



Lifesaving First Aid

Qualification: Accredited by ITC First

Duration: 3 hours

Certificate: 3 years

A short, practical course covering essential lifesaving techniques and Basic Life Support (BLS) in the outdoor setting to ensure that you feel confident dealing with a life threatening emergency.

Ideal for anyone requiring a CPR or BLS certificate, this course focuses on the latest Resuscitation Council (UK) Basic Life Support protocols and can be tailored to your workplace or environment.

Core content: Managing an incident, vital signs, unconscious casualties, Safe Airway / Recovery position and CPR (adult, child and drowning protocols).

Assessment: Continual assessment by trainer observation. Candidates must attend the full 3 hours to receive a certificate.

Certificate: Certified by ITC First and valid for three years.



ITC First is a recognised awarding body that develops qualifications and approves, supports and verifies the activity of training centres delivering accredited first aid courses and qualifications.

Elements First Aid is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is an experienced professional trainer with over 10 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about fun, practical, relevant first aid training.

Price: £395 for a group to a maximum of 10. Smaller or larger groups can be accommodated. Please contact us for more information.

Price is for a group in your own venue and includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. Travel expenses and accommodation may be at an additional cost depending on course location.