

Duration: 40 mins

Course level: Introductory

Delivery method: Online

Introduction

If a colleague suffers a cardiac arrest at work, they will have little or no chance of survival unless someone is able to give them emergency support until professional help arrives. Cardiopulmonary resuscitation (CPR) is a technique that at least one person in any business should learn.

CPR Essentials explains what to do when someone suffers a cardiac arrest. Employees are shown on screen how to deal with the situation, so they are able to help should the worst happen.

With staff who are better equipped to deal with an emergency cardiac arrest, everyone in the business can enjoy greater peace of mind.

Who is the course for?

CPR Essentials is appropriate for all staff and all types of business. It is especially suitable for people who have taken a face-to-face course in cardiopulmonary resuscitation and want a refresher, but no prior knowledge or experience is needed.

The easy to follow, step-by-step format of this course means people can work at their own pace.

What will you get from this course?

When you have completed this course, you will be able to:

- understand what to do if someone suffers a cardiac arrest
- know how to look after the patient until professional medical help arrives
- describe how to place someone in the recovery position
- identify the key information you would need to give when making an emergency call.

Course features

CPR Essentials uses on-screen text and graphics to illustrate its main points. At the end of the course, a multiple choice test is provided to check your knowledge and understanding. You can take this test as many times as you want.

You can start this course straight away and access it at any time, providing you have access to a computer with an internet connection. The course is available for six months from the date first accessed.

Other courses you might be interested in

Manual Handling
Computer Safety
Fire Safety

Electrical Safety
Introduction to Health and Safety
at Work

Course code: 103082BT009

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