



## Basic Life Support and First Aid (Practical) Refresher

Our Basic Life Support and First Aid (Practical) Refresher will equip you with essential first aid skills and knowledge. Alongside learning about administering first aid, minimising infection and what to store for a First Aid emergency, you'll learn to conduct both primary and secondary surveys, position someone in the recovery position, perform abdominal thrusts, and carry out Cardiopulmonary Resuscitation (CPR).

With the support of our experienced trainers, you'll gain practical experience using an Automated External Defibrillator (AED), practice CPR techniques and how to manage incidents of anaphylaxis and choking so you're able to provide crucial first aid and basic life support confidently and effectively in emergencies, ensuring the best care for those in need.

[Learn more >](#)

## Learning Outcomes

- Carry out a primary survey.
- Carry out a secondary survey.
- Place an individual in the recovery position.
- Perform abdominal thrusts.
- Perform cardiopulmonary resuscitation (CPR).
- Demonstrate how to use an Automated External Defibrillator (AED).

## Course Content

### **Module 1: Introduction to First Aid**

- Overview of first aid principles
- Understanding the role of a first aider
- Legal considerations in first aid

### **Module 2: Primary Survey**

- Conducting a primary survey (DRABC: Danger, Response, Airway, Breathing, Circulation)
- Practical exercises and role-playing scenarios

## Course Content

### **Module 3: Secondary Survey**

- Performing a secondary survey (Head-to-toe assessment)
- Identifying and managing injuries

### **Module 4: Recovery Position**

- Placing an individual in the recovery position
- Practice sessions with peer feedback

### **Module 5: Abdominal Thrusts**

- Recognising choking emergencies
- Performing abdominal thrusts effectively

### **Module 6: Cardiopulmonary Resuscitation (CPR)**

- Step-by-step CPR techniques
- Hands-on practice with mannequins

### **Module 7: Automated External Defibrillator (AED)**

- Understanding AED functions
- Demonstrating AED use in emergency situations

## Course Content

### **Practical Activities:**

- Comprehensive practical demonstration and assessment
- Review and feedback session