



Basic Life Support

Basic Life Support (BLS) comprises of a series of vital skills to save the lives of victims in cardiac arrest. The American Heart association has designed this course to train health care professionals with an emphasize on high quality cardiopulmonary resuscitation to increase the victim's survival chance until emergency medical help arrives. The aim of this training is to provide participants with knowledge, skills and confidence to perform cardiopulmonary resuscitation individually and as a part of the team.

Learning Outcomes

- Describe the importance of high-quality CPR and its impact on survival
- Discuss and apply the steps of Chain of Survival
- Perform high-quality CPR in adults, children, and infants
- Demonstrate the appropriate use of an AED
- Demonstrate different ventilation techniques
- Describe the importance of working in teams in multi-rescuer resuscitation
- Describe how to relieve foreign-body airway obstruction in adults, children and infants

Training Material

- Multimedia audio visual aids
- High fidelity manikins
- Various assessment tools
- Handouts

Duration

8 hrs

No. of Participants per Instructor

8