



BLS-D COURSE

For high school students

 **DURATION 3 HOURS**



FOR WHO

This course is aimed to all students from 10 years old and up, who want to learn main skills on standard procedures of first assistance with the use of a defibrillator



PREREQUISITES

None



TRAINING METHODOLOGIES

Theoretical lessons, practical parts with simulations, role-playing.
De-briefing, team work.

@ INFO & BOOKING

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School is the correct place to form students, where they spend most of their days and they start to develop their personality and discover the social world.

School is surely a safe place, which is mainly related to children's education and knowledge. Therefore, it is the best place to help students learn some life-saving maneuvers that everyone can practice. They might one day actually save a life with this knowledge, but in any case they will have been taught a great lesson about common sense and will have been sensitized on safety.

At any age these skills may be useful to know correct behaviour and maneuvers to use in case of emergency with a friend, a relative, a passer-by. This course is specifically developed on high school students' needs and skills, its aim is to give them the correct basis of BLS maneuvers, in order to promote health and correct lifestyle, thanks to training methods thought for the youngest.



PROGRAM

BLSD Course for students

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 9:00	Meeting Presentation of the course
9:00 – 12:30	Theoretical and practical parts <ul style="list-style-type: none"> • Importance of CPR maneuver for survival • Survival Chain phases • When to start with a resuscitation • Acquiring skills for CPR with differences between adults, children, newborns • Importance of use of AED • Demonstration of use of AED • Efficient ventilations with a barrier device • Resuscitation with more rescuers • Techniques of removal of coprs obstructing airways (ssuffocation) for adults, children and newborns.
12:30 – 13:30	Lunch
13:30 – 15:30	Practical simulations with AED on adult and newborn Practical simulations of airway's obstruction removal Practical simulation of correct emergency call at 112 Final test De briefing and certificates



EQUIPMENT

All necessary equipment will be supplied by the organization



GOALS

- **Teach participants** standard life-saving procedures BLS
- **Knowing** and correctly using an AED
- **Doing an efficient call** of emergency
- **Practicing** techniques of removal of obstruction
- **Sensitize** students on common sense, health and correct lifestyle