

# Basic Life Support

First Aid

## Who is this course aimed at?

For people who care for others and may need to offer basic life support

## Course Aims

To give an understanding of Basic Life Support to allow a person to act to save a life

## Learning Outcomes

By the end of this course you will:

- Understand what is meant by Basic Life Support
- Know the theory supporting how to perform CPR on adults, children and infants
- Understand the importance of rescue breaths
- Know how to conduct a Primary Survey
- Recognise ways to deal with breathing casualties
- Know how to put a casualty into the Recovery Position
- Be able to identify ways to deal with a choking casualty
- Be aware of how to perform back blows and chest thrusts on adults, children and infants

## Course available as

### E-Learning

**Course Length:** 30 Mins

## Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578