certification:** Upon successfully completing the Basic Life Support (BLS) & AED course, each participant will be issued with a certificate of competence in the subject

The Basic Life Support (BLS) & AED course includes practice of Primary Survey concluded by CPR & use of an AED on adult, child and baby manikin and Secondary Survey concluded by the recovery position

The Basic Life Support (BLS) & AED course is made up of 5 sections, which are:

***Introduction to Basic Life Support & AED***

1. Aims of Basic Life Support
2. Hygienic Aspects to be Considered
3. Legal Aspects of Basic Life Support
4. Chain of Survival
5. Survival Rates

***Function of the Heart***

6. Normal Function of the Heart
7. Heart Rhythms
8. The Heart's Electrical System
9. Heart Attack and Angina
10. Ventricular Fibrillation

***Basic Life Support (BLS)***

11. Primary Survey
12. Adult Basic Life Support
13. Child Basic Life Support
14. Baby Basic Life Support

***Automated External Defibrillators (AED)***

15. Function of AED
16. AED Signage
17. AED Safety Considerations
18. AED Components & Accessories
19. Maintaining an AED
20. Reporting the Use of the AED

***Use of Automated External Defibrillators (AED)***

21. Pre-Use of an AED
22. Pads Placement of an AED

23. Basic Life Support combined with an AED on Adults & Children
24. Secondary Survey
25. Recovery Position for Adults, Children & Babies
26. Post Traumatic Stress Disorder