



CPR/BLS and AED Level 2 (VTQ)

QUALIFICATION SPECIFICATION

QUALIFICATION NUMBER: PRO/114/CPBLA2

This Qualification is CPD Certified



Endorsed, CPD Certified and ISO Standards

All ProTrainings classroom and online qualifications are CPD Certified. We are accredited to ISO 9001, 45001, and 27001, reflecting our commitment to quality, safety, and information security. Our Cyber Essentials certification further enhances our cybersecurity measures.

ProTrainings: Additional quality at an affordable price.



ISO 45001:2018
REGISTERED FIRM

ISO 27001:2022
REGISTERED FIRM

ISO 9001:2015
REGISTERED FIRM



All ProTrainings classroom and online qualifications are CPD Certified, meaning they meet nationally recognised standards for Continuing Professional Development and support individuals in maintaining and enhancing their professional skills.

We are fully accredited to the following standards:

- **ISO 9001 (Quality Management):** Demonstrates our commitment to consistently providing high-quality training services and improving customer satisfaction through robust quality management systems.
- **ISO 45001 (Occupational Health and Safety Management):** Ensures we maintain a safe and healthy environment for our staff, trainers, and learners, with proactive risk management and compliance with health and safety regulations.
- **ISO 27001 (Information Security Management):** Highlights our dedication to protecting personal and sensitive data, ensuring the confidentiality, integrity, and availability of information at all times.

In addition, our Cyber Essentials certification provides an added layer of protection against common cyber threats. It demonstrates that we follow best practice in cybersecurity, giving our clients and partners confidence that their data is handled securely and responsibly.

Together, these certifications reflect our commitment to quality, safety, compliance, and security across all aspects of our operations.

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Introduction

Welcome to **ProTrainings Europe Limited**.

ProTrainings EU is a certifying organisation recognised for providing training and qualifications in England, UK and across the globe.

ProTrainings EU offer qualifications designed in-house and qualifications which are regulated by Ofqual through TQUK and FutureQuals. Our qualifications are carefully designed to meet industry standards and regulatory requirements giving every learner or user confidence that training meets HSE, Ofqual, UK & EU Resuscitation Council, Skills for Health, Ofsted and Skills for Care training standards.

Our unique approach to training delivery is designed to accommodate learning styles in all their forms, including online, classroom and blended formats. Our variety of delivery methods have been a preferred choice for many learners who require training through general interest and as part of their profession. Our training has been comprehensively designed to meet standards that fall within the boundaries of qualifications overseen by awarding organisations.

ProTrainings high standards include a robust training approach that meets strict specifications, quality assurance requirements and qualification standards. As a result of implementing a comprehensive quality assurance process, ProTrainings online and classroom courses have been CPD certified, endorsed through The Skills for Care Scheme (ProTrainings being the first organisation gaining approval for classroom and online training in the United Kingdom) and we have surpassed an external audit by being approved for ISO45001 : 2018 and ISO9001 : 2015 for maintaining high organisational standards.

Our qualifications are designed to support and encourage learners to develop their knowledge and skills. This development may result in progression into employment or career development in the workplace. Our qualifications also allow learners to progress onto further qualifications.

For more information please visit www.ProTrainings.uk for news, updates and information on a variety of qualifications spanning into the Health & Safety industry, First Aid world, Pet First Aid environment and Health & Social Care sector.

Qualifications Specifications

ProTrainings EU offer policies and guidelines for centres, organisations and individuals through this specification. Information in this specification will include the course curriculum, learning outcomes, units and general guidelines on how the course is delivered.

We aim to support our centres by providing guidance in this specification for a better understanding on how our courses are delivered and processed.

Our specifications document can be accessed on our website at www.ProTrainings.uk along with other specifications for respective qualifications listed under each sub-heading.

For more information please use our online chat service or contact our office on 01206 805 359. Alternatively, please email our support department at support@protrainings.uk or compliance department at compliance@protrainings.uk.

