

# **Emergency First Aid at Work**

**Monday 23<sup>rd</sup> October**  
**9.30am – 5.00pm**

**At: Riverside Community Centre**  
**Dickens Road**  
**Gravesend DA12 2JY**

## **Qualify as a first aider in one-day course**

This course is for those who wish to learn how to administer first aid in an emergency situation. The course is delivered through hands-on learning, practical teaching and demonstrations.

### **Course content:**

Life-saving first aid and workplace health and safety regulations  
Managing an incident  
Treatment of an unconscious casualty  
Resuscitation, Shock, Bleeding and minor injuries

**Our courses are open to people over 19 and  
who are unwaged or in low paid work. The course is FREE.**

To book your place please contact.....

**David Evans Community Development Officer**  
**Riverside Community Resource Trust : 01474 352199**

Response 16/17 is funded by the SFA's NEIGHBOURHOOD LEARNING IN DEPRIVED COMMUNITIES. Everyone is welcome in our centres and on our courses. We always do our best to ensure everyone is able to participate fully and to enjoy learning and working with us. Please contact us to discuss any issues in confidence.