



Learn First Aid for Free in 2010

This spring and summer St John Ambulance Staffordshire is offering free First Aid courses to get more people learning vital first aid techniques.

If you have always wanted to learn how to help others in an emergency, the charity has a course that will give you the confidence and skills needed. On offer are four different courses which cover a wide range of topics and emergency situations. The courses start in March and run until the end of July and will be held in venues across the county.

“A Very Good Grounding”

In the last couple of years over 300 people took part in free first aid courses and really enjoyed the sessions. All the courses involve lots of hands-on learning, Helen from Stafford told us “Our trainer was fantastic, she went through everything in just the right amount of detail.”



St John Ambulance has secured a grant from Staffordshire County Council and Stoke-on-Trent City Council, to run sessions across Stoke on Trent and Staffordshire. This funding means that all the courses are free and those who attend receive a free first aid kit to take home. Booking is easy just call 01785 257124

“The course gave me the confidence to not to completely panic in the event of an injury occurring. One of my main worries is someone choking and I feel I could make an effort to deal with that now.”

Amanda from Rugeley who attended a Basic First Aid Course in May 2009

Ken from Stafford also did the Basic First Aid Course in March and says “It was a very good grounding into how to cope with day-to-day incidents which require first aid.”

David and Christine McBean, from Stafford (pictured), signed up to a course in May, 2008. David wanted to do the course as a refresher, having learnt first aid over ten years ago, as part of a mountain rescue team. He said “The trainer put everything in a way that was very understandable.” Both David and Christine said that they found the course to be very relevant.

Giving you skills for life

St John Ambulance, is one of the nations leading first aid charities and is passionate about giving people vital skills for life.

County Commander, Mrs Maureen Upton says “We recognise that people want to learn new skills to help them get back into work or find a new job. Through these free first aid courses we hope that we can help those who would like training and support.”

Employers are required to have qualified first aiders in their workplaces and by learning the basics on a St John Ambulance course you can demonstrate your willingness and ability to learn new skills. This is also an excellent way to update your first aid skills either before returning to work or whilst in work.

Through the courses St John Ambulance Staffordshire also hopes to introduce people to the wider work of the charity and the roles its volunteer members undertake. Mrs Upton says “Many of volunteers join St John Ambulance after one of these short courses. Volunteering is an excellent way of gaining skills that employers need and want as well as serving the local community.”



Help to look after babies, children and your family in an emergency

Would you know what to do if your child chokes?

If you have recently become a parent or grandparent then our Infant First Aid course is ideal for you. The 3 hour course deals with serious conditions and incidents involving children and infants. You will learn what to do in an emergency and the CPR skills specific to this age group. The infant first aid course is also ideal for those who care for babies and children.

covers Basic First Aid plus treatment for bleeding, chest pain, primary survey and as mentioned, resuscitation.



Emergency and Basic First Aid

The Emergency and Basic First Aid course provides you with the skills to help others in an emergency or when general accidents that happen around the house or wherever you may happen to be at the time. It includes resuscitation and covers how to deal with a casualty of any age and with any potential risk situation. What's more is that the six hour also



Both courses offer lots of practical advice and hands-on learning.

Could you help at the scene of a road accident?

The First Aid for Motorists course has been specially developed with motorcyclists and drivers in mind. The four hour course covers CPR, rescue breaths and crash helmet removal. It will give you the confidence to know what to do at the scene of a road traffic accident, how to assess the dangers to yourself and others and how to pass important information onto the emergency services.

Basic First Aid

If you want a simple but basic introduction to everyday first aid skill this three hour course is for you. This course does not cover CPR but it gives you the skills to deal with situations such as an unconscious patient, minor bleeding or minor burns, sprains and strains. After the course you will be more confident in knowing what to do when accidents happen around the home and when you're out and about.



'First Aid for Motorists is a great course designed to provide just the right skills for anyone who wishes to know what to do during a road accident'

If you think you are up for a challenge or you simply wish to learn new skills why not give us a call and we will be very happy to send you additional information.

Call us on: 01785 257124

or email us at: countyhq@staffordshire.sja.org.uk