

COURSE TITLE:

HEALTH, SAFETY & PRINCIPLES OF BASIC LIFE SUPPORT

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to Health, Safety and Basic Life Support	To understand the importance of health, safety, and basic life support, and how they protect staff and individuals in care settings.
2	Health and Safety Legislation	To learn about the main health and safety laws that guide workplace practice and define employer and employee responsibilities.
3	Health and Safety Tasks Requiring Specific Training	To identify tasks that require specific training and understand why safe practice depends on competence, knowledge, and correct procedures.
4	Common Health & Safety Hazards	To recognise common workplace hazards, including ergonomic, safety, chemical, and biological risks, and understand how they can cause harm.
5	Incident Management	To understand the six key principles of safeguarding and how to apply them in daily care practice.
6	Cardiopulmonary Resuscitation (CPR)	To understand the principles of CPR, including chest compressions, rescue breaths, and AED use during life-threatening emergencies.