

# FIRST AID FOCUS

Qualsafe Training Centre - Center Number: 905072

## CPR and Defibrillator Training

Essential Life-Saving Skills | 3-Hour Intensive Course | Adult, Child and Baby CPR Training

🕒 3 HOUR COURSE

👥 ADULT, CHILD & BABY

📄 CERTIFICATE PROVIDED

### 💖 Why Learn CPR & AED?

🕒 **Every Second Counts!** Cardiac arrest can happen anywhere, anytime. Being prepared with CPR and defibrillator skills could save a life - maybe someone you love.

#### ✅ Certificate of Completion Provided

Practical skills-based training • Community life-saving focus

### 🎯 Complete Course Content

#### Life-Saving Skills Training

• Emergency scene assessment	• Primary casualty survey
• Calling emergency services effectively	• Checking for responsiveness
• Unconscious casualty management	• Recovery position technique
• Adult CPR (hands-only & rescue breathing)	• Child CPR techniques
• Infant CPR methods	• AED operation & safety
• Public defibrillator locations	• Finding local AEDs
• AED maintenance awareness	• When to stop CPR
• Team CPR coordination	• Legal considerations
• Good Samaritan protection	• Hands-on practice sessions
• Scenario-based training	• Confidence building exercises

### 🎯 Perfect for:

**Everyone!** Parents, grandparents, teachers, coaches, office workers, and community members.

💡 **No Prerequisites:** Suitable for complete beginners - we'll teach you everything you need to know.

⚡ **Quick & Practical:** Learn essential skills in just 3 hours with plenty of hands-on practice!

🌟 **Community Focus:** Discover your local defibrillators and become a community life-saver.

### 📞 Contact First Aid Focus

Qualsafe Training Centre - Center Number: 905072

📧 firstaidfocus1@gmail.com

📞 07351 825748