

First Aid that's easy to learn & easy to remember!

Many of us will walk past a person in need of emergency first aid because we are unsure or not confident about what to do. There are some very simple skills that you can learn in a short space of time, that could save someone's life, and the British Red Cross are offering to deliver these sessions free at your next meeting or networking forum!

You can choose 5 skills from this list:

- Bleeding heavily
- Burns
- Choking
- Broken bones
- Head injury
- Sprains and strains
- Unresponsive and breathing
- Unresponsive and not breathing
- Unresponsive and not breathing AED
- Heart attack
- Stroke
- Seizures
- Diabetic emergency
- Asthma attack
- Allergic reaction
- Swallowed something harmful
- Meningitis
- Hypothermia



Facilitator:

Sue Stovell
Adult Education Co-ordinator
British Red Cross

Target Audience:

Young people 11yr – 19yr, Carers, volunteers, people living alone or in Residential housing. For example, people caring for or working with the elderly, homelessness, drug & alcohol services or other people who are at risk of harm.

We can deliver training to small groups, even if only 2 people turn up on the day! Our maximum is 20 and we will deliver the training at your premises.

Dates:

Choose from Wednesdays, Thursdays or Fridays until 3pm.



Enquiries and Bookings:

To discuss the training further or to make a booking, [contact Sue Stovell on:](#)
Tel: 0118 935 8215/ 07711854208
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Please note: this is not a certificated course.

