



## Basic Life Support (BLS) Training (4 hours)

This Emergency First Responder course, Basic Life Support (BLS) is designed to provide a wide variety of professionals and interested parties the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

### Course Content:

- 1-Rescuer CPR and AED for adult, child, and infant
- 2-Rescuer CPR and AED for adult, child, and infant
- Breathing mask techniques for adult, child, and infant
- CPR with an advanced airway
- Critical concepts of high-quality CPR
- Differences between adult, child, and infant rescue techniques
- Relief of choking for adult, child, and infant
- Rescue breathing for adult, child, and infant
- The Chain of Survival

### **Important note:**

As a training location, we take all possible measures during our training to prevent Covid-19. Our maximum group size is 8 participants per training. In addition, everyone wears a mouth mask, hands can be disinfected regularly, and everyone fills in a contact tracing form. The training dolls and fire extinguishers are disinfected in the meantime. No mouth-to-mouth resuscitation is practiced, and you should keep a constant distance from each other. Certain actions are only practiced in mutual consultation.

<b>Duration:</b>	<b>4 hours</b>
<b>Time:</b>	<b>From 8.30 am till 12.30 pm</b>
<b>Location:</b>	<b>QESH Services, Barcadera 135 Aruba</b>
<b>Total cost:</b>	<b>AWG 125.- per person</b>
<b>Language:</b>	<b>English (in consultation Dutch/ Papiamentu/ Spanish)</b>
<b>Including:</b>	<b>Examination, digital certificate, drinks and snacks</b>