



# Basic Family First Aid Skills



**Do you want to know what to  
do in an emergency?**

Learn how to

- Make an Initial Assessment
  - Manage choking
- Manage minor and heavy bleeding
  - Perform CPR
- Put the patient in the recovery position

**This course is £7 per person**

No crèche provided for this session

**Venue: Ash Valley Childrens Centre,  
Tower Road, Ware, SG12 7LP**

**Date: Saturday 19<sup>TH</sup> March 2011**

**Time: 10am-1pm**

**To book your place, please call Sharon  
On 01920 468263**