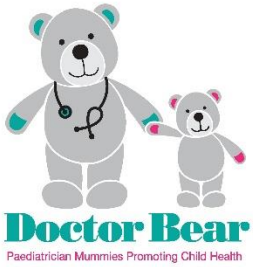

Accidents, injuries and first aid

Welcome and Introductions

An introduction to first aid

Minor accidents (cuts, bumps, broken bones, pulled elbows)

Major accidents (head injuries, burns, poisoning)

Drinks and refreshments

Hands on first aid

Practical sessions, a chance to get involved and take the lead!

(Choking, Basic Life Support, Recovery position)

Questions and close