

FIRST AID COURSES

COURSE CONTENT

THE FOLLOWING CONTENT MUST BE INCLUDED IN YOUR FIRST AID COURSE;

CPR

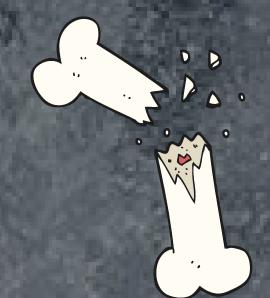
BLEEDS

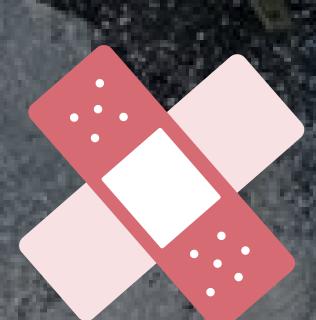
BREAKS

BANDAGES









SLINGS

AED USE

SOFT TISSUE INJURY









SOME COURSE PROVIDERS

VENTURESAFE:

WWW.VENTURESAFE.IE

T: 0879871246

E: INFO@VENTURESAFE.IE





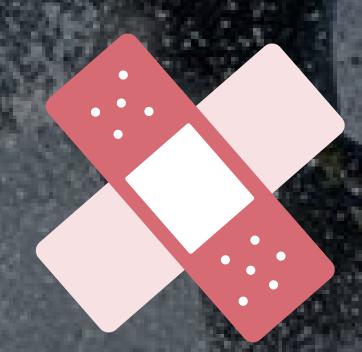
SAFEWAY (MAYO): WWW.SAFEWAY.IE T: 0868180625

E: INFO@SAFEWAY.IE

SAFETY IRELAND (DUBLIN): WWW.SAFETYIRELAND.COM

T: (01) 4422999

E: INFO@SAFETYIRELAND.COM



QUERIES

WWW.TRIATHLONIRELAND.COM

EMAIL: COACHING@TRIATHLONIRELAND.COM

PHONE: (01) 2741032