

course objectives

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

- Access emergency situations and carry out appropriate action including informing the emergency services.
- Understand basic anatomy and physiology of the heart
- Understand common causes of cardiac arrest
- Define what is defibrillation?
- Demonstrate how to use the AED unit and safety issues
- Demonstrate Basic Life Support and the chain of survival
- Demonstrate care of the unconscious casualty
- Demonstrate care of the AED unit and daily checks
- Undertake post incident reporting
- Deliver effective AED training sessions

who is the course for?

This course is designed for those who are delivering first aid qualifications and want to add further subject areas to their training portfolio.

duration / format / assessment

This is a half-day (4 hour) course

instructor / trainee ratio

Min 1: 1

Max 1:6

awarding body / certification

Cognet Limited

course content

- AED use
- Basic anatomy and physiology
- Causes of cardiac arrest
- CPR
- The unconscious casualty
- Reporting
- Training and assessment methods

course requirements / notes

This course is specifically aimed at trainers who currently deliver First Aid At Work training

further information / contact us

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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	Introduction to the anatomy and physiology of the heart	50 mins
10:30 – 11:00	Legislation and introduction to different teaching materials	30 mins
11:00 – 11:15	Break	15 mins
11:15 – 11:30	Introduction to the AED unit	45 mins
11:30 – 12:00	CPR & BLS update and group work with AED units	30 mins
12:00 – 13:15	Assessment Method and AED assessments	75 mins
13:15 – 13:30	Questions, course evaluations and close course	15 mins

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

pre-course reading

awarding body contact details