Act confidently

In an emergency, a structured response determines success.

International ERC standards help teams act consistently, confidently and predictably - even under stress.

Our training embeds these standards directly into your everyday work.

- Emergency risks are systematically reduced
- Confidence in taking action visibly improves
- Poor decisions and delays become less frequent
- A standardised approach reduces pressure on teams and leadership

when it matters most.

Why Med-STA?

1. Over 25,000 participants trained since 2005
2. A multidisciplinary team of trainers
3. Extensive hands-on practice to build confidence in emergencies
4. In-house training with real procedures in your actual working environment
5. Certified ERC courses (DFP/PFP)

EUROPEAN RESUSCITATION COUNCIL

DFP APPROBIERT

ögkv PFP®

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MED STA®
SIMULATION | TRAINING | AUSBILDUNG

Structured emergency training



Act confidently.
Follow clear standards.

Structured ERC emergency training for teams that have no time for uncertainty when an emergency occurs.

BLS Basic Life Support
PBLS Paediatric Basic Life Support
ILS Immediate Life Support
EPILS European Paediatric Immediate Life Support
ALS Advanced Life Support

>> TRAIN WHERE YOU WORK! <<
Confidence grows where you work every day.

Three levels of competence, tailored to your team and your needs.

BLS | PBLS

Basic life support

Duration: 3 hours

Content

Basic resuscitation measures with extensive hands-on practice: chest compressions, ventilation, AED use, management of airway obstruction and the recovery position.



The paediatric option focuses on life-saving measures for children.

Who it is for

Staff in healthcare, education and care facilities, and anyone who needs to confidently initiate the first steps in an emergency.

Accreditation and credits

Doctors: 4 DFP points
Nursing staff: 7 ÖGKV PFP points
Ambulance personnel: 3 hours (§ 50 SanG)

ILS | EPILS

Structured initial emergency care

Duration: 8 hours

Content

Recognising and providing initial treatment for critically ill patients in line with ERC standards, including resuscitation.

Key areas:
- A structured approach
- Airway management and defibrillation
- Teamwork

Who it is for

Healthcare professionals who need to recognise critically ill adults or children early and provide safe initial care until a specialist emergency team arrives.

Accreditation and credits

Doctors: 9 DFP points
Nursing staff: 18 ÖGKV PFP points
Ambulance personnel: 8 hours (§ 50 SanG)

Refresher courses available (minimum 3 hours).



ALS

Advanced emergency management

Duration: minimum 16 hours (2 days)

Content

Management of cardiac arrest and peri-arrest situations in line with ERC standards.

Key areas:
- Recognising critically ill patients
- Identifying reversible causes
- A structured team approach
- Leading an emergency team or contributing as a skilled team member

The course consists mainly of practical exercises and simulation-based scenarios.



Who it is for

Doctors, nursing staff and emergency paramedics working in emergency care settings or emergency teams.

Accreditation and credits

Doctors: 20 DFP points, emergency physician refresher (§ 40 ÄG)
Nursing staff: 38 ÖGKV PFP points
Ambulance personnel: 16 hours (§ 50 SanG)

"The introduction of mandatory resuscitation training for hospital staff more than doubled survival rates following cardiac arrest on general wards."

Abella, B. S. et al. (2005). Quality of cardiopulmonary resuscitation during in-hospital cardiac arrest. JAMA, 293(3), 305–310.

For teams that need to act confidently in emergencies, following clear standards.

Request an appointment now—we'll come to you.