

Basic Life Saver Course (Online)

4 Days (8 Hours)

SUMMARY

Following an accident / injury, the first hour is a very crucial hour for the patient. This hour is known as the Golden Hour and whatever happens during this hour decides the fate of the patient. The amount of time taken to get the patient to definitive medical care can easily exceed this 1 hour. One could be just across the road from a hospital, but not have access to medical aid due to a flood, strike, riot, or even a big procession.

Taking into consideration these factors, Jumpstart recommends an in-house Basic Life Saver Course (BLS) program for adults. Traditional first aid programs are designed for minor medical problems in ideal urban settings, which sometimes become ineffective in the Indian context with the absence of prompt responses, ambulances and other quick rescue services. Hence experience, innovation and a resolute spirit plays a vital role when it comes to First Aid.

COURSE RELEVANCE

This course is an excellent add-on to your skillsets and your resume. Apart from increasing your confidence and competence to deal with a medical emergency, this course also makes you a valuable asset for your organisation.

Individuals working in jobs, which require them to be responsible for other individuals, viz. teachers, fitness professionals, service industry professionals, law enforcement professionals, event managers, security personnel, athletes, sports persons, health care workers, and social workers have found this course very useful in their direct line of work.

This course adds value to candidates going for Courses / Job Prospects in Army, Navy, Air Force, Medicine, Engineering, BSF, CISF, Fire Brigade, etc. This training has also found its place amongst housewives and the elderly, who were able to make better decisions due to their newly learnt first aid skills, during domestic medical emergencies.

Contact us:

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JUMPSTART
Explore|Engage|Evolve
www.jumpstartoutdoors.com

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COURSE DESCRIPTION

The Basic Life Saver Course (BLS) is fast-paced and engaging online workshop. Participants will spend equal amounts of time with online interactive sessions and practical work doing hands-on skills.

The curriculum encompasses a wide range of topics including long-term patient care, wound management and Medico-Legal issues.

A minimum age of 15 years is recommended for participants due to the serious nature of the course and scenarios.

COURSE DELIVERY

The format for BLS is online lectures integrated with practical scenarios, skills practice sessions, case studies, and simulated rescues.

Interactive practice sessions will take place online and would require video feedback from the participants. Participants will require to have a stable internet connection and access to a Video Conferencing Website/App like Zoom. Make-up will be used to emphasise the reality of a scenario.

Participants will need access to a day pack with a few layers of clothes, water bottle, rain gear, pen & notepad and a **watch with a seconds hand**.

COURSE DURATION

This 4 Day (8 Hour) course is ideal for all. It is divided into 2 hour long sessions over 4 days. 100% attendance is required for all scheduled sections.



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COURSE ITINERARY & SYLLABUS

Day 1 (2 Hours)

- Introductions
- Medical Legal Issues
(What are your rights and responsibilities as a First-Aider)
- Scene Safety
(Protecting the most important person on-site and PPE)
- Life Threats - Stop & Fix
(Airway, Breathing, Circulation, Neurological Deficits)
- Homework / Assignment

Day 2 (2 Hours)

- Life Threats - Stop & Fix
(Environmental Threats)
- Patient Assessment System
(How to assess the condition of the patient and to take the right action)
- Documentation
(How and what to document to facilitate early relief to the patient)
- Shock
(Identification and treatment of Shock)
- Spinal Trauma & Head Injuries
(Identification, isolation and treatment of injuries)
- Homework / Assignment

Day 3 (2 Hours)

- Wounds & Burns, HEENT
- The Medical Patient, Abdominal issues, Diabetes, Asthma, Allergies
(Understanding the difference between an injured and an ill patient and how to treat them)
- Homework / Assignment

Day 4 (2 Hours)

- Athletic Injuries, Fractures & Dislocations
(How to treat and manage)
- Heat Illnesses
- Bites & Stings
(How to treat and manage bites & stings)
- Certification & Closure

The participants will receive the Jumpstart “Basic Life Saver (BLS)” certification which is valid for one year.

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COSTS

Rs.1250/- per person (Calculated for a minimum group size of 20 participants, and maximum group size up to 60 participants.)

Costs Include:

- a. Tuition fees;
- b. Certifications; and
- c. A set of online reference material (Pocket Cheat Sheet & Handouts) for each participant.

To register, you have to make a full payment of the course fee before the commencement of the training programme, as advertised. The following are the payment details:

Jumpstart Outdoors LLP **GPay / BHIM / UPI** account - 9619793983

For NEFT or IMPS Bank Transfer

HDFC Bank
A/c Name - Jumpstart Outdoors LLP
A/c no. - 05422020002842
A/c type - Current
Branch - Kamala Mills Extension
IFSC - HDFC0000542

Please retain your counterfoil / transaction id and send it forward to us for confirmation of the transfer.

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