

Lifesaving Skills Training

Be the difference between life and death - sign up today

Cardiac First Responder (CFR) Qualification

Learn what to do if you witness an adult, child or infant collapse or start to choke

Become a certified lifesaver now!

A 1 day internationally certified (2 years) course suitable for members of the General Public, Clubs, Communities and Carers. It incorporates full Heartsaver CPR and AED training with an additional CFR community level module including recognition and management of Heart Attack & Stroke.

Course content:

- How to perform cardiopulmonary resuscitation (CPR) and use an automated external defibrillator (AED) in adults, children and infants
- How to manage choking in all age groups
- How to recognise and manage a heart attack
- When and how to administer aspirin correctly
- How to recognise a stroke and what action is required

Croi Heart and Stroke Centre,
Moyola Lane, Newcastle, Galway

COST:

Standard Rate: €75

Join the NIPC Alliance today for **FREE**.
Log on to www.nipc.ie



To book your place, log on to www.nipc.ie/shortcourses.html