



APEX INITIATIVES LTD

QUALIFICATION SPECIFICATION

BASIC LIFE SUPPORT & AED

(BLS)

Document Type: Medical Course
Document Reference: AIL-QUAL-BLS
Version: 1.0
Issued: January 2025
For Review: January 2026
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1.0 Introduction

Apex Initiatives Ltd (APEXi) are a provider of UK Mountaineering and Medical qualifications. This specification provides the key information for users to make an informed decision as to whether the qualification is suitable for their personal and/or business needs and fits the purpose for which they intend to use it.

All APEXi resuscitation instructors are clinically practising RCUK Advanced Life Support instructors, with extensive experience and training in many specialist areas.

2.0 Contact Information

For any queries in relation to this course please contact:

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3.0 Document Version

Version	Changes	Date
1.0	First issue.	March 2024

4.0 Industry Recognition

This qualification is aligned to the latest Resuscitation Council UK guidelines and meets the Skills for Health Core Skills Training Framework (CSTF), adopted by many NHS Trusts nationwide for governance of resuscitation training and other mandatory training. A list of the NHS aligned organisations can be viewed here:

https://cstfdirectory.skillsforhealth.org.uk/#tx_org_search=

This course exceeds the criteria for the CSTF Level 2 Basic Life Support outcomes.

<https://www.skillsforhealth.org.uk/wp-content/uploads/2021/07/StatMand-CSTF-Subject-Guide-UK-v1.6.2.pdf>



5.0 Qualification Objective

This qualification will enhance the Learner's knowledge, understanding, and skills when a resuscitation attempt is made.

6.0 Recognition of Prior Learning

Due to the content and regulation of this course, APEXi cannot accept requests for recognition of prior learning.

7.0 Qualification Details

Qualification name:	Basic Life Support (BLS)
Reference number:	AIL-QUAL-BLS
Delivery:	Face to face only
Assessor: Learner ratio	1:12 (maximum)
Guided learning hours:	4
Prior learning hours:	None
Valid for:	1 year
Assessment:	Observation of practice (OBS)
Completion time:	1 day

8.0 Assessment Units

This qualification requires successful completion of the following mandatory units:

1. AIL-UNIT-BLS Immediate Life Support

9.0 Certification

All certificates will be issued within 10 days and reference the CSTF and where appropriate, the associated content relevant to the working environment.

10.0 Entry Requirements

Prior knowledge:	None.
Professional:	None.
Minimum age:	Minimum 18 years.
Physical capability:	Learners must be able to demonstrate assessment and resuscitation procedures during assessment. The Learner must perform these in a simulated realistic work environment for the learner.
Language:	This course will be delivered in English. The learner must have sufficient understanding of the English language to understand the content and



undertake the assessments. British Sign Language may be used but it is the sole responsibility of the learner to facilitate this.

11.0 Learner Identification

Prior to release of certificates, all candidates must provide 1 photographic or 2 non-photographic forms of identification that would be accepted by the Disclosure and Barring Service:

<https://www.gov.uk/government/publications/dbs-identity-checking-guidelines/id-checking-guidelines-for-standardenhanced-dbs-check-applications-from-1-july-2021>

12.0 Venue Requirements

The venue may include provision for both indoor and outdoor teaching.

All venues must provide:

- Access to toilets, welfare, and refreshment facilities.
- Suitable seating and writing surfaces.
- Sufficient space for activities.
- Absence of distractions.

Indoor classrooms must be risk assessed prior to delivery and meet the current HSE standards:

<https://www.hse.gov.uk/risk/assets/docs/classroom-checklist.pdf>

Additionally, outdoor teaching areas must be risk assessed prior to delivery and if used in isolation, must also provide:

- Respite from inclement weather.
- Environmental challenges for scenarios such as slopes, and different terrains.

13.0 Equipment Requirements

The following must be available at all venues:

- Presentation materials (flipchart, paper, pens, etc.).
- Audio visual aids (projector, laptop, etc.).
- Learning materials (reference books, handouts, etc).

Course specific materials required (minimum 1:3 learners):

- Resuscitation manikins with ability to receive airway adjuncts up to and including supraglottic airways.
- Automated defibrillation simulator.
- BVM and/or face shields.
- NRB mask.
- Choking vest (or similar).
- Disinfectant wipes.
- Medication examples suitable to learning outcomes and environment i.e. adrenaline autoinjectors.



