

# ABC life support

First aid training for all

## Basic Life Support Course

### About Us

ABC life support provides impactful and interactive first aid training for all. Courses are practical with real life scenarios that are specific to the types of incidents that our learners may come across in their lives at work or at home. With the expert guidance of our highly qualified, knowledgeable and CRB checked trainers, we teach everybody the skills that will help them to confidently carry out the essential procedures required to preserve a life.



[www.abclifesupport.co.uk](http://www.abclifesupport.co.uk)



# Basic Life Support

The Basic Life Support course gives the participant the opportunity to learn the knowledge and practice the skills required to preserve a life in any emergency situation involving adults.

## Course content

- Incident Management, how to plan for and deal with a first aid emergency
- The Primary Survey
- Recovery Position on an unconscious but breathing casualty
- Cardio Pulmonary Resuscitation (CPR) on a casualty who is not breathing
- Choking

This course is designed to offer the student comprehensive knowledge on the basics of emergency first aid.

## Course Details

Delivered over 2 hours with both theoretic and practical modules.

## Assessment Process

There is no formal assessment. Trainer will provide on-going assessment.

## How to book

If you are interested in booking one of our courses or just have a general enquiry please get in contact via the website, by e-mail or phone.



'Great fun despite the serious subject, and appreciated by us all. I especially liked the way you explained why certain actions were necessary rather than just telling us what to do. A great course and professionally run'

Andrea Lee  
Proprietor - The Music Train

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