

**b**safe  
FORKLIFT & SAFETY TRAINING  
**Basic Life Support**

This course can be adapted to suit a variety of audiences, from the complete novice to those who are skilled but feel their resuscitation skills need updating. Audiences range from parents, school staff and other first aiders through to dentists, nurses and other healthcare professionals. Resuscitation training normally takes place over three hours and includes the necessary theory followed by lots of practical “hands-on” practise to build confidence.

**The syllabus includes:-**

The Theory of Resuscitation  
Incident Management  
Basic Life Support  
Recovery Position



The training is in line with the **Resuscitation Council** (UK) Guidelines 2010 and can be adapted to suit the client in respects to what age group they may be resuscitating, be it babies, children or adults.

**Cost**

The cost of this course is £150  
£10 charge per candidate for certification and manual  
Maximum 12 candidates  
**OFF SITE TRAINING - £65 PER PERSON**

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