



Barts Health

NHS Trust

**Whipps Cross Hospital
Junction 8, 1st floor
opposite Acacia Ward**



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**

✓ Press 'Train Compressions' to practice

✓ 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 SERVICE



MON-FRI: EXT : 26819

resus222calls.bartshealth@nhs.net
bartshealth.wxhresustraining@nhs.net