



emergency first response (EFR)

primary care (CPR) and secondary care (first aid)

The Emergency First Response courses are comprehensive CPR and First Aid training courses, which prepare you to handle potentially life threatening emergencies which may occur in any day to day activity.

All courses meet the minimum requirements for the HSE Appointed First Aider at Work, PADI Rescue Diver, Divemaster and Instructor courses. There is no minimum age or prerequisites and all courses include a manual, certification fees and card.

All courses (except the Refresher) are divided into three segments:

1) Knowledge Development 2) Skill Development 3) Scenario Practice.

Independent study of the Knowledge Development section (manual & DVD) is encouraged as more time can be spent on Skill Development & Scenario Practice in the classroom.

EFR PRIMARY CARE (CPR) AND SECONDARY CARE (FIRST AID)

1 DAY OR 2 EVENINGS

£99

EFR DELUXE

PRIMARY CARE (CPR) AND SECONDARY CARE (FIRST AID), AED AND OXYGEN PROVISION

(Ideal for divers and includes personal copy of the DVD, pocket mask and a first aid kit)

1 DAY OR 2 EVENINGS

£139

EFR CARE FOR CHILDREN (CPR) AND SECONDARY CARE (FIRST AID)

(recommended for families)

1 DAY OR 2 EVENINGS

£99

EFR REFRESHER (EVERY 24 MONTHS)

You will be requalified to the level of which you were originally trained.

1/2 DAY OR 1 EVENING

£69

Courses can be run at set locations or for groups, at a location which suits you.