

FIRST AID

Certificate in First Aid Training

Date: Tuesday 6th Feb 2018

**Time:
5pm – 9pm**

**Student Cost: £40
Public Cost: £45**

**Venue:
Sports Complex
Lancaster Campus**

Maximum: 16

**Booking Arrangements:
Please register and make
payment at the Sports
Complex Reception,
Lancaster Campus**

**Closing Date: Friday 26th
Jan**

This new 4-hour course is designed specifically to address the requirements of first aid in the sport, exercise or leisure area.

The course contents include:

- **Duty of Care and the Role of the Sports First Aider**
- **Basic Life Support**
- **Cardiac arrest and CPR**
- **Management of injuries**
- **Return to play decisions**
- **SALTAPS**
- **Strains and Sprains**
- **Bone and Joint injuries**
- **Head injuries**

It covers basic life support and assessment of injury, including return to play decisions. The practical requirements of first aid in a sporting context are emphasised through a combination of demonstrations, practical exercises and discussions.

All attendees will receive a certificate of a certificate valid for 3 years.