Introduction to CPR/BLS and AED Level 2 (VTQ)

The purpose of this ProTrainings Level 2 Award in Cardiopulmonary Resuscitation and Automated External Defibrillation qualification is to provide the learner with the skills, knowledge and understanding in the provision of Cardiopulmonary Resuscitation and of the safe use and management of an Automated External Defibrillator. This qualification offers the trained provider the opportunity to provide effective emergency lifesaving first aid care using an AED. This is achieved through the understanding of the BLS/AED algorithm and the responsibilities and treatment principles of AED use.

This course covers Basic Life Support skills and includes skills for Adult, Child and Infant as well as healthcare variations on infant CPR. The course includes Safety precautions, initial assessment, recovery position, CPR, compression-only CPR, CPR handover and choking. This is ideal for nurses, care workers or medical professionals needing annual updates to complete professional membership. In most cases, this course is ideal as an online-only course but if you need a practise session as well, we have a network of approved instructors where we can offer the course as blended including a short practise session.

AED training is also included in the course. Learning AED skills is becoming more important with the increase in the numbers of units in the community and workplace. They are easy to use with a little training and make a real difference in the chance of survival to someone in cardiac arrest. If you have already completed any other first aid course you will understand the importance of the prompt use of an AED making this an ideal next course to take to develop your skills.

The content of this and all our courses has been independently certified as conforming to universally accepted Continuous Professional Development (CPD) guidelines and come with a Certified CPD Statement as well as a ProTrainings Certificate and for online courses an Evidence-Based Learning statement.

Qualification Delivery

Guided Learning Hours (GLH): These hours are made up of real-time contact time, guidance or supervision of a learner by an instructor, supervisor, tutor or trainer.

GLH for this qualification is 5

Total Qualification Time (TQT): This is an estimate of the total length of time it is expected that a learner will typically take to achieve and demonstrate the level of attainment necessary for the award of the qualification i.e. to achieve all learning outcomes.

TQT for this qualification is 7

Our CPR/BLS and AED Level 2 (VTQ) course is taught over half a day and will include practical and theoretical assessments.

Entry Requirements

There are no specific entry requirements however, learners should have a minimum of Level 2 in literacy, numeracy or equivalent. This qualification is suitable for learners aged 14 years and above.

Progression - Successful learners can progress to other qualifications such as:

- Emergency First Aid at Work Level 3 (VTQ)
- First Aid at Work Level 3 (VTQ)

Requirements to teach CPR/BLS and AED Level 2 (VTQ)

Approval to deliver this course is sanctioned by ProTrainings Europe Limited only.

Instructors must hold the relevant qualifications, experience and occupational competence to qualify for approval. A detailed portfolio providing descriptive dates, CPD log and meeting/passing IQA reviews is required for approval.

Supporting evidence which clearly outlines where instructors qualify to teach this course must be emailed to our compliance manager at compliance@protrainings.uk.

Certification

This qualification is overseen by our compliance department and all courses undergo a robust internal quality assurance review prior to certification.

A desktop-review and site visit will form part of our evaluation.

Paperwork should be marked and assessed by the approved instructor/centre and uploaded to our online management suite following successful completion of the course. Courses should be passed within 5 working days after the course has been taught.

Learner Access

ProTrainings offer highly sophisticated and supportive services to successful learners who complete online, classroom and blended training. Our online system offers the learner a uniquely designed portal where there is access to a free student manual, CPD credit statement, evidence-based learning document, optional weekly refresher videos and an area for downloadable content with a cohort of supporting evidence relevant to the qualification the learner completes.

ProTrainings after service adds clarity to teaching, promotes continuous learning and encourages learners to revisit and revise subjects they have been taught.

