St John Ambulance
Isle of Man

Essential First Aid (All ages)

Who should attend?

This introductory 3-hour first aid course is designed to address serious conditions and incidents, making it ideal for anyone who wants to know what to do in an emergency involving a casualty of any age. St John Ambulance welcomes 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 family member or guardian (two young people per adult).

What you will learn?

This community course equips you with essential lifesaving first aid skills to handle an emergency involving a casualty of any age. Key topics include:

- Bleeding
- Chest pains
- Choking (adults, children, infants)
- Resuscitation (adults, children, infants)
- Shock
- Unresponsive casualties (adult, children, infants)

Assessment & Certification

Participants will be continuously assessed by the trainer. Successful candidates will receive a St John Ambulance certificate, valid for three years.

For more information or to book your place today:
Call: 674387
e-mail: info@sja.org.im
online: www.sja.org.im