

## Level 2 CPR and AED (RQF) Course

*"If you come across someone who is not breathing or breathing erratically, the most important thing is to **call 999** and **start CPR** to keep the blood flowing around the body. After a **cardiac arrest**, **every minute** without CPR and **defibrillation** reduces someone's chance of survival by 10 per cent."*

British Heart Foundation



A **cardiac arrest** can happen at **any age** and at **any time**. Possible causes include heart and circulatory disease, loss of blood, trauma (such as a blow to the area directly over the heart), electrocution or Sudden Arrhythmic Death Syndrome (SADS, often caused by genetic defect). An **Automated External Defibrillator** is a battery powered, small, lightweight device that analyses a person's heart rhythm and can recognise irregular heart rhythms such as ventricular fibrillation and ventricular tachycardia – also known as Sudden Cardiac Arrest. When a cardiac arrest occurs, **CPR** can help to circulate oxygen to the body's **vital organs**. This will help prevent further deterioration so that defibrillation can be administered.

### Why Attend This Course?

A quick response to starting CPR and the use of AEDs (Automated External Defibrillators) is proven to save lives. Delivered by one of our experienced, qualified and regulation approved trainers, this comprehensive one day course provides the necessary theory and practical requirements for a quick, safe and prompt response, teaching the essential skills needed to perform CPR and operate any AED. This course will instil in learners the confidence and ability to perform at their best in an emergency, as well as teaching them of the importance this action plays in the chain of survival and how to assist and communicate appropriately with the emergency services.

### What Will I Learn?

- ✓ The role of the first aider
- ✓ Managing an emergency
- ✓ Communication and casualty care
- ✓ Chest pains
- ✓ Getting to know the AED (any type)
- ✓ Operating the AED
- ✓ Treatment of an unresponsive casualty
- ✓ Resuscitation (CPR)

### Where Can I Learn?

This one day course can be held at your own premises on a date to suit your needs for a maximum of 12 learners per course, or you can attend one of our open courses detailed on our website. No previous first aid knowledge is needed to attend an AED course and all course material and equipment will be provided.

### Assessment

A continuous assessment by our experienced trainer, followed by a written question and answer sheet, ensures all learners feel confident in achieving their Office of Qualifications and Examinations Regulation approved qualification and certificate, valid for 3 years.

### Where Can I Book?

Online: [www.1stAidFire.com](http://www.1stAidFire.com) Email: [jen.walters@1staidfire.com](mailto:jen.walters@1staidfire.com) Telephone: **0808 123 2401**.

### Cost

£700 for a maximum of 12 learners per course, or £70 per person.

