



(003587769-K)

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Course Name: **Basic Life Support (BLS) Training**

Synopsis

Upon completing the two-day Basic Life Support (BLS) training, participants will be able to provide immediate and effective basic life support in life-threatening situations, demonstrating proficiency in CPR, AED use, and response to choking incidents.

What You Will Learn

At end of training, participant will be able to:

- Demonstrate the correct technique for performing high-quality chest compressions and rescue breaths on adult, child, and infant manikins.
- Understand the appropriate compression-ventilation ratio for BLS.
- Recognize and respond to signs of cardiac arrest by initiating CPR promptly and effectively.

Who Should Attend

Apply to all levels of daily operation officer, executives, management and security officer

Prerequisite

N/A

Course Methodology

Presentation by trainer, scenario case discussion, practical group activities.

Course Duration

2 day(s)- 9am - 5pm

Course Structure

Session 1: Introduction to Basic Life Support

- Purpose and Importance of BLS
 - ✓ Understanding the significance of immediate response
 - ✓ Legal and ethical considerations
- Chain of Survival
 - ✓ The four links of survival
 - ✓ Early recognition and activation of emergency services

Session 2: Cardiopulmonary Resuscitation (CPR)

- CPR Basics
 - ✓ Chest compressions and rescue breaths
 - ✓ Compression-ventilation ratio
- Hands-on CPR Practice
 - ✓ Participants practice CPR techniques on mannequin.

Session 3: Automated External Defibrillator (AED) Use

- AED Basics
 - ✓ Purpose and operation of an AED
 - ✓ Safety considerations

- AED Demonstration and Hands-on Practice
 - ✓ Participants learn how to use an AED effectively

Session 4: Choking and Airway Obstruction

- Recognizing Choking
 - ✓ Signs and symptoms
 - ✓ Appropriate response

- Choking Maneuvers
 - ✓ Abdominal thrusts (Heimlich maneuver)
 - ✓ Back blows and chest thrusts (infant choking)

Session 5: Adult and Pediatric BLS

- Differences in BLS for Adults and Children
 - ✓ Chest compression depth and rate
 - ✓ Ventilation techniques

- Pediatric Assessment
 - ✓ Assessing and treating common pediatric emergencies

Session 6: Special Considerations in BLS

- BLS for Infant
 - ✓ CPR and choking response Infants
- BLS for Pregnant Women
 - ✓ Modifications for pregnant patients

Session 7: Team Dynamics in BLS

- Working as a Team
 - ✓ Effective communication
 - ✓ Role assignment in BLS scenarios
- BLS Scenarios and Simulation
 - ✓ Participants work in teams to respond to BLS scenarios

Session 8: BLS Certification and Assessment

- Written Examination
 - ✓ A written test to assess theoretical knowledge
- Practical Skills Evaluation
 - ✓ Assessment of BLS skills through hands-on scenarios

Session 9: Review and Q&A

- Review of key concepts and skills
- Q & A Session



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Course Materials:

1. BLS training manuals
2. Adult, child, and infant manikins
3. AED training devices
4. Choking response props
5. BLS certification cards

Assessment: Participants are evaluated based on their performance in practical skills scenarios and their performance on a written examination. Successful participants receive BLS certification upon completing the course

Note: *The course should be delivered by certified instructors, and the curriculum should align with guidelines from organizations like the American Heart Association (AHA) or the American Red Cross. The course outline can be adapted to meet specific requirements and may include updates based on the latest BLS guidelines and techniques.*