

BASIC LIFE SUPPORT COURSE

3 hour session

Overview

Module 1	Introductions
Module 2	Arriving at the scene
Module 3	Primary Survey
Module 4	Secondary Assessment
Module 5	Resuscitation

MODULE 1 INTRODUCTION

Session content Tutor introduction (brief history)
Course outline
Delegate introductions
Registration & certification

Session duration 10 minutes

MODULE 2 ARRIVING AT THE SCENE

Session content Aims of First Aid
Arriving at the scene
Contacting the emergency services

Session duration 20 minutes

MODULE 3 PRIMARY SURVEY

Session content DR ABC
Safety
Calling for help
Assess the levels of responsiveness
Airway and breathing checks
Your bystander

Session duration 30 minutes

MODULE 4 SECONDARY ASSESSMENT

Session content Casualty assessment
Top-to-toe survey
Recovery position – how and why

Session duration 30 minutes

MODULE 5 RESUSCITATION

Session content Principles of cardiopulmonary resuscitation
Current resuscitation guidelines
CPR on your own
CPR with help available
Resuscitation protocol
Problems encountered during resuscitation
Basic life support algorithm

Session duration 1 hour 30 minutes
