

CPR Essentials

Course length: 50 mins*

Course Code: 103082BT009

This course can be used to accompany a practical demonstration of CPR (Cardiopulmonary Resuscitation) or as a refresher training course.

Benefits for the Learner

Cardiac arrest is the ultimate medical emergency – without rapid reaction, the chances of the casualty surviving are almost zero.

This course provides you with the skills to give emergency life support to a colleague who has stopped breathing or whose heart has stopped and enable them to survive until professional help arrives.

Benefits for the Business

In just 50 minutes, this course will help your staff to learn the basic lifesaving skills of cardiopulmonary resuscitation (CPR). This might mean the difference between life and death for a colleague suffering from cardiac arrest.

The skills demonstrated in the course are not complicated, can be used by any employee without the need for advanced training and will vastly improve the chances of survival for a heart attack victim in the precious minutes it takes for paramedics or doctors to arrive

What You Get From This Course

Having completed this course, you will be able to:

- Make an initial assessment of the casualty
- Understand the theory behind rescue breathing and chest compression
- Know how to place the patient in the recovery position
- Know the details to include when making an emergency call

How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 50 minutes to complete.

*Courses are accessible for six months from the date of purchase.