

AHA CPR FOR FAMILY & FRIENDS



REGISTER TODAY

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*T&C Apply

Practical short course teaching CPR lifesaving skills. Ideal for parents, grandparents, nannies, home-based carers, offsite remote workers, teachers, NPO volunteers, entrepreneurs.

STEER YOUR CAREER WITH RHENS

Course Outcomes

Practical, medically based training that will equip delegates in the techniques of:

- CPR to address choking in adults, children and infants;
- The use of the AED to lay rescuers expected to respond to emergencies in their occupation in the workplace

Duration, Other Info

- Duration: 3 hours, face to face training.
- AHA Certificate

Course Content & Outcomes

- Adult Hands-Only CPR and AED
- Adult CPR With Breaths (Optional)
- Mild and Severe Airway Block: How to Help a Choking Adult (Optional)
- Child CPR and AED (Optional)

INSTRUCTOR-LED

- Mild and Severe Airway Block: How to Help a Choking Child (Optional)
- Infant CPR (Optional)
- Mild and Severe Airway Block: How to Help a Choking Infant (Optional)
- And More



Background & Context

The AHA (American Heart Association) Family & Friends CPR course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR, adult and child AED use, infant CPR, and choking relief for adults, children and infants. This course is intended for anyone who wants to learn CPR, but does not need a CPR course completion card to meet a job requirement.

Skills are taught by using the AHA's research-proven practice-while-watching technique, which allows participants to practice on a CPR training manikin while observing a demonstration of the skills in the course video.

Facilitator Credentials

Rhens Training Institute has a partnership agreement with Heart Guardians Emergency Training Centre headed by Helene Basson who is accredited with, amongst others, SAIOSH, RCSA, AHA, SAIOSH, Intrasafe and who has served the Emergency Medical Services community for over 12 years; she leads a team of instructors delivering courses in Emergency Medical Care, First Aid and Health & Safety; works as a Clinical Assessor at a globally recognised medical facility, is a certified Assessor and Moderator for all health and safety courses, a BLS Instructor working with Healthcare Professionals to instruct American Heart Association (AHA) and Resuscitation Council of South-Africa (RCSA) courses; a CPG instructor for the pre-hospital medical staff; current with ACLS- advanced cardiac life support; worked in COVID-19 ICU; COVID-19 ventilator course through Harvard University and COVID for Healthcare workers course through Stanford University and has ITLS- International Trauma Life Support Instructor status.

Disclaimers | T&C

Refer to Our Website For Full Details

Target Market

All members of the public including all family members eg grandparents and parents, domestics, carers, babysitters, teachers, teachers assistants, coaches, swim teachers, health & fitness staff, field workers, employees working remotely, retail employees as well as other lay responders.