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# CPR and Defibrillator Training

**A fast paced course to Resuscitation Council guidelines to be able to safely use a defibrillator in the workplace.**

## Suitable For

Maintaining CPR skills is essential for First Aiders and is strongly advised by the HSE. The course is an ideal opportunity to revisit resuscitation protocols and to know how to use a defibrillator at your workplace.

To ensure the suitability of a candidate for this course we recommend all attendees be current HSE First Aid at Work qualified or have similar experience.

## Course Outline

The 4 hour course meets the core competencies for defibrillator training as recommended by the UK Resuscitation Council Guidelines and is designed to allow first aiders to extend the circle of care or chain of survival beyond the traditional ABCs of 'A' airway, 'B' breathing and 'C' circulation to include 'D' for defibrillation. Outline Programme :

- Anatomy & physiology of the respiratory & circulatory systems
- Basic life support & CPR
- Chain of survival & the benefits of early defibrillation
- UK resuscitation council guidelines
- Operating an AED and safety guidelines

## Assessment

Every student will have to pass a multiple choice written assessment and a practical assessment to receive their certificate. Certificates are valid for 12 months although the UK Resuscitation Council recommends training takes place more frequently than this (every 6 months)

## Further Training

A further course should be completed before your certificate runs out – we can send you a reminder! Additional courses we can provide include emergency first aid and first aid at work.

## Venue and Timings

Delivered at your venue - ideally free from interruptions and noise and suitable for activities on the floor. The course is usually run intensively over 4 hours but we can adjust the timings to suit your schedule / rotas.

## Group Price

6-8 Delegates    £360                      9-12 Delegates    £440

Includes training, personal manual, equipment and certification for the course.