

## **Basic First Aid**

Basic first aid is a 1 day workshop which will give you the skills and confidence to apply first aid in an emergency situation. With the emphasis being hands-on practice you will be equipped to deal with common emergencies in a competent way.

During a course you will learn how to approach an accident or emergency, what steps to take and what can be done while waiting on an emergency medical professional.

Basic first aid is an essential course for those dealing with the public/ clients on a regular basis.

A certificate in basic first aid is valid for 2 years.