



FIRST AID FOR FAMILIES INCLUDING IRISH HEART FOUNDATION FAMILY & FRIENDS COURSE

This 4 hour course is designed for people wishing to obtain First Aid and CPR skills.

Morning / Afternoon / Evening / Saturday Courses

Course Content:

Irish Heart Foundation Family & Friends Course

- Adult/Child CPR and Choking
- Infant CPR and Choking

Basic First Aid Principles

- Responding to an emergency
- Treatment of minor injuries
- Head injuries and identification of major injuries.
- Identification of medical emergencies.



NAS Training Centre
Unit 3 Cleaboy Business Park
Old Kilmeaden Road
Waterford
Phone: 051-333 950
www.nas.ie



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Could you help if

- A family member collapses and stops breathing?
- A child is choking and begins to go blue around the lips?

Learn how to deal with minor injuries & how to identify emergency situations

Our supportive and professional trainers deliver the training in a manner that ensures you enjoy this interactive course at the NAS Training Centre

Training suitable for teenagers & adults



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