OUTREACH RESCUE



BASIC LIFE SUPPORT AND AUTOMATED EXTERNAL DEFIBRILLATION

Goal:

To provide learners with the knowledge and practical ability to safely and effectively perform basic life support and use an AED on adult casualties.

Target group:

Individuals with a responsibility or interest in providing BLS in workplace, voluntary, or community emergency situations.

Highlights:

- Aligned with Resuscitation Council UK best practice for high-quality BLS and AED training.
- Covers practical techniques including CPR, AED use, and recovery position.
- Nationally recognised and Ofqual regulated with certification valid for 3 years.

Qualsafe Adult BLS & AED, Level 3 (RQF)

Course length

4 hours (1/2 day)

Instructor

1:12

Period of validity

3 years

Certification

Qualsafe Level 3 Award in Adult Basic Life Support and Automated External Defibrillation (RQF) e-Certificate upon successful completion. Printed certificates available at additional cost.

Venue

Any Outreach Rescue training facility or client-specified venues, subject to suitability.

Description

Fully updated (November, 2025), this regulated Level 3 qualification equips learners with the knowledge and practical skills to deliver adult Basic Life Support (BLS) and use an Automated External Defibrillator (AED) in emergencies. Based on Resuscitation Council UK guidance, the course includes casualty assessment, CPR, safe AED operation, and managing unconscious casualties. Ideal for those in workplace, voluntary, or community settings with a responsibility to respond to medical emergencies

Compliance:

Meets the Resuscitation Council UK's guidelines and is regulated by Ofqual under the RQF.

Previous knowledge:

No previous medical or first aid training required.

Requirements:

Learners must be physically able to perform CPR on the floor and participate in all practical elements.

Progression:

Leads into higher-level first aid, trauma, or pre-hospital care courses, including First Aid at Work and Emergency First Responder training.

Theoretical elements:

— Principles of adult basic life support
— Chain of survival and early defibrillation
— Legal and safety considerations of AED use

Practical elements:

— Scene safety and casualty assessment
— Performing adult CPR on a manikin
— Safe and effective use of an AED device