

ICTQual AB



Qualification Specification

ICTQual AB Level 1 Award in Basic Life Saving



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ICTQual AB's

Level 1 Award in Basic Life Saving

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Qualification Specification about

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About ICTQual AB's

ICTQual AB is a distinguished awarding body based in the United Kingdom, dedicated to fostering excellence in education, training, and skills development. Committed to global standards, ICTQual AB's provides internationally recognized qualifications that empower individuals and organizations to thrive in an increasingly competitive world. Their offerings span diverse industries, including technical fields, health and safety, management, and more, ensuring relevance and adaptability to modern workforce needs.

ICTQual AB's delivers high-quality educational solutions through a network of Approved Training Centres worldwide. Their robust standards and innovative teaching methodologies equip learners with practical knowledge and skills for personal and professional growth. With a mission to inspire lifelong learning and drive positive change, ICTQual AB's continuously evolves its programs to stay ahead of industry trends and technological advancements.

Course Overview

The ICTQual AB Level 1 Award in Basic Life Saving is designed to provide learners with basic knowledge and simple practical skills needed to respond to common emergency situations. In everyday life, emergencies such as cardiac arrest, choking, or breathing difficulties can happen without warning. This qualification helps learners understand what to do in these situations and how to act quickly and safely until professional medical help arrives. Basic Life Saving (BLS) includes simple and well-defined procedures that are easy to learn and apply. The course introduces learners to essential life-saving actions such as Cardiopulmonary Resuscitation (CPR), the safe use of an Automated External Defibrillator (AED), and basic airway management techniques. These skills help maintain breathing and circulation and can prevent a person's condition from getting worse. This Level 1 qualification focuses on routine and predictable tasks. Learners are guided step by step to recognise emergencies, follow instructions, and use relevant information correctly. The course also helps learners understand their role and responsibility when providing basic life-saving support under direction. The qualification is suitable for individuals with no previous medical experience and aims to build confidence in handling simple emergency situations. By completing this course, learners gain essential awareness and practical ability to support life, making homes, workplaces, and communities safer places for everyone.

Aims

The aim of this qualification is to develop learners' basic understanding of life-saving procedures and enable them to carry out routine emergency actions with confidence. The course supports learners in recognising emergency situations, following simple procedures, and taking responsibility for basic life-saving actions under guidance.

Objectives

- By the end of this course, learners will be able to:
- Understand basic facts related to life-threatening emergencies
- Identify situations where basic lifesaving is required
- Perform simple CPR techniques following guidance
- Use an Automated External Defibrillator (AED) safely
- Apply basic airway management procedures
- Select and use relevant information during emergencies
- Identify whether their actions have been effective

Targeted Audience

- This qualification is suitable for:
- Individuals with no previous medical or first aid experience
- Students and entry-level learners
- Employees in low-risk workplaces
- Community members and volunteers
- Anyone who wants to gain basic life-saving skills

Certification Framework

Qualification title	ICTQual AB Level 1 Award in Basic Life Saving
Course ID	HSE0011
Total Qualification Time	10 Hours
Guided Learning Hours	5 Hours
Grading Type	Pass / Fail
Competency Evaluation Assessment	Coursework / Assignments / Verifiable Experience The assessment and verification process for ICTQual AB's qualifications involves two key stages: Internal Assessment and Verification: ✓ Conducted by the staff at the Approved Training Centre (ATC) to ensure learners meet the required standards through continuous assessments. ✓ Internal Quality Assurance (IQA) is carried out by the centre's IQA staff to validate the assessment process. External Quality Assurance: ✓ Managed by ICTQual AB's verifiers, who periodically review the centre's assessment and IQA processes. Verifies that assessments are conducted to the required standards and ensures consistency across centres

Entry Requirements

The ICTQual Level 1 Award in Basic Life Saving course welcomes participants from diverse backgrounds who meet specific entry requirements aimed at ensuring a conducive learning environment and optimal engagement.

