

## Emergency & Basic First Aid (EBFA)

A comprehensive course which combines elements from both the essential and basic first aid courses.

**Who should attend?** This course is for members of the public who want to learn basic first aid as well as resuscitation and other emergency life support techniques in **adults**

St John Ambulance welcomes young people **from the age of 12** onto all our community first aid courses. If **under the age of 16**, you **must** attend with a responsible **adult** member of the family or guardian (two young people per adult).



### Course content

- Communication & casualty care
- Primary survey
- Unresponsive casualty – adult
- Resuscitation - adult
- Choking – adult
- Chest pains
- Burns
- Bites & stings
- Bleeding – minor and severe
- Fainting
- Bone, muscle and joint injuries

### Certification

On successful completion of this course an E-Certificate, valid for 3 years, will be issued.

### Course duration and **COST**

**6 hours. £60.00** per delegate, to include all training materials.