



1ST PRINCIPLES TRAINING

FIRST AID TRAINING

6 hours over
2 days

Monday August 24
Monday August 31

2pm - 5pm
The Cottage

Corner of Pine Ave & Ewing Ave
Little Bay

ESSENTIAL FIRST AID SKILLS FOR THE HOME AND WORKPLACE

\$120

Payment required in Advance:
Eftpos, Cash, Cheques,
Credit & Debit Cards Accepted

Would you like to refresh your knowledge on what First Aid responses are best in some common Emergency Care situations?

Professional Trainers:
Jefferson Lillis and Helga Nilsen
will present a 6 hour course on simple effective management and care to draw on in the event of sudden illness or injury.

TOPICS COVERED WILL INCLUDE :

- CPR & Defibrillation
- How to manage an emergency
- Basic structure of human body
- Management of severe illness
- Practical treatment: Burns, bites, stings, poisoning, internal injuries
- Practice treatment for: broken bones, management of bleeding, eye injuries, hypothermia
- How to treat Head, abdominal and chest injuries
- Recognition and use of EpiPen™ for anaphylaxis
- Management of asthma incidents

Registration and Bookings Essential E - admin@coastcentre.org.au
T. 9311 4886