Courses that include catastrophic bleeding:

- Manufactured tourniquet.
- Equipment to create an improvised tourniquet.
- Replica wound for wound packing.
- Haemostatic dressings and agents (or similar for demonstration purposes, i.e. bandage strips).

Other courses scenarios:

- Pre-course discussion to identify course centre needs and specific equipment.

14.0 Recommended Resources

Suitable learning resources include:

- Adult/Paediatric Basic Life Support Algorithm - Resuscitation Council UK

15.0 Instructors and Assessors

The first trainer/assessor must be a current RCUK ALS instructor. All subsequent instructors must be current RCUK ALS instructors. The maximum Instructor to candidate ratio is 1:12.

Additionally, all instructors, must have additional training and suitable experience in the taught environment i.e. In-Hospital, Pre-hospital, etc.

16.0 Internal Quality Assurance

Internal Quality Assurers (IQAs) must meet the trainer/assessor requirements.

Additionally, they should also meet the qualifications required for an IQA outlined in:

<https://www.hse.gov.uk/pubs/qsis3.pdf>

and demonstrate current evidence of quality assurance within the industry sector.

All IQA observations are undertaken by an external organisation.

17.0 Observation of Practice (OBS)

Learners are assessed through the following practical assessments:

1. Basic Life Support and AED use.
2. Choking
3. Autoinjector use.
4. Tourniquet use (if required).

All assessments are through simulated practice, in accordance with the course learning outcomes, in an environment familiar to the Learner.

Language: English



Duration: N/A
Pass Mark: 100%
Grading: Pass/Fail

If a Learner is unsuccessful with an observed practical assessment, they can be awarded a second attempt providing it is within the timescale of the qualification.

If a Learner fails the second attempt, with or without additional training, they will have failed the qualification and will be required to re-sit a full course.

18.0 Results

The candidate will be informed of their result at the end of the course.

19.0 References

This document is written in accordance with the following latest guidance from:

- Skills for Health - Core Skills Training Framework
- Resuscitation Council UK (RCUK)
- Joint Royal Colleges Ambulance Liaison Committee (JRCALC)
- The Faculty of Pre-Hospital Care (FPHC)

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20.0 Assessment Unit 1





LEARNING OUTCOMES

Unit:	Immediate Life Support
Reference:	AIL-UNIT-BLS
Guided Learning Hours	4 hours

Unit Summary:	The learner will develop the knowledge, understanding and skills to effectively manage a deteriorating patient and/or a resuscitation attempt in accordance with the Skills for Health Core Skills Training Framework, Level 2.
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Learning outcome <i>In the context of BLS, the learner will:</i>	Objective <i>In the context of BLS, the learner can:</i>	Evidence
0. Understand the course requirements.	0.1 Register attendance and meet Instructor/Learners. 0.2 Understand the course health and safety requirements. 0.3 Understand the course timings. 0.4 Understand the use of mobile phones and electronic devices. 0.5 Understand the course specifics. 0.6 Understand the assessment process.	Not assessed
1. Be able to manage an incident safely.	1.1 Identify the role and responsibilities of the BLS provider. 1.2 Identify resuscitation equipment, its availability, and understand operational checks. 1.3 Demonstrate safe use of resuscitation equipment. 1.4 Perform a dynamic risk assessment. 1.5 Provide initial incident management. 1.6 Identify how to minimise the risk of infection to self and others.	Observation of Practice
2. Be able to provide first aid to a casualty who is unresponsive and not breathing normally.	2.1 Demonstrate when to commence Cardiopulmonary Resuscitation (CPR) and apply an Automated External Defibrillator (AED). 2.2 Demonstrate CPR and safe defibrillation on an adult, child or infant casualty. 2.3 Identify when a patient is choking and administer treatment.	Observation of Practice
3. Be able to provide first aid to a casualty who is choking.	3.1 Identify when a casualty is choking. 3.2 Demonstrate how to administer first aid to an adult, child, or infant who is choking.	Observation of Practice



4. Be able to provide first aid to a casualty with anaphylaxis.	4.1 Identify the signs and symptoms of Anaphylaxis 4.2 Demonstrate how to administer an adrenaline autoinjector.	Observation of Practice
5. Be able to provide first aid to a casualty with a life-threatening bleed (if required).	5.1 Identify whether an external bleed is life threatening (catastrophic). 5.2 Demonstrate control of life-threatening bleeding using direct pressure and a tourniquet.	Observation of Practice

