

# NEWARK COMMUNITY FIRST AID

Registered Charity Number: 1152694

## LEARN BASIC FIRST AID

### How to use your local Defibrillator



#### Learn key first aid skills

How to examine a casualty, recognise & manage a heart attack, manage an unconscious breathing casualty and the casualty who has ceased normal breathing.

Operate a defibrillator.

Manage severe bleeding & shock

## FREE 2½ hour course

YOU need to know these skills; it may be one of YOUR family or friends who need YOUR help!

To be held 7:00pm – 9:30pm

Tuesday 12<sup>th</sup> March **BALDERTON VILLAGE CENTRE**

Friday 12<sup>th</sup> April **FERNWOOD VILLAGE HALL**

To be held 10:00am – 12:30pm

Wednesday 27<sup>th</sup> March **ST GILES CHURCH HALL**

To book a place - Tel: 01636 683202 or

E.Mail: [newarkcommunityfirstaiders@hotmail.com](mailto:newarkcommunityfirstaiders@hotmail.com)