

Basic Life Saving Adult Emergency First Aid

Course Duration: 60 minutes

What you will learn:

Manage a casualty who is unresponsive and NOT breathing normally

- Conduct a Primary Survey in an Adult
- Summon additional help where required
- Identify when to perform Cardio Pulmonary Resuscitation (CPR)
- Demonstrate Adult CPR using a manikin

Manage a casualty who is unresponsive and breathing normally

- Identify when to place casualty into the recovery position
- Demonstrate placing an adult into the recovery position
- Demonstrate continually monitoring casualty once in the recovery position

Safe use of an AED in Adults

- Identify when use of an AED is required
- Demonstrate safe usage of an AED
- Where and how to get an AED

Maximum 20 Participants

All of the income generated from our services is invested in our free first aid for all training programme.

Support our mission to save lives.

Get in touch hello@cooksonfirstaid.org
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