Basic Life Support Awareness Training Course

Tuesday 3rd October | 9:30am - 11:30am

329 Bracknell, Doncastle Road, RG12 8PE

Bracknell BID has funded a course for BID area workers, hosted by the South Central Ambulance Charity, which will help provide you with invaluable knowledge on how to deliver potentially life-saving help.

This course has been designed to give people in the workplace the skills and confidence to attempt to save a life. The training includes both theory and practical elements.

Key aspects covered in the course:

- How to recognise a cardiac arrest using a primary survey
- How to perform cardio pulmonary resuscitation (CPR)
- How to use an automated external defibrillator (AED)
- Advice and guidance to the Business Life Saver on how to reflect after delivering life saving support.

Register here to ATTEND

Scan me

Sessions are only for workers in the Western and Southern Business Areas of Bracknell. To sign up, scan the QR code provided or visit www.bracknellbid.co.uk.