- ✓ Candidates must be at least 16 years old at the time of enrollment. This ensures that participants have the maturity and responsibility necessary to engage with the course content and practical exercises.
- ✓ There are usually no specific educational prerequisites for this course. However, basic literacy and numeracy skills may be beneficial to fully understand the theoretical concepts and follow instructions during practical training sessions.
- ✓ Basic physical fitness is important for participating in practical exercises, such as performing chest compressions during CPR training. While there are no strict fitness requirements, candidates should be capable of moderate physical activity.
- ✓ Participants should be in good general health with no medical conditions that may prevent them from safely participating in the course activities. Candidates may be required to complete a health declaration or medical questionnaire before enrolling.
- ✓ Proficiency in the language of instruction is essential. Participants should be able to understand and communicate effectively in the language used for teaching the course to grasp the technical terms and safety protocols discussed.

Qualification Structure

This qualification comprises 6 mandatory units. Candidates must successfully complete all mandatory units to achieve the qualification.

Mandatory Units	
Unit Ref#	Unit Title
HSE0011-01	Introduction to Basic Life Saving
HSE0011-02	Cardiopulmonary Resuscitation (CPR)
HSE0011-03	Automated External Defibrillator (AED) Use
HSE0011-04	Airway Management and Rescue Breathing
HSE0011-05	Choking Emergencies
HSE0011-06	Emergency Response and Scene Management

Centre Requirements

To ensure quality training delivery, centres must adhere to the following standards:

1. Centre Approval

- ✓ Centres must be formally approved by ICTQual AB's before delivering this qualification.
- ✓ Approval involves a review of facilities, policies, and staff qualifications.

2. Qualified Staff

- ✓ **Tutors:** Must hold a Level 3 or higher relevant qualification in safety, health, or a related field and have basic practical experience with understanding simple emergency response procedures and safe working practices.
- ✓ **Assessors:** Must hold a recognized assessor qualification (e.g., CAVA, AVRA) or equivalent)
- ✓ **Internal Quality Assurers (IQAs):** Must hold a recognized IQA qualification (e.g. Level 4 Award in the IQA and Level 4 Certificate in Leading the IQA) and experience to oversee assessment standards.

3. Learning Facilities

Centre must offer:

- ✓ Private study areas and internet-enabled workspaces (for blended or physical delivery)
- ✓ Academic and pastoral support for learners
- ✓ Administrative support must be available to manage enrolment, tracking, and learner queries efficiently

4. Health and Safety Compliance

- ✓ All training facilities must comply with health and safety regulations.
- ✓ Centres must conduct regular risk assessments for practical activities.

5. Learning Resources

- ✓ **Course Materials:** Approved textbooks, study guides, and digital content must align with the qualification standards.
- ✓ **Assessment Tools:** Templates and guidelines must be provided to ensure standardized evaluation processes.
- ✓ **E-Learning Support:** Centres offering online or blended learning must implement an effective Learning Management System (LMS).

6. Assessment and Quality Assurance

- ✓ Centres must ensure assessments meet ICTQual AB's competency standards.
- ✓ Internal quality assurance (IQA) must be conducted to maintain consistency.
- ✓ External verifiers from ICTQual AB's will review assessment and training practices.

7. Learning Support

- ✓ **Qualification Guidance:** Support for coursework and assignments.
- ✓ **Career Pathway Assistance:** Information on progression opportunities in Health and Safety sectors.
- ✓ **Accessibility Support:** Accommodations for learners with disabilities or language barriers.

8. Policies and Compliance

Centres must uphold the following policies in accordance with ICTQual AB's standards:

- ✓ Equality, Diversity, and Inclusion Policy.
- ✓ Health and Safety Policy.
- ✓ Safeguarding and Learner Protection Policy.
- ✓ Complaints and Appeals Procedure.
- ✓ Data Protection and Confidentiality Policy.

9. Reporting Requirements

- Centres must provide ICTQual AB's with regular reports on learner registrations, progress, and certification outcomes.
- Assessment records must be maintained for external auditing and quality assurance purposes.

Support for Candidates

Centres should ensure that materials developed to support candidates:

- ✓ Facilitate tracking of achievements as candidate's progress through the learning outcomes and assessment criteria.
- ✓ Include information on how and where ICTQual AB's policies and procedures can be accessed.
- ✓ Provide mechanisms for Internal and External Quality Assurance staff to verify and authenticate evidence effectively.

