

TRAINING COURSE SYLLABUS

BASIC LIFE SUPPORT

A.Y 2025

INTRODUCTION:

Emergencies such as cardiac arrest and choking can happen anytime, anywhere. Immediate and appropriate response can mean the difference between life and death. This Basic Life Support (BLS) course empowers individuals with the critical knowledge and practical skills to respond confidently and effectively during such emergencies. Through this training, participants contribute to a safer and more responsive community, whether at home, work, or public settings.

COURSE DESCRIPTION:

The Basic Life Support (BLS) training course is designed to equip participants with essential life-saving skills in accordance with the latest recognized international and local emergency response guidelines and standards. The course focuses on high-quality CPR, use of automated external defibrillators (AEDs), and effective response to choking and breathing emergencies in adults, children, and infants. Ideal for healthcare providers, first responders, and safety personnel, this program promotes confidence and readiness to act in critical emergencies.

OVERVIEW:

This comprehensive course combines lecture, demonstration, and practical hands-on training. It covers the full scope of BLS procedures including assessment, CPR, AED use, and emergency response techniques for all age groups. It also emphasizes legal protections and ethical considerations during real-life emergency situations. Participants who successfully complete the course will receive a certification.

COURSE DURATION: 6 hours; Face-to-Face / Practical Hands-on Training

TARGET PARTICIPANTS / WHO SHOULD ATTEND:

This course is ideal for:

1. Healthcare providers (nurses, medical assistants, EMTs)
2. Safety officers and first responder
3. Teachers, school staff, and child caregivers
4. Fitness trainers, coaches, and lifeguards
5. Corporate or industrial safety teams
6. Any individual who may be required to respond in emergencies

COURSE OUTCOME:

Upon completion of the training the participants will be able to:

1. Understand the principles and importance of Basic Life Support;
2. Demonstrate high-quality CPR for adults, children, and infants;
3. Properly use an AED;
4. Perform rescue breathing and respond to choking emergencies;
5. Act with confidence in real-life emergency situations following ASHI protocols and;
6. Receive certification recognized by ASHI upon successful completion and evaluation.

COURSE OUTLINE:

Module 1: Introduction to Basic Life Support

- Definition and importance of BLS
- Overview of the Chain of Survival
- Responsibilities of BLS Provider
- ASHI Guidelines Overview

Module 2: Scene Safety and Initial Assessment

- Ensuring Scene Safety
- Standard Precautions and Use of PPE
- Assessing Responsiveness and Breathing

Module 3: Adult CPR and AED

- Chest Compressions and Rescue Breaths (30:2 ratio)
- AED Use: Steps and Precautions
- Hands-Only CPR Overview

Module 4: Child and Infant CPR and AED

- Differences Between Adult and Pediatric CPR
- Performing CPR for Children and Infants
- AED Use in Pediatric Emergencies

Module 5: Choking Management

- Conscious and Unconscious Choking Victim Response
- Abdominal Thrusts, Back Blows, and Chest Thrusts Techniques

Module 6: Two-Rescuer Scenarios and Team Dynamics

- Coordinating Roles in Two-Rescuer CPR
- Effective Communication During Resuscitation

Module 7: Post-Resuscitation Care and Legal Considerations

- Recovery Position
- Documentation and Reporting
- Legal Protections (Good Samaritan Laws)

Module 8: Skills Evaluation and Certification

- Practical Skills Assessment
- Written Quiz (Optional, as per ASHI standards)
- Issuance of ASHI BLS Certification

TRAINING MATERIALS NEEDED:

- CPR manikins (adult, child, infant)
- AED trainer kits
- Pocket mask/barrier devices
- Gloves and face shields
- Handouts and emergency response flowcharts

REFERENCES/STANDARDS:

- American Heart Association (AHA) Guidelines for CPR and ECC
- American Safety and Health Institute (ASHI) guideline and Training Standard
- Dubai Corporation for Ambulance Services (DCAS) Guidelines
- Dubai Health Authority (DHA) / Ministry of Health (MOH) Regulations on Emergency Response Training