



**1<sup>st</sup> ACT Ltd**

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## OUR AED SYLLABUS

It is always ideal for a student to have either an EFAW or FAW course prior to attending an **Automated External Defibrillator**. An AED must be used in conjunction with CPR so a minimum requirement would be a good knowledge of BLS (Basic Life Support).

With 1<sup>st</sup> ACT Ltd, we can combine the fresh tuition of CPR if required with a full 1 hour lesson on CPR alone, however this will have to be arranged before booking the course. Otherwise the course will run as planned with refresher training on CPR with in the AED training.

By the end of this course the student will be able to:

- Administer Cardiopulmonary resuscitation CPR.
- Demonstrates switching AED on.
- Understand the need for the AED to perform rhythm analysis without touching victim or AED.
- Demonstrates rapid and safe delivery of a single shock (including visual check & verbal instruction to stand clear).
- Resume CPR in a timely fashion, as guided by the voice prompts, starting with chest compressions.
- Understand the importance to minimise interruptions in chest compressions.

At 1<sup>st</sup> ACT Ltd, we like to go beyond the basic requirements above. Where practical and time allowing we like to spend what time we can in these sessions to explain more about the workings of the Human Heart and the health issues we face. The main body of our AED courses cover Cardiac Arrest and Ventricular Fibrillation as you may expect. However we also cover: Heart Attack & Stroke.