

DAN Training & Education

Dive safety begins with me.



The first step in being prepared to handle a diving emergency is education. DAN's hands-on courses actively teach divers about fundamental safety principles to take immediate action and care for an injured diver.



Basic Life Support

The DAN Basic Life Support (BLS) course will not only train divers and non-divers to resuscitate an injured person with a circulatory arrest, but can also prevent a person from getting in that condition. External bleeding, choking and shock can lead to severe circulatory and respiratory problems. The DAN BLS course will prepare you to react in the correct way, when accidents happen.

Course Objective

The BLS course represents entry-level training designed to educate persons in providing BLS techniques to adult victims with life-threatening injuries, while activating the local medical services.

The DAN Basic Life Support provider ("DAN BLS Provider") programme is designed to teach the knowledge and skills needed to provide BLS to adult victims. BLS consists out of several first aid techniques that support (or might restore) life. At the end of the course the DAN BLS provider will be able to recognise an emergency, activate the EMS and provide early BLS, while waiting for an automated external defibrillator (AED) or advanced life support to arrive at the scene of the accident. Early access to the emergency medical services (EMS) and early BLS are two of the four links in the chain of survival.

Recommended minimum hours of training:

Knowledge development (lecture) = one to two hours

Skills development (practice) = two to three hours

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Learning Objectives

At the end of this programme course participants will be able to:

- Explain basic anatomy and physiology
- List the four links of the “chain of survival”
- Explain why BLS is important
- State the goal of BLS and resuscitation
- Recognise danger and perform a scene safety assessment
- Protect themselves against cross infection
- Describe the function of chest compressions and ventilations
- Explain how to avoid gastric distension
- Check responsiveness
- Reassure an injured person
- Open the airway
- Check for normal breathing
- Activate the EMS
- Perform chest compressions and rescue breathing – CPR
- List the advantages of an ace shield and resuscitation mask
- Explain the advantage of oxygen during resuscitation
- Explain the importance of defibrillation
- State the most common cause of choking
- Describe the difference between mild and severe airway obstruction
- Provide care for choking

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- Explain why an unconscious, breathing victim must be placed in the recovery position
- Place an unconscious, breathing person in the recovery position
- Describe the function of the blood
- Provide care for (severe) external bleeding
- Explain what is shock
- Name at least three causes of shock
- List at least seven warning signs of shock
- Provide care for injured persons in shock