



### Emergency First Aid Annual Refresher

#### Cost £20

Once the delegate has acquired an Emergency First Aid at Work course. The delegate is strongly recommended to undertake the annual refresher training

On completion of training, successful candidates should be able to:

- Assess the situation in an emergency;
- Administer first aid to a casualty who is unconscious (including seizure)
- Administer first aid to a casualty who is wounded and bleeding;
- Administer first aid to a casualty who is suffering from shock

Venue	Date	Time	Contact Person
Eden (Penrith Leisure Centre)	Tues 27th April 2010	6.30pm - 9.30pm	Jackie Hayhow T: 01228 226885
Barrow (Hawoat Park)	Fri 21st May 2010	9.00am - 12.00pm	Stuart Meredith T: 01229 844766
Allerdale (Allerdale House)	Mon 4th Oct 2010	6.00pm - 9.00pm	Jackie Hayhow T: 01228 226885
Carlisle (The Sheepmount)	Mon 21st Feb 2011	6.00pm - 9.00pm	Jackie Hayhow T: 01228 226885



*Upskilling the Sports Workforce in Cumbria*

