



First Aid Ipswich

Training and Event Services

Ken Hawley, 54 St Agnes Way, Kesgrave, Suffolk IP5 1JZ
07734 949422 - www.firstaidipswich.co.uk - ken@firstaidipswich.co.uk



Basic Life Support

Costs:

- 3 hours - £35 pp

Subjects Covered:

- Check for risks to the victim, any bystanders, and yourself
- Assess the casualty to be responsive / unresponsive
- Shout for help
- Open the airway
- Establish presence / absence of normal or agonal breathing
- Alert the ambulance service
- Perform chest compression
- Give rescue breaths (ventilation)
- Maintain CPR with the correct ratio of chest compressions to rescue breaths
- Recovery position
- Choking casualty