

BASIC LIFE SUPPORT (BLS)

- American Heart Association (AHA) Course
- Opengate Health Services Ltd (OGHS)
- AHA Training Site
- Train • Act • Save a Life

Why BLS?

Cardiac arrest can occur anywhere – in the ward, clinic, ambulance, office, church, school or at home.

The first few minutes are critical to survival.

BLS training helps participants to:

- Recognise early signs of cardiac arrest and respiratory arrest
- Start high-quality CPR immediately
- Use an Automated External Defibrillator (AED)
- Work effectively as part of a resuscitation team

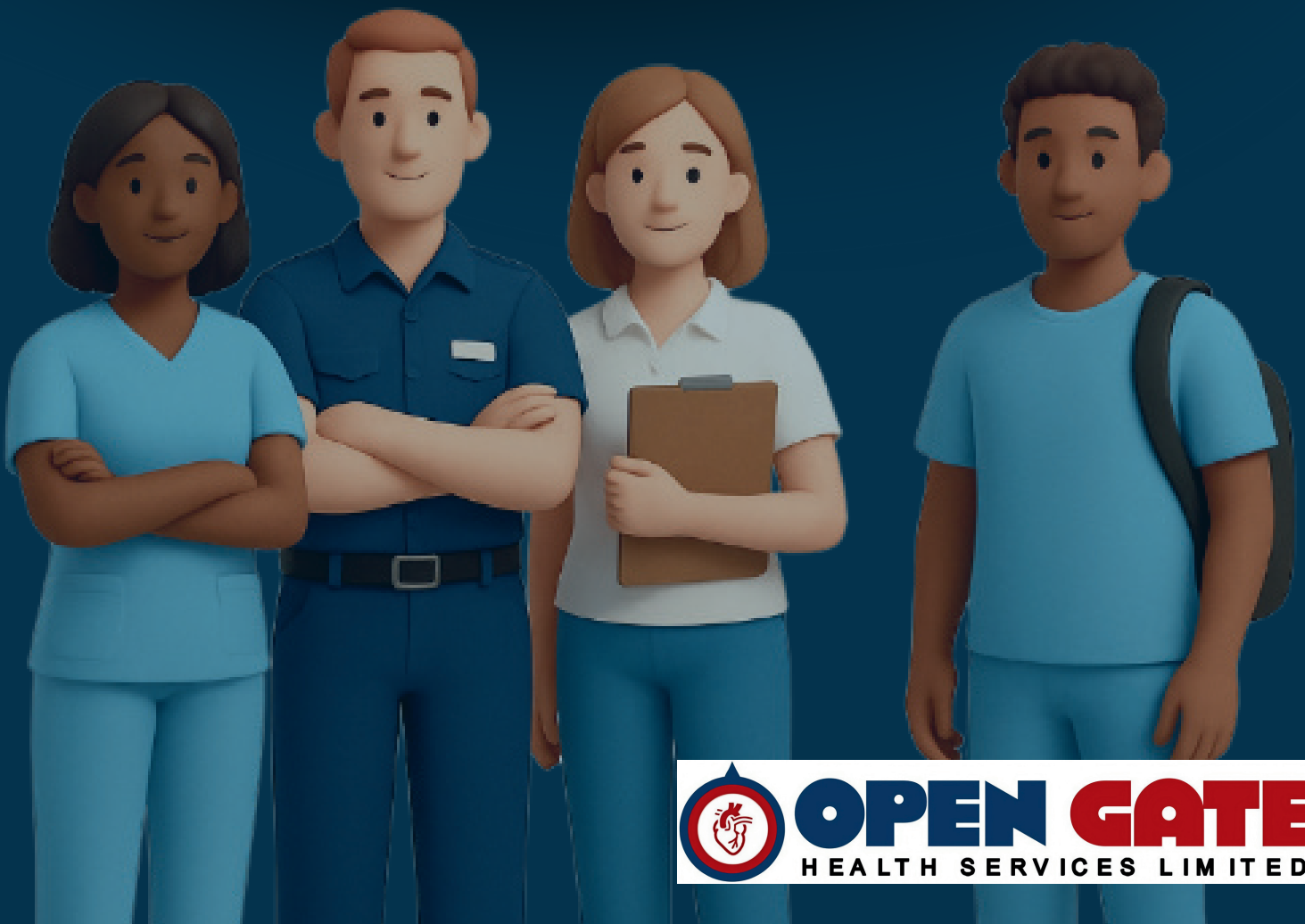
Early CPR and defibrillation greatly improve chances of survival.

Who Should Attend?

The AHA BLS course is designed primarily for healthcare and emergency responders, including:

- Doctors and dentists
- Nurses and midwives
- Paramedics and Health Care Assistance
- Physiotherapists and other allied health professionals
- Medical and nursing students
- Staff working in hospitals, clinics, and ambulance services

It is also suitable for organisations that require healthcare-standard CPR training.





What You'll learn

Key BLS skills include:

- The AHA Chain of Survival
 - High-quality CPR for adults, children, and infants
 - Use of AED in adults and children
 - Ventilation with barrier device and bag-mask
 - 1-rescuer and 2-rescuer CPR techniques
 - Team dynamics during resuscitation
 - Relief of choking in adults, children, and infants
- Course Format and certification
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Course Format

- Duration: Usually 1 day (approximately 5–6 hours)
 - Method: Lectures, videos, demonstrations and hands-on practice using manikins and AED trainers
 - Assessment: Skills testing and written multiple-choice exam
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Certification

- American Heart Association BLS Provider e-card
- Valid for 2 years (internationally recognised)

Renewal options are available for those whose BLS is about to expire.

Why train with OGHS?

- Accredited American Heart Association (AHA) Training Site
 - Experienced AHA-certified instructors with strong clinical background
 - Flexibility: Onsite and offsite training for hospitals and organisations
 - Small-group, hands-on teaching for better skills retention
 - Ability to combine BLS with other AHA courses (Heartsaver, ACLS, PALS) as needed
 - OGHS supports hospitals and organisations to build strong resuscitation teams.
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Bookings & Enquiries

Opengate Health Services Ltd (OGHS)

American Heart Association (AHA) Training Site

Email: info@opengatehs.org

Phone/WhatsApp: +234 807 734 0706 / +2348030686878

Custom packages are available for hospitals, schools, churches, NGOs and corporate organisations.

Building a safer healthcare system, one trained provider at a time.

