



Basic Life Support, CPR & AED

Course Duration: 4 Hours

Example Course Timetable

This is just an example and we can adjust the timetable to meet with your workplace requirements.

09:00–09:15	Assembly and Introductions
09:15–09:45	The Role of the First Aider
09:45–10:00	Assessment of an Emergency Situation and Your Actions
10:00–11:00	Cardio Pulmonary Resuscitation
11:00–11:15	The Unconscious Casualty
11:15–11:45	Automated External Defibrillator
11:45–12:00	Choking
12:00–13:00	Practical Skills and Assessment
13:00–13:15	Course Evaluation and Closure