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## 基本生命支援(BLS) 證書課程 Basic Life Support (BLS) Course

無論工作中或身處任何地方，緊急情況都有機會隨時發生。具備知識，公司的員工就可以時刻保持冷靜，並有效地採取適當的行動和協助。

**課程特點：**每兩名學員一組，使用一個 CPR 模擬假人練習及操作一部 AED 訓練機，務求令學員有充足練習機會；及教授如何使用幾類 CPR 屏障保護工具。

Emergencies can happen at any time, whether at work or anywhere. With knowledge, your employees can stay calm and take appropriate action and assistance effectively.

**Course features:** Each group of two candidates uses a CPR manikin to practice and operates an AED trainer device, so that candidates have sufficient practices; and be taught how to use several types of CPR barrier protection tools.

With AEDs,  
Chances of survival  
increases  
significantly



According to the AHA's 2010 Guidelines,<sup>1</sup> if no measure is taken for heart attack victims, their chances of survival decrease about 10% per every minute delayed.



However, if any bystander performs CPR and AED immediately, in this case, the chance of survival chance significantly increases, and the drop rates are only 3% to 4% per minute.

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課程編號：BLS-CPR/AED

課程內容：

部份 A：成人心肺復甦法

1. 成人心肺復甦法知識及技術
2. 單人成人心肺復甦法示範及練習

部份 B：自動體外心臟去纖維性顫動法

1. 心臟生理及心律
2. 去纖維性顫動法原理
3. 自動體外心臟去顫器(AEDs)介紹
4. AEDs 使用程序、安全守則及保養
5. AEDs 示範及練習
6. 分組模擬處境練習

部份 C：成人哽塞處理技術  
人工呼吸器材使用

課程時數：6 小時 (包括理論、練習及評核)

上課地點：公司/團體辦公地址

授課語言：粵語 / 英語

導師資格：BLS/AED 導師

Course Code: BLS-CPR/AED

Course Content:

Part A: Adult CPR

1. Knowledge and skill of Adult CPR
2. Demonstration & practice on Adult CPR

Part B: Automated External Defibrillation

1. The heart physiology and cardiac rhythms
2. Principles of Defibrillation
3. Introduction of AED
4. AED Operation, safety & maintenance
5. Demonstration and practice on AED
6. Scenario practice

Part C: Skill of choking treatment

Artificial respiration tools usage

Course Duration:

6 hours (including theory, practice & assessments)

Location: Workplace of Company

Medium: Cantonese / English

Instructor's Qualification: BLS/AED Instructor

團體申請： 每班最少 6 人

費用： 每位 HKD 400

包括課程手冊、證書及器材使用

考試： 1) 學員必須參加成人心肺復甦法評核及去顫法評核; 2) 100%出席率

證書： 考試合格之學員均可獲 EUROPEAN RESUSCITATION COUNCIL (歐洲復甦協會) 之「Basic Life Support (BLS)」證書。證書有效期為三年。證書會於評核後兩個月內送交團體代表。

Group Application: Min. 6 candidates

Course Fee: HK\$ 400 per person

Include Certificate & Usage of equipment

Examination: 1) Completely finish CPR & AED practical assessment; 2) 100% attendant rate

Certificate: Successful candidate will be awarded the "Basic Life Support (BLS)" certificate, which is valid for three years, issued by EUROPEAN RESUSCITATION COUNCIL. The certificate will be sent to the group representative within two months after the assessment.

Valid till: 31-12-2022