

# Rhythm

FIRST AID & SAFETY TRAINING



## *Basic/emergency first aid course*



**EMERGENCY FIRST AID**

This course is designed to allow the participants attain a basic understanding of key first aid situations and their treatments. Participants will learn a range of skills so they can deal competently and confidently with common injuries whether you are acting as a backup to FAR, at home or in your community.

The course duration is 1 day.



*We offer a range of services designed to help you with health and safety regulations.*

If interested contact us at [balallyppc@gmail.com](mailto:balallyppc@gmail.com).  
Course duration 4 hours.