



Life Saving Skills for Wellbeing Emergency First Aid at Work

This course is for individuals and families or those volunteering or working in charities and community settings where they may need to take charge in the event of an illness or accident.

At the end of the course attendees will:

- Be confident in a medical emergency
- Understand the role of a first aider
- Effectively manage an emergency situation
- Use a Automated External Defibrillator (AED)

Full details on our website

Certificate will be issued which is valid for 3 years.
No prior knowledge is necessary



FREE to Hampshire
Residence
(additional criteria apply)



4th October
9:00-17:00



Calmore Community Centre
Calmore Drive
SO40 2ZU

Sign up via the QR code or visit our website (ref: 1222): cfirst.org.uk/training

Also visit our website to find more free courses such as L2 Mental Health and Paediatric First Aid

Contact us:

 bookings@cfirst.org.uk

 01730 777059



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Community First
training