

Cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) Refresher



This course refreshes essential skills required by an AED operator and will give you the confidence to know exactly what to do if a person suffers a sudden cardiac arrest (SCA). A cardiac arrest happens when your heart stops pumping blood around the body. If somebody has suddenly collapsed, is unresponsive and not breathing normally then they are in cardiac arrest. Every second counts and for each minute that passes without CPR and defibrillation a person's chances decline by 7-10% per minute!. The UK Resuscitation Council recommend that refresher training is completed every 12 months.



Who should attend?

This course is suitable for workplaces where employees are expected to use an automated external defibrillator AED in an emergency. This course is aimed at people that already hold an AED certificate or have an in date workplace first aid certificate.

What will they learn?

The course refreshes the skills of how to operate an automated external defibrillator AED and complies with current UK Resuscitation Council guidelines.

Course content

- Heart attacks
- Treatment of an unconscious casualty (sudden collapse)
- Adult cardiopulmonary resuscitation CPR
- The chain of survival
- Getting to know the AED
- Safety considerations when using the defibrillator and general guidelines
- Operating the AED
- AED checks and maintenance
- Record keeping

Assessment

Continuous assessment by course trainer

Certificate

This course does not renew existing first aid certificates or extend the validity period.