



Introduction to **Outdoor** First Aid

Practical skills for real situations



Monday 19th October 2026
7:15pm – 9:30pm

(includes a tea & biscuit break)



**Priory Church, Newham Avenue,
Bedford, MK41 9QJ**

Free event (with a voluntary collection
for St John Ambulance)



**St John
Ambulance**

Join us for a hands-on workshop led by Steve Crome of St John Ambulance. This practical session will give you the confidence to manage outdoor emergencies.

What you will learn:



Common Injuries

Managing blisters, bites, stings, dehydration, hypo- and hyperthermia.



Life-Saving Protocols

A 1-hour practical session covering DRABC, adult CPR (cardiac compressions and mouth-to-mouth), and child adaptations.



Critical Care

Handling serious or catastrophic bleeding, managing choking, and making effective 999 calls.



Places are limited

Please text Roger on 07989 307046
to reserve your place.