



Emergency Aid



This 3 ½ hour course includes

- The order of safety; candidates should never put themselves at risk.
- Evaluation of possible dangers
- Attempting to deal with casualties themselves or calling for help
- Cardio pulmonary resuscitation, including a demonstration.
- How to perform the recovery position
- How to apply bandages to cuts
- Actions to take involving burns
- Various causes of unconsciousness and long term effects
- Reporting emergency situations to the emergency services

The course includes practical exercises and confirmation quiz sheets

