

## Basic Life Support (BLS) and First Aid

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Our Basic Life Support (BLS) and First Aid training is designed to empower learners with essential life-saving skills and the confidence to respond effectively to emergencies. This comprehensive training emphasises the importance of quick and decisive action, covering all key aspects of an emergency response.

Participants will learn to recognise and assess emergencies promptly, ensuring the appropriate emergency services are mobilised, whilst ensuring personal safety. Hands-on techniques include CPR, using Automated External Defibrillators (AEDs), addressing choking incidents, wound care, bleeding control, and managing various medical emergencies.

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## Learning Outcomes

- The aims of basic life support (BLS)
- Things to consider when arriving on the scene
- How to conduct a primary survey
- How to conduct a secondary survey
- How to put a casualty into the recovery position
- The protocols for administering CPR
- How to use a defibrillator (AED)
- How to deal with a choking casualty
- The treatment for bleeds, burns, scalds and shock
- The protocol for accident reporting

## Course Content

- **Module 1:** The aims of basic life support
- **Module 2:** Minimising infection
- **Module 3:** First Aid Kits
- **Module 4:** The responsibilities of a first aider
- **Module 5:** Arriving at the scene (S.T.O.P.)
- **Module 6:** Contacting the emergency services (LIONEL)
- **Module 7:** DRSABCD – Adult

## Course Content

- **Module 8:** Cardiopulmonary Resuscitation (CPR)
- **Module 9:** Everything you need to know about defibrillators
- **Module 10:** Secondary (Top to toe survey)
- **Module 11:** Choking
- **Module 12:** Types of bleeds
- **Module 13:** Burns and Scalds
- **Module 14:** Treating shock
- **Module 15:** Record keeping
- **Module 16:** RIDDOR 2013