



Achievable Training



Take a couple of minutes to answer the following questions...

Would you feel confident of what rules of First Aid you should apply if any of the following happened to your child?

- | | Yes | No |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. You are visiting a friend and your child knocks a cup of hot tea over their bare legs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Your child trips over in the park and cuts their hand open on a piece of dirty glass, which gets wedged into their palm. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. You are at the local play group and your child puts a small toy brick in their mouth. It gets wedged at the back of their throat. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Whilst you answer the telephone, your child slips and falls on the kitchen floor tiles, hitting their head and knocking themselves unconscious. | <input type="checkbox"/> | <input type="checkbox"/> |

If you have answered 'No' to any of the above questions, then you may benefit from attending a First Aid training course.

Achievable Training Limited run a 4 hour basic First Aid course split over 2 evenings, specifically designed for parents of young children and babies. Through a series of practical sessions, we will train you to deal confidently with First Aid emergency situations by covering:

- Burns and Scalds
- Recognising Meningitis
- Infantile Convulsions
- Minor and Major Bleeding
- CPR and Artificial Ventilation
- Choking and Poisoning
- What you should have in your First Aid kit at home

The course consists of 2 x 2 hour training sessions. (Details of the starting time and location are on the registration form overleaf.)

First Aid for Parents costs £17.50 per person and at the end of it, you will not only have a basic knowledge of First Aid that could save a child's life, but you will also receive a reference manual should you need a reminder in the future.

To enrol for the course, simply fill out the attached information and we will contact you nearer the time to confirm details.



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