



BEDFORDSHIRE AREA RAMBLERS

FIRST AID COURSE

Minor Injuries, Fits, Faints & Funny Turns, Choking & CPR Refresher

Date: Saturday 21st November, 10am – 12 noon

Location: Husborne Crawley Reading Room, MK43 0XB

Cost: £10 per person including light refreshments.

Although we hope that all our walks are completed without incident, we should all be prepared to respond to unforeseen events.

This course will help you to assist with minor injuries and other first aid related incidents which may occur on a walk (or even in your own home)!

Your trainer will be Natasha Green, a Paramedic and First Responder with a wealth of experience in First Aid and training.

Please come along hear what Natasha has to say, learn to treat a variety of injuries and, if you wish, have a go at CPR using dummies. Natasha will be delighted to answer any questions you may have.

There are 20 places available and the course is open to any members from Bedfordshire Area groups and is NOT only for walk leaders.

This course is designed as a first step into First Aid or a refresher course.

In the afternoon, you are welcome to join North Beds Ramblers for a 6 mile afternoon walk from the same location (please bring your own lunch).

To book your place, please follow the link below:

<https://forms.gle/86tFeeUwShBKHMwG6>

You will be contacted on email by Clive Pattle, Safety Office for NBR who will confirm your place and provide you with payment details.

We hope to see you on the course.

(Sent on behalf of Bedfordshire Area Ramblers)