



BLS COURSE (Basic Life Support)



DURATION
5 hours



FOR WHO

anyone who needs a standard formation about CPR procedure on adults, children and newborns without the use of defibrillator.

BLS stands for Basic Life Support, which includes all of the standard procedures necessary when a person needs first aid because of a cardiac arrest.

The course has a duration of 5 hours and the aim is to inform and form with up-to-date techniques about vital signs support, specifically:

- Unconscious person
- Person with an airway mechanical block.
- Person under total cardiac arrest



PREREQUISITES

None

There will be explanations of fundamental themes related to survival, anatomy, correct emergency call, airway unblocking and practical tests of life-saver maneuvers, following precise procedures for adults, children and newborns.



TRAINING METHODOLOGIES

Theoretical lesson, simulations, role-playing. De-briefing, team work.



INFO & BOOKING

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BLS COURSE (Basic Life Support)

HOURS

ACTIVITIES & CONTENT

09:00– 12:30

Presentation of the course – theoretical lesson:

- BLS and its importance
- Time
- Survival chain
- PPE and environment
- Anatomy and physiognomy
- A – B – C
- Cardiopulmonary resuscitation (CPR)
- Lateral safety position
- CPR on adult
- CPR on child
- CPR on newborn
- Airway unblocking on child
- Airway unblocking on newborn

12:30 - 13:30

Lunch

13:30 – 15:30

Airway unblocking (adult, child, newborn)
 CPR on adult, child and newborn
 Call and intervention
 Final test



EQUIPMENT

All the necessary equipment will be provided by the center.



GOALS

- Knowing standard life-saver maneuvers
- Correct emergency call
- Practicing CPR technique
- Knowing the different CPR for adults, children and newborns
- Practicing airway unblocking techniques