



ΣΕΜΙΝΑΡΙΟ BLS

Σάββατο, 16 Οκτωβρίου 2021

ΜΗΤΕΡΑ, Αίθουσα Ν. Λούρος





Duration minimum timing	Activity	Location
	Registration	
15 min	Plenary introduction and welcome to the BLS with the use of an AED course	Course Director
20min Flexible/minimum timing (see footnote)	BLS demonstration Stage 1 (real-time demo) Stage2 (commentary)	Plenary
15 min	Stage 3 (instructor demonstration with candidates' commentary)	Groups
60 min	Stage 4: Practice until AED arrives	Groups
15 min	Break	Plenary
70 min	Stage 4: Practice when AED arrives	Groups
	Break (optional)	
10 min	Recovery Position Stage 1 (real-time demo) Stage 2 (commentary)	Plenary
15 min	Stage 3 (instructor demonstration with candidates' commentary) Stage 4: Practice	Groups
20 min	FBAO-Choking Demonstration and practicing	Groups
20 min	BLS Test Questions Optional and if applicable	Plenary individual
15 min	Questions and Answers Summury and closure	Plenary