

# Basic Life Support

This 3 hour course provides you knowledge on what to do when faced with an emergency and how to deal with serious incidents and conditions associated with both adults and children.

## Course Content:



### SAFETY & CASUALTY CARE

SAFE™  
Life Cycle™  
Chain of Survival



### BASIC LIFE SUPPORT (BLS)

Primary Care and Recovery Position  
Adult and Child Cardiopulmonary Resuscitation (CPR)  
Automated External Defibrillation (AED)  
Adult and Child Choking  
Types of Bleeding  
Bleeding Control



### Assessment

There is no final exam each learner is continuously assessed by the trainer / assessor during their training. It is then both the responsibility and decision of the trainer/assessor to determine if each learner has reached the level required to become a first aider within the work place.

### Certification

Successful learners will be certified by The International Certification and Training Academy (TICTA) which is valid for three years from course completion date.