

# **CPR & AED Training Session**

## **In house 2.5 - 3 hour session**

This course includes Basic Life Support Training and training in use of the AED machine

### Course content

- Assess an incident and explain rationale for checking for danger
- Demonstrate how to open an airway and check for breathing
- Demonstrate how to deal with an Unconscious Casualty
- Explain how to recognise a casualty who is not breathing normally
- Demonstrate how to perform CPR on a non breathing casualty
- Explain how the heart & defibrillation works
- Describe how to check and maintain an AED machine
- List the checks to be made before using an AED
- Demonstrate the use of an AED
- Demonstrate the use of an AED with CPR when on own
- Demonstrate the use of an AED with CPR in pairs

This programme is delivered by trainer who is a Life Support Instructor and has extensive experience at delivering basic and advanced life support training.

All Equipment is provided and all delegates will receive a Certificate of Attendance

In house session for up to a maximum of 12 delegates please call for session cost

(it is possible to accommodate more delegates this would require an extra trainer) please call or email me to discuss costs & delivery

[Jackie.spotonsolutions@gmail.com](mailto:Jackie.spotonsolutions@gmail.com) or call 07966 617130