Basic Life Support (**BLS** HCP) Mandatory Training

Certification is delivered in blended format led by external providers First Aid For Life

PART 1: Online theory

Step 1. Access online theory learning portal

You will need a laptop/PC/Tablet or Mobile Phone

Step 2: Enrol for the online theory Heart Code

FIRST AID FOR LIFE [gen@firstaidforlife.ie](mailto:gen@firstaidforlife.ie)  will  send you an email link to your new UCD Connect account. (Check your SPAM)

Step 3: Register to activate your license via the Learning Portal a pop-up box will appear asking you to sign in or register.

Step 4: Activate the link.

Click the “Activate Course” on the page.

Step 5. Commence and complete ALL the modules *allow 6-8 hours to complete the online part.*

You do not have to complete the modules in one sitting; But save work before exiting.

Step 6. Generate a Completion certificate.

Once all modules and components are completed you will have access to an automatically generated completion certificate. Download or print this as proof of completion in order to progress to part 2 practical training.

PART 2: Practical session in the clinical skills and simulation labs SNMHS

Step 1: Check timetable *NMHS10480* for your lab room date and time slot.

Step 2: Wear comfortable clothing and footwear that allows you to participate freely in practical techniques.

Step 3: Arrive at least 10 mins before start time.

Step 4:  Bring a copy of Part 1 online theory certificate.

Step 5: Engage in practical training session.

An IHF/AHA certificate will be awarded to you on completion, and this will be e mailed to you in due course.

*Contact First Aid for Life at* [gen@firstaidforlife.ie](mailto:gen@firstaidforlife.ie) if you have technical issues.