



St. John Ambulance

FIRST AID TRAINING CENTER

Who is it for?

We offer First Aid Course for people who would like to learn first aid to help their family or friends rather than as a requirement of their job. No previous experience is needed and these courses are run in a way which makes learning first aid and easy to remember. Great for building confidence to help outside of the workplace.

Training Objectives

- Chain of Survival
- What is First Aid?
- Scene Survey
- Initial Assessment Sequence
- Victim Assessment Sequence
- CPR-Cardiopulmonary resuscitation



FIRST AID

What is covered?

The course covers a range of key skills including helping someone who is:

- unresponsive and breathing
- unresponsive and not breathing
- having a seizure
- bleeding heavily
- injured with a broken bone, sprain or strain
- having a heart attack
- having a stroke

Course Fee & Calendar

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