

SELF-DIRECTED BASIC LIFE SUPPORT ROOM

Statutory and mandatory training requires all patient facing staff to complete basic life support at a **minimum** of 2 yearly. Please compliment training by watching the Barts Health BLS video available via WeShare.

If you require reasonable adjustments to complete this basic life support activity please book onto a face to face session via WeShare.

If you are unable to successfully complete the self-directed BLS, face to face sessions will be run once a month with limited spaces. To book, visit Weshare> resuscitation > training

HOW IT WORKS

- ✓ **Log into the iPad with your NHS email**
- ✓ **The password is 2222**
- ✓ If you are unable to log in, contact us (details below) and we will add you to the system
- ✓ Read instruction posters prior to starting
- ✓ **Watch introduction video**

- ✓ When confident, **press 'Start Training' to begin assessment**
- ✓ Perform more than 60 chest compressions at a rate of 100-120bpm, with depth of 5-6cm & allow recoil
- ✓ Press 'Stop Training' and confirm to finish
- ✓ Results debrief: **you will need >80% to pass.**

CONTACT THE RESUSCITATION