

# Sports First Aid

Tailored for your club. An Evening or Saturday

Men help save teammate's life with first aid.

Call 01 53 40 999

## Superior First Aid Training



Designated personnel should be trained in first aid and be present during all Club activities. Coaches, referees and players should be encouraged to participate in first aid training

Certified Tutors: Irish Heart Foundation, PHECC, OFAAA

## Sports First Aid Course

- CPR/AED. Cardiac emergencies
- Concussion, Spinal & Head Injuries.
- Sprains/Strains (RICE)
- Wounds, Bleeding (PEEP's), Shock.
- Dislocations, Fractures (DOTS)
- Recovery, Primary, Secondary & SAMPLE Assessments.
- Scene safety, EMS activation, First Aid Kits, the Law.
- Pitch-side scenarios. Athletes conditions asthma, epilepsy, diabetics



Is Your Sports Club  
Rescue Ready?

Safety  
Squad.ie



facebook  
★★★★★  
5 STAR REVIEW RATING



Squad Goals = Save Lives

# 50% Reduction

Sports First Aid Training, €37 pp. Nationwide

SPECIAL  
OFFER

**FREE** Sports First Aid Bag  
With Every Course - Fully Loaded

