



CPR/BLS and AED for Healthcare Professionals (VTQ)

QUALIFICATION SPECIFICATION
QUALIFICATION NUMBER: PRO/215/CBLSHP

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 for Healthcare Professionals (VTQ)

Medical professionals with a duty to respond in an emergency are required to complete annual BLS training. You can complete this course as initial training or as your annual refresher.

With ProTrainings, you are no longer required to spend hours in a classroom. Our blended training enables you to complete the course content online at your convenience. All that is left to complete is a short skill evaluation to meet the learning outcomes and assessment criteria of an equivalent classroom course.

The UK Resuscitation Council guidelines state, "Short video/computer self-instruction courses, with minimal or no instructor coaching, combined with hands-on practice can be considered as an effective alternative to instructor-led BLS and AED courses."

This course covers basic life support skills and includes skills for adults, children, and infants as well as healthcare variations on infant CPR. The course includes safety, precautions, initial assessment, recovery position, CPR, compression-only CPR, CPR handover, choking and a designated section on AED's. This course complies with the latest ERC and UK Resuscitation Council Guidelines and is aimed at Healthcare Professionals with a duty to respond.

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 4

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 5

Our CPR/BLS and AED for Healthcare Professionals (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:

- CPR / BLS and AED Level 2
- Appointed Person in the Workplace
- Emergency First Aid at Work Level 3 (VTQ)
- First Aid at Work Level 3 (VTQ)
- BTEC Level 4 Certificate for First Person on Scene (RQF) – FPOS

Requirements to teach CPR/BLS and AED for Healthcare Professionals (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 for Healthcare Professionals (VTQ)

PRO/215/CBLSHP

Course Overview

Introduction and Initial care

BLS for Healthcare professionals Introduction
Optional Basic Life Support or video link Evaluation
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
Adult Bag Valve Mask
respiration and breathing
Pulse points
Initial assessment and Recovery Position
Infant recovery Position

Cardiac Arrest

First Aid vs BLS healthcare Professionals
Adult CPR Introduction
Heart Attack
Adult CPR
Effective CPR
CPR hand Over
Compression-Only CPR
Drowning
AED Introduction

Child CPR
Child CPR Breakdown
Child CPR for Healthcare Professionals
Infant CPR
Infant CPR for Healthcare Professionals
New-born CPR for BLS Healthcare Professionals
Oxygen First Aid

Choking Training

Adult Choking
Child Choking
Infant Choking

How to Use an AED

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
AED's and Dental Practices



Learning Outcomes - PRO/215/CBLSHP

These learning outcomes are mapped to meet a CPR/BLS and AED for Healthcare Professionals (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 the role and responsibilities of a first aider, including legislation.	LO1
Identify the role and responsibilities of a first aider - Health and Safety at work Act, Health and Safety (First Aid) Regulations, Management of Health and Safety at work regulations and Social Security Administration Act	1.1
Describe how to minimise the risk of infection to self and others	1.2
Identify the need for establishing consent to provide first aid	1.3
Understand how to complete Accident/incident reports including RIDDOR	1.4
Identify the first aid equipment that should be available in a workplace	1.5
Describe the safe use of first aid equipment	1.6
Be able to assess an incident	LO2
Conduct a scene survey	2.1
Conduct a primary survey of a casualty	2.2
Give examples of when to call for help	2.3
Be able to manage an unresponsive casualty who is breathing normally	LO3
Assess a casualty's level of consciousness	3.1
Open a casualty's airway and check breathing	3.2
Explain why it is important to place an unconscious casualty into the recovery position	3.3
Place an unresponsive casualty in the recovery position	3.4
Be able to recognise and manage Heart attacks and use of an AED	LO4
Understand the chain of survival	4.1
Recognise the approaches of call First and Call Fast	4.2
Demonstrate understanding of the heart, signs and symptoms of a heart attack, treatment of a heart attack and use of an AED	4.3

Be able to manage an unresponsive adult casualty who is not breathing normally, child CPR and infant CPR	LO5
Recognise the need to commence Cardio Pulmonary Resuscitation	5.1
Demonstrate Cardio Pulmonary Resuscitation using a manikin	5.2
Recognise the approach of call fast approach for drowning	5.3
Demonstrate CPR on a child	5.4
Demonstrate CPR on an infant	5.5
Be able to recognise and assist a casualty who is choking	LO6
Describe how to identify a casualty with a: Partially blocked airway / Completely blocked airway	6.1
Administer first aid to an adult casualty who is choking	6.2
Administer first aid to a Child casualty who is choking	6.3
Administer first aid to an infant who is choking	6.4
Be able to carry out basic user maintenance and troubleshoot problems with an automated external defibrillator	LO7
Identify when a defibrillator battery requires changing	7.1
Identify when electrode pads need replacing	7.2
Demonstrate how to troubleshoot problems if the automated external defibrillator does not function correctly	7.3
Understand the safe use of an automated external defibrillator	LO8
Describe the safety considerations when using AED's	8.1
Understand different types of AED units	8.2
Be familiar with environmental factors	8.3
Summary	



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

FOFATO

www.fofato.co.uk

Office of Qualifications and Examinations Regulation

www.ofqual.gov.uk

NASDU

www.nasdu.co.uk

Ofsted

www.gov.uk/ofsted

TQUK

www.tquk.org

Skills for Care

www.skillsforcare.org.uk

CQC

www.cqc.org.uk



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