

## **ACCREDITED FIRST AID COURSE** **(HEALTH AND SAFETY AT WORK)**

Accredited First Aid Course\*.

Presented by Gareth Workman a qualified Physiotherapist and experienced First Aid Trainer. This course will cover life threatening priorities; management of the unconscious casualty; Cardio pulmonary resuscitation (CPR); Circulatory disorders like shock, heart attack and severe bleeding as the main subjects. Topics covered will be in line with Health and Safety requirements .

*\*The course is validated through Aid Training.*

**DATE: SUNDAY 20th November**

**TIME: 11-3pm (Light refreshments - Lunch is not provided)**

**DRESS: Appropriate loose fitting clothes**

**BOOKING**

Fill in attached booking form

Email to: [info@finefettle.org](mailto:info@finefettle.org) or post to:



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