

**Training Opportunities  
Emergency First Aid at  
Work - Tailored for Sport**



Workshop for clubs in Midlothian:  
**6.00 - 9.00pm on Monday 15<sup>th</sup> May 2017**  
And  
**Monday 22<sup>nd</sup> May 2017 at**  
**Lasswade Centre – Conference Room**

**Who is it for?**

This course is aimed at coaches, volunteers and anyone involved in the sports club.

This course will meet the requirements and recommendations of most governing bodies of sport for coaches to have a First Aid Certificate or having a First Aider per team.

**What will I learn?**

Course comprising a minimum of 6 hours of practical and theoretical training covering responsibilities; assessment of the situation; first aid hygiene; resuscitation; anatomy; choking; bleeding; shock; epilepsy; minor injuries and dealing with an unresponsive casualty.

Compliant with Health & Safety Executive code of Practice.

**How much does it cost?**

Free

**How to book a place on the workshop:**

Please book with Ben **by Monday 8<sup>th</sup> May 2017**.

Please book by email [Ben.glencross@midlothian.gov.uk](mailto:Ben.glencross@midlothian.gov.uk)