

## Community First Aid

This course deals with serious conditions and incidents. It is ideal if you would like to be trained in CPR skills and know what to do when initially faced with an emergency.

### Who should attend?

This course is for members of the public who want to learn how to deal with accidents and injuries involving adults and children.

We welcome young people from the age of 12 onto all our community first aid courses. If under the age of 16, you must attend with a responsible adult member of the family or guardian (two young people per adult).

### What you will learn?

The course covers emergency life support techniques, and deals with all casualties (Adult, child, and babies).

### Course content

- Communication and casualty care
- Looking after yourself and the casualty
- Adult, child, and baby resuscitation
- Treatment of choking in adults, children, and babies
- Treatment of severe bleeding and chest pains
- Treatment of an unconscious casualty

### Course duration

6 hours contact time

### Assessment and certification

Practical assessment.

Successful attendees will receive a certificate of competency that is valid for 3 years.

### Course dates

If you are interested in this course, please email [kweaver@ledleisure.co.uk](mailto:kweaver@ledleisure.co.uk) for further details.

### Cost

£65 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact [training@ledleisure.co.uk](mailto:training@ledleisure.co.uk) for prices.