

Defl

Dacorum Communities for Learning

Essential First Aid

The Essential First Aid Course is a 2 hour course covering the key lifesaving skills & will cover

- CPR using dummies
- recovery position
- choking
- bleeding
- chest pains
- unconscious casualties
- communication
- casualty care

This course can be run for individuals to attend or we can run it for clubs, groups & organizations.

Please let us know of any additional support you may require, when booking this course.

Tel: 01442 251930 to book

