



Description:

Provides students with ability to do the following:

- **Cardio Pulmonary Resuscitation**
- **Sporting Injuries**
- **Bandaging**
- **Sprains and Strains**
- **Wounds and Bleeding**
- **Musculoskeletal injuries**
- **Any Other Issues Raised by Students**

This is a very practical course with hands on CPR/AED use, and hands on treatment of the above injuries. Each student will have completed treatment of the above injuries by the end of the course.

Ideal course for people involved in sports, as players or management.

Duration: 6 Hours

Max Number of Students: Max. 10

Certification: Certificate of attendance issued. Instructor is experienced PHECC registered practitioner.

Cost: €140 per student/ €595 per in house course.

For further information or any queries, contact:

Jonah Roche 086 2443618 or email jonah@skillshop.ie

*“We are what we repeatedly do,
Excellence then, is not an act, but a habit”
Aristotle*