

Freshers First Aid



Is your child off to University this September? Or maybe already there?

Would they know what to do in an emergency?

Would they be able to help a friend in need?

Equip them with the essential skills they need to keep healthy and safe!

Freshers First Aid is a 3 hour course teaching young people lifesaving first aid and health awareness.

The course includes:

- √ *Infection control and coronavirus*
- √ *CPR and use of defibrillator*
- √ *Recovery position*
- √ *Choking*
- √ *Head injury*
- √ *Treatment of burns and scalds*
- √ *Wounds and bleeding*
- √ *Allergies and Asthma*
- √ *Mental health concerns*

Our trainers are vastly experienced in student health having spent many years working in a University Medical Centre, and as School Nurses.

The courses are currently run in small groups of 6 students. We practice social distancing and each student will have their own mannikin, disinfectant wipes, gel, gloves, and mask.

Cost £70 - to include student first aid book and certificate

Places are limited- book online now at www.barnetandhertsfirstaidtraining.com

