

## First Aid Training (Heart Start)

Duration: 3.5 hours  
Cost: Free of charge in conjunction with  
Epilepsy Awareness training.



### COURSE AIMS

- ☞ Train participants in basic first aid practice.
- ☞ Raise awareness of their organisation's responsibility in relation to first aid practice.

### LEARNING OUTCOMES

Participants will have an understanding of treating casualties with the first aid issues listed below:

- ☞ bleeding
- ☞ choking
- ☞ shock
- ☞ heart attack
- ☞ non breathing casualty (Cardiopulmonary Resuscitation—CPR)
- ☞ breathing casualty (Recovery Position).

**Contact the office for further information or to book training.**

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