This approach ensures transparency, supports candidates' learning journeys, and upholds quality assurance standards.

Assessment

This qualification is competence-based, requiring candidates to demonstrate proficiency as defined in the qualification units. The assessment evaluates the candidate's skills, knowledge, and understanding against the set standards. Key details include:

1. Assessment Process:

- ✓ Must be conducted by an experienced and qualified assessor.
- ✓ Candidates compile a portfolio of evidence that satisfies all learning outcomes and assessment criteria for each unit.

2. Types of Evidence:

- ✓ Observation reports by the assessor.
- ✓ Assignments, projects, or reports.
- ✓ Professional discussions.
- ✓ Witness testimonies.
- ✓ Candidate-produced work.
- ✓ Worksheets.
- ✓ Records of oral and written questioning.
- ✓ Recognition of Prior Learning (RPL).

3. Learning Outcomes and Assessment Criteria:

- ✓ **Learning Outcomes:** Define what candidates should know, understand, or accomplish upon completing the unit.
- ✓ **Assessment Criteria:** Detail the standards candidates must meet to demonstrate that the learning outcomes have been achieved.

This framework ensures rigorous and consistent evaluation of candidates' competence in line with the qualification's objectives.

Unit Descriptors

HSE0011-01- Introduction to Basic Life Saving

This unit introduces learners to the basic principles of life saving and the importance of early emergency response. Learners gain simple knowledge of common life-threatening situations and the role of Basic Life Saving. The unit focuses on recognising emergencies, following basic procedures, and understanding personal responsibility when providing help under guidance.

Learning Outcome:	Assessment Criteria:
1. Understand the importance of basic life-saving techniques in emergency situations.	1.1 List why it is important to help someone in a life-threatening situation. 1.2 Identify two common emergencies where life-saving skills are needed. 1.3 State how quick action can help save a person's life.
2. Recognize the significance of immediate response and its impact on patient outcomes.	2.1 Identify the benefit of starting first aid straight away. 2.2 Describe what might happen if help is delayed. 2.3 State how a fast response helps the patient recover better.
3. Identify legal and ethical considerations when providing basic life support.	3.1 State the importance of asking for permission (consent) before helping. 3.2 Identify the need to only do what you have been trained to do. 3.3 List how to keep a patient's personal information private.

HSE0011-02- Cardiopulmonary Resuscitation (CPR)

This unit provides learners with basic knowledge and practical skills to perform CPR safely. Learners are taught simple chest compression and rescue breathing techniques following clear instructions. The unit focuses on routine procedures, correct body positioning, and maintaining circulation until help arrives, while working under supervision and following safety guidance.

Learning Outcome:	Assessment Criteria:
1. Demonstrate proper techniques for performing CPR on adults, children, and infants.	1.1 Show the correct hand position for chest compressions on an adult. 1.2 Demonstrate the correct depth of compressions for an infant using two fingers. 1.3 Use the correct speed (rhythm) for compressions during practice.
2. Understand the importance of early initiation of CPR in maintaining blood circulation and oxygenation.	2.1 State why chest compressions are needed to pump blood. 2.2 Identify how CPR keeps the brain alive by providing oxygen. 2.3 Recognize that starting CPR early gives the heart a better chance to restart.
3. Recognize signs of effective CPR and know when to continue or stop resuscitation efforts.	3.1 Identify signs that CPR is working (e.g., chest rising during breaths). 3.2 List two reasons why you might need to stop performing CPR. 3.3 Recognize when professional medical help has arrived to take over.

HSE0011-03- Automated External Defibrillator (AED) Use

This unit introduces learners to the basic use of an Automated External Defibrillator (AED). Learners gain awareness of when and how to use an AED safely during cardiac emergencies. The unit focuses on following voice prompts, applying pads correctly, and using the device as part of a simple and guided emergency response.

