

# **CPR - Basic Life Support (Refresher)**

Help to Save Life

## **Course Overview**

This is a refresher course for current FEA CPR certified candidate who needs to renew their CPR certificate.

## **Course Highlights**

- Easy to follow, step by step guide to performing CPR
- Our certified EFR instructors know how to make learning CPR fun, effective yet impactful

## **Why Should You Consider This Course?**

- To renew their CPR certificate

## **What Are the Topics Covered?**

- Perform adult CPR and how to use an AED on an adult
- Management of an adult choking situation
- Using the first aid kit
- Treatment of sprains, strains, as well as severe bleeding
- Implementation of the RICE method

## **Who Will This Benefit?**

- Fitness Professionals
- Health Professionals
- Strength and Conditioning Professionals
- Sports Coaches
- Fitness Enthusiasts\*
- General Public

## **Pre-requisite**

**FEA CPR Certificate**

## **Course Provider**

Fitness Edutraining Asia (FEA)

## **CEC Points**

ACE 0.2 CECs

## **Course Duration**

1.5 hours face to face PLUS 1.5 hours of online learning.

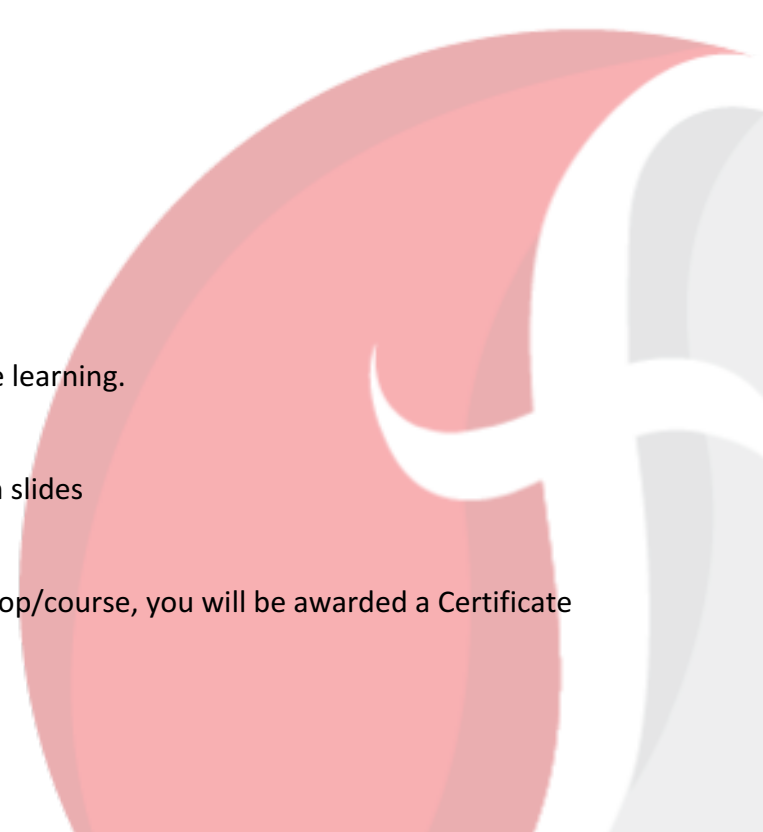
## **Learning Materials**

Handouts, course manual and/or presentation slides

## **Awards**

Upon meeting all requirements of this workshop/course, you will be awarded a Certificate of Successful Workshop/Course Completion.

Fitness Edutraining Asia (FEA)



Requirements are as such:

- full attendance
- completion of workshop/course
- passing all evaluations

### **Grading Criteria**

The instructor will provide a live skills check; participants are required to demonstrate primary care skills, based on pre-set scenarios

### **Recertification**

This certification is valid for 2 years

### **Course Capacity**

A minimum of 12 pax and a maximum of 16 pax

### **Language**

English, Mandarin

Information displayed above is correct during time of publishing and may subject to change without prior notice

