

# BLS



## Basic Life Support for Healthcare Providers



Designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills and provide the important steps to perform a rapid assessment, perform Basic Life Support (BLS) skills, and perform rapid defibrillation. Airway Management and Oxygen Therapy can also be added as additional certifications to this course.

### Audience

In-facility care providers, including nursing staff, care aides, medical and dental professionals. Pre-hospital care providers, which may include professionals in a fire service, rescue team, sports-medicine, lifeguards and ski patrol.

### Duration

- Stand-alone course – 4 hours
- With Airway Management – 5 hours
- With Oxygen Therapy – 5 hours
- With Airway Management and Oxygen Therapy – 6 hours

### Prerequisites

None

### Completion

- Successfully demonstrate all course skill competencies
- Minimum 75% mark for written, closed book, knowledge evaluation
- Attend and participate in 100% of the course

### Participant Materials

- *Canadian Red Cross Basic Life Support Field Guide learner manual during course (with option to buy)*

### Certification

1-year certification in Basic Life Support

(digital certificate issued upon successful completion). Printed copies provided by First For Safety upon request.

### Recertification

2 hours; 1-year Recertification. Must be completed within the expiry date of BLS or BLS-Recertification course.

### Course Content

- Legal issues including consent, advanced directives and abandonment
- Primary Assessment
- High-performance Cardiopulmonary Resuscitation (CPR) with AED's and involving 2-person and team CPR response, brachial pulse checks, responder fatigue considerations, and blood loss
- Airway Obstruction
- Assisted Ventilation with a variety of resuscitation masks and Bag Valve Masks (BVM's)
- Basic Life Support special considerations including opioid overdoses and response, 6 Rights of Medication, and trauma response

### Cost

- \$100 +HST Stand alone
- \$200 Bundled with Oxygen Therapy & Airway Management

### FIRST FOR SAFETY

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### HOW TO REGISTER

**ONLINE:** Register online from our course calendar, choosing an available date: [www.firstforsafety.ca](http://www.firstforsafety.ca)

**EMAIL:** [jennifer@firstforsafety.ca](mailto:jennifer@firstforsafety.ca)

**CALL:** 705-526-3853 (Training office open M-F, 8-5)