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## Extreme Care - First Aid Courses for Every Situation

Providers of specialist and tailor made first aid courses for both urban and wilderness environments.  
Nationally recognised Rescue Emergency Care (REC) certificates valid for three years.  
HSE Approved Course provider.

### One Day First Aid Course.

**Date: Saturday July 14<sup>th</sup> 2007, 9am to 6pm approx.**

**Venue: Stafford & Stone Canoe Club.**

**Cost: SSCC members £35, non members £45 (limited to 12 places).**

#### **Course:**

##### **REC 8-hour Basic First Aid**

No previous experience or training is required for this course.

This course is aimed at appointed persons to conform to HSE requirements and conforms to BCU requirements.

#### **Course Content:**

Principles of first aid	Vital signs
Basic body organs	Safety
Casualty	Safe Airway Position
Blocked Airways	Choking
Emergency Breathing	Serious bleeding
Heart illness CPR	

Continuous assessment takes place during the course.

Certificates are awarded for this course and are valid for 3 years.

#### **To book a place contact:**

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