



# BLS-AED-SRC-COMPLETE COURSE (GENERIC PROVIDER)

# Objective

The course trains you and your employees in the skills they need to react quickly, decisively and competently in the event of a medical emergency.

# **Target group**

The course is designed for individuals, with and without prior medical knowledge, who are required to demonstrate safe BLS-AED competencies for professional reasons (firefighters, police, teachers, MPAs, etc.) and also for laypersons who want to competently help their loved ones in an emergency.

# Contents

- Examination of one's own motivation to provide assistance
- Knowledge of the European emergency telephone numbers to trigger the chain of survival.
- Survival chain, alerting and own safety during assistance



- Legal aspects
- Recognize different emergency situations
- Recognize stroke and heart attack symptoms and administer first aid
- Recognize unconsciousness and position unconscious persons correctly
- Hands-on training: initial assessment, resuscitation according to SRC guidelines in adults, children and babies, use of an automated external defibrillator (AED).
- Case scenarios with increasing complexity

#### Procedure

After a theoretical introduction to the topic, first aid measures are trained practically.

Various medical emergency situations at work and in the private environment are simulated. Situations with one as well as with two first aiders are practiced. By constantly imparting background knowledge, we promote better understanding and train the transfer into practice in target group-specific exercises.

The BLS-AED-SRC complete course can be conducted for private and business persons in German or English language in our training rooms or in your company. The course content can be individually adapted to your workplace and your everyday needs.

### **Duration:**

4 hours

Upon completion of the course, you will receive the BLS-AED-SRC Complete (Generic Provider) course certificate.

#### Info:

Our course can be booked as a team event, workshop or as a training and development offer.

Following the course, a guided tour through our training building "Lufthansa Aviation Training LAT Zurich can be booked additionally.



#### CONTACT

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