



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:

- Understand their roles and responsibilities as a first-aider
- Be able to manage an incident
- Know how to look after an unconscious casualty
- Be able to perform CPR and use an AED safely
- Control bleeding and treat for hypovolaemic shock
- Treat burns effectively
- Keep meaningful records of illness and injury

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)



11th April 2024
9:00-17:00



Heart Of The Park
Dunsbury Road
Havant
PO9 5BG

For full details/sign up via the QR code or visit our website (ref: 1272): [Cfirst.org.uk/training](https://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

