

**Children are precious and as carers we do our best to keep our children safe from harm.**



Young children are great explorers and naturally curious which may unfortunately lead to accidents and injury. Whilst a cut or bruise can be easily remedied with a plaster and a cuddle some injuries need more skill and knowledge.

# First Aid Course

**Do you feel confident to deal with more serious injuries ?**

Being prepared could save a child's life.

Our 2 hour First Aid covers:

**Resuscitation for all ages**

**Recovery position – how and when to use**

**Bleeding**

**Choking**

**Scene safety**

The cost of the 2 hour course is £10 per person and where appropriate concessions are available.

If you are interested in booking for the course or would like further information, please contact the Children's Centre:

Sopwell & Verulam Children's Centre

Mandeville Drive

St Albans

AL1 2LE

Tel 01727 774090

Email: [play@svcc.hertschildrenscentres.org.uk](mailto:play@svcc.hertschildrenscentres.org.uk)