

course objectives

At the end of the course delegates will be able to:

- Assess emergency situations and carry out appropriate action including informing the emergency services
- Deal with an unconscious casualty
- Perform effective Cardio-Pulmonary Resuscitation
- Deal effectively choking casualty (conscious and unconscious)
- Use adjuncts to Cardio-Pulmonary Resuscitation i.e. pocket mask and face shields

who is the course for?

This course is for learners who wish to update or refresh their BLS skills, it also for those who have a duty of care such as healthcare professionals i.e. dental staff, nurses and doctors. The course can also be used as part of your continual professional development (CPD) program.

duration / format / assessment

This is a half-day (3 hour) course

instructor / trainee ratio

Min 1: 6

Max 1:12

awarding body / certification

Cognet Limited

course content

- Assessing the casualty and situation
- Cardio-Pulmonary Resuscitation
- The unconscious casualty
- Choking

course requirements / notes

further information / contact us

Cognet Limited
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training timetable

Time	Activity	Duration
09:30 – 09:40	Domestics, Review timetable for the training session	10 mins
09:40 – 10:30	Basic life support including practical	50 mins
10:30 – 11:00	Care of the unconscious casualty	30 mins
11:00 – 11.15	Break	15 mins
11:15 – 11:30	choking; conscious and unconscious	15mins
11:30 – 12:00	Practical session	30 mins
12:00 – 12:20	“Buying Time” video	20 mins
12:20 – 12:30	Questions, Course evaluations and course close	10 mins

Please note that the above is for guidance only. Actual course timings may differ.

pre-course reading

awarding body contact details