



Basic Life Support (BLS) / Basic Skills Refresher

Qualification: Accredited by ITC First

Duration: 3 hours

Certificate: 3 years

First Aid skills and confidence fade so the HSE strongly recommend that qualified workplace First Aiders complete a Basic Skills Refresher course annually. This short three hour course in Basic Life Support is designed to refresh skills in dealing with life threatening emergencies.

This course is also ideal for anyone requiring a CPR or BLS certificate, focusing on the latest Resuscitation Council (UK) Basic Life Support protocols.

Core content: Managing an incident, unconscious casualties, Safe Airway / Recovery position and CPR.

Assessment: Continual assessment by trainer observation. Candidates must attend the full 3 hours to receive a certificate.

Certificate: Certified by ITC First and valid for three years. The HSE however recommend that this course is attended annually to prevent skill fade.



ITC First is a recognised awarding body that develops qualifications and approves, supports and verifies the activity of training centres delivering accredited first aid courses and qualifications.

Elements First Aid is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is an experienced professional trainer with over 10 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about fun, practical, relevant first aid training.

Price: £395 for a group to a maximum of 10. Smaller or larger groups can be accommodated. Please contact us for more information.

Price is for a group in your own venue and includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. Travel expenses and accommodation may be at an additional cost depending on course location.