Complaints - Scope of Complaints Procedure: The procedure deals with complaints arising from:

- Delivery (or lack of delivery) of services for education and training including teaching, course content, tutoring, assessment, feedback on progress and learner support during learning programmes
- Incorrect or misleading information about services provided by the Centre
- Delivery (or lack of delivery) of support services provided by the Centre including administration of fees, enrolment processes, Centre accommodation, health and safety and learner resource services
- Unacceptable actions or behaviour by Centre staff and/or other learners in the Centre

How to complain

Complaints should initially be made in writing to the Head of Centre or to your designated tutor. This can be completed using your student login for www.ProTrainings.uk

Support can be made available for all those involved in a complaint including:

- Representation: parent, guardian, friend or supporter
- Help with completing the written complaint
- Induction will provide further details regarding this process.

CPR/BLS and AED Level 2 (VTQ)

PRO/114/CPBLA2

Course Overview

Introduction to CPR BLS and AED

Fears of first aid

Asking permission to help

Scene Safety

Chain of Survival

Introduction to the ABCDE Approach

ABCDE Approach to Patient Care

Barriers and Gloves

Respiration and Breathing

Pulse Points

Initial Assessment and the Recovery Position

Infant Recovery Position

First Aid vs BLS Healthcare Professionals

Heart Attack

Adult CPR

Effective CPR

CPR Hand Over

Compressions Only CPR

Drowning

Adult Bag Valve Mask

Child CPR

Child CPR Breakdown

Child CPR for Healthcare Professionals

Infant CPR

Infant CPR for Health Professionals

Adult Choking

Child Choking

Infant Choking

AED Introduction

Types of AED Units

AED Setup

AED Demo

Child AED

AED Maintenance

AED Pads

AED Batteries

AED Troubleshooting

AED Locations

Types of AED

AED's in Different Sectors

Learning Outcomes - PRO/114/CPBLA2

These learning outcomes are mapped to meet a CPR/BLS and AED Level 2 (VTQ) qualification.

Each learning outcome presents a knowledge, skill or assessment to help students understand the curriculum in finer detail.

Learning Outcomes (LO) The learner will:	LO
UNIT – 1	
Understand basic life support requirements	LO1
Describe the principles that underpin basic life support	1.1
Explain the circumstances under which resuscitation is performed	1.2
Explain why early intervention is necessary	1.3
Describe different types of cardiopulmonary arrest	1.4
Be able to demonstrate basic life support techniques and automated external defibrillator use in line with current national guidelines	LO2
Demonstrate cardiopulmonary resuscitation	2.1
Demonstrate compression only resuscitation	2.2
Demonstrate the use of resuscitation barrier devices	2.3
Demonstrate how to manage a choking casualty	2.4
Demonstrate the use of an automated external defibrillator	2.5
Describe the differences when using an automated external defibrillator on a child	2.6
Be able to demonstrate post-resuscitation procedures	LO3
Demonstrate how to place a casualty in the recovery position	3.1
Identify the risks when placing a casualty in the recovery position	3.2
Describe handover and reporting procedures	3.3
Be able to carry out basic user maintenance and troubleshoot problems with an automated external defibrillator	LO4
Identify when a defibrillator battery requires changing	4.1
Identify when electrode pads need replacing	4.2
Demonstrate how to troubleshoot problems if the automated external defibrillator does not function correctly	4.3
Understand the safe use of an automated external defibrillator	LO5
Describe the safety considerations when using AED's	5.1

Useful Websites

ProTrainings Europe Limited

www.ProTrainings.uk

The Resuscitation Council (UK)

www.resus.org.uk

Health and Safety Executive

www.hse.gov.uk

Skills for Health

www.skillsforhealth.org.uk

Office of Qualifications and Examinations Regulation

www.ofqual.gov.uk

Ofsted

www.gov.uk/ofsted

Skills for Care

www.skillsforcare.org.uk

FOFATO

www.fofato.co.uk

NASDU

www.nasdu.co.uk

TQUK

www.tquk.org

CQC

www.cqc.org.uk

citizenAID

www.citizenaid.org



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