

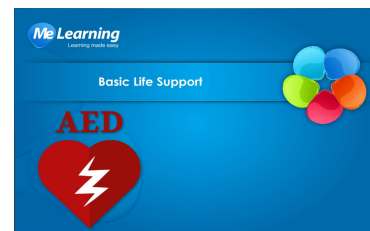
## Basic Life Support (BLS)

### Introduction

Learning how to provide Basic Life Support (BLS) could help you to save a life may well be the most valuable skill you will ever learn.

In this Basic Life Support certification course you will learn how to perform CPR on infants, children and adults. You will also learn how to use an Automated External Defibrillator (AED) and learn how to respond to people who are choking.

This course is based on the latest Resuscitation Council (UK) guidelines and contains guidance and videos kindly provided by St John Ambulance.



### Audience

This course is aimed at everyone.

### Objectives

In this course you will learn:

- The difference between a heart attack and a cardiac arrest
- What you should do if someone suffers a cardiac arrest
- How to open their airway
- When and how to put a person into the recovery position
- How to perform chest compressions
- How to give rescue breaths
- How to use an Automatic External Defibrillator (AED)
- How to recognise when a person is choking
- What to do if someone is choking

### Modules

This course contains the following modules:

#### Module name

- Adult cardiopulmonary resuscitation CPR
- Child and infant cardiopulmonary resuscitation CPR
- Using a defibrillator
- Choking

### Content

Here are some of the topics covered in this course:

When to use CPR: The difference between CPR performed on an adult and a child: Opening an airway: The recovery position: Using an Automatic External Defibrillator: Recognising choking: Dealing with choking.