
Basic Life Support in Care Training

For more information, visit our [Basic Life Support in Care Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 4 sections

- 1 Basic Life Support for Adults
- 2 Treating a Choking Child
- 3 Obstructed Airways - Infants
- 4 Training and Record Keeping

LEARNING OUTCOMES

- ✔ Understand the DR ABC (Dr ABC) and what it stands for and how it allows you to perform a primary survey
- ✔ Understand what you are required to know as part of Standard 12 of the Care certificate
- ✔ Understand what to do if an adult, a child or an infant is choking

ABOUT THIS COURSE

This **Basic Life Support in Care Training Course** gives learners basic knowledge surrounding life support but, practical training will need to be completed to physically administer the care too.

It is broken down into 3 basic elements, initial assessment (primary survey), airway maintenance and CPR. The primary survey can be remembered through the acronym DRSABCD (Dr's ABCD).

- D - Danger - check it is safe to approach the casualty
- R - Response - is the casualty alert and talking?
- S - Shout for help
- A - Airways - open their airway if unresponsive
- B - Breathing - look to see if they are breathing normally
- C - CPR/circulation - if not breathing, commence CPR, if breathing check for bleeding & put in the recovery position
- D - If CPR is needed a defibrillator should be used alongside it if possible

This course also includes information about CPR, the respiratory system obstructed airways (adults & children), and record-keeping.

Standard 12 of the Care Certificate - Basic Life Support in Care - requires staff to:

- Provide basic life support to those in care

This course works alongside our 14 other awareness courses that make up the [Care Certificate Standards](#).

You can [access our free worksheet](#) that has been designed to accompany our online Basic Life Support in Care Training course. In each section, there is a box for you to tick when you have watched the relevant slide in our course. You can also take notes that will help you during your practical assessment at work.

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This course equips learners with the knowledge that's required to be put into practice in the workplace, whereby they can do the 'practical' part of their training, followed by having the Care Certificate supplied to them by their management as they meet the required standards. These courses provide part of training but practical training is still required to obtain the care certificate.

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