Learning Outcome:	Assessment Criteria:
1. Operate an AED safely and effectively in response to sudden cardiac arrest situations.	1.1 Turn on the AED and follow the voice instructions correctly. 1.2 Ensure no one is touching the patient when a shock is delivered. 1.3 Clear the area around the patient to keep everyone safe.
2. Recognize when to use an AED and how to properly apply electrode pads to the chest.	2.1 Identify the correct time to use an AED on someone who is not breathing. 2.2 Show where to place the two sticky pads on a person's chest. 2.3 Ensure the chest is dry and clear before putting the pads on.
3. Understand the importance of AED promptness in restoring normal heart rhythm and improving survival rates.	3.1 State why using an AED quickly is better for the patient's survival. 3.2 Identify that an AED is used to fix a wrong heart rhythm. 3.3 Explain why the AED should be used as soon as it arrives at the scene.

HSE0011-04- Airway Management and Rescue Breathing

This unit develops learners' basic understanding of airway management and rescue breathing. Learners practice simple techniques to open and maintain the airway, such as head-tilt and chin-lift. The unit focuses on routine actions to support breathing, following instructions carefully, and identifying whether breathing has improved after intervention.

Learning Outcome:	Assessment Criteria:
1. Demonstrate techniques for opening and maintaining an airway in various situations.	1.1 Show how to use the "head-tilt, chin-lift" method safely. 1.2 Check the mouth for anything that might be blocking the airway. 1.3 Move a person into the "recovery position" to keep their airway open.
2. Perform rescue breathing methods to provide oxygen to unconscious individuals.	2.1 Demonstrate how to give two steady breaths into a manikin. 2.2 Watch for the chest to rise with each breath you give. 2.3 Use a safety mask (face shield) correctly while giving breaths.
3. Understand considerations for airway management in different age groups and special populations.	3.1 State the difference in tilting the head for an adult versus an infant. 3.2 Identify how to help a person who is pregnant with their airway. 3.3 List the steps to clear the airway if a person vomits.

HSE0011-05- Choking Emergencies

This unit enables learners to recognise choking emergencies and apply basic response techniques. Learners gain simple knowledge of signs of choking and practice routine procedures such as back blows and abdominal thrusts. The unit focuses on acting safely, selecting correct actions, and following guidance to relieve choking effectively.

Learning Outcome:	Assessment Criteria:
1. Recognize the signs and symptoms of choking emergencies.	1.1 Identify a person clutching their throat (the universal sign of choking). 1.2 State the difference between a mild block (coughing) and a severe block (cannot breathe). 1.3 Identify the sound of someone who has a completely blocked airway.
2. Apply proper techniques, such as the Heimlich maneuver, to relieve airway obstructions in conscious and unconscious individuals.	2.1 Demonstrate five firm back blows on a choking victim. 2.2 Show where to place your hands for abdominal thrusts (Heimlich maneuver). 2.3 Identify what to do if the choking person falls unconscious.
3. Understand the differences in managing choking emergencies in infants, children, and adults.	3.1 Show how to hold an infant safely while trying to clear a blockage. 3.2 Identify the correct amount of force to use for a child compared to an adult. 3.3 State the correct position for an infant’s head during back blows.

HSE0011-06- Emergency Response and Scene Management

This unit introduces learners to basic emergency response and scene management principles. Learners gain awareness of personal safety, assessing the situation, and calling for help. The unit focuses on simple decision-making, following instructions, and managing routine emergency situations calmly and responsibly until professional assistance arrives.

Learning Outcome:

1. **Assess emergency situations quickly and effectively to ensure personal and bystander safety.**
2. **Communicate and coordinate with emergency services and other responders during incident management.**
3. **Provide initial assistance and support to patients until professional medical help arrives, including scene assessment and patient stabilization.**

Assessment Criteria:

- 1.1 Look for dangers like traffic or fire before approaching the patient.
- 1.2 Use a loud and clear voice to tell bystanders to stay back.
- 1.3 Put on gloves or use a barrier to protect yourself from germs.
- 2.1 Demonstrate how to call the emergency number (like 999 or 1122).
- 2.2 Practice giving the exact location of the emergency to the operator.
- 2.3 State the correct information to tell the ambulance crew when they arrive.
- 3.1 Stay with the patient and talk to them to keep them calm.
- 3.2 Keep the patient warm and comfortable while waiting for the ambulance.
- 3.3 Check the patient regularly to see if their condition is changing.

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