

FREE FIRST AID COURSE

AT RYE ST JOHN AMBULANCE HQ
CONDUIT HILL RYE TN31 7LE

THURSDAY 31ST MARCH 7:30 -9:30 PM

OR

SATURDAY 2ND APRIL 2-4 PM

St John
Ambulance
The difference.



1. Severe bleeding

[How to help someone who is bleeding severely](#)



2. Choking

[How to help someone choking](#)



3. Heart attack

[How to help someone suffering a heart attack](#)



4. Unconscious, breathing casualty

[How to help someone who is unconscious](#)



5. Unconscious, not breathing casualty

[How to help someone who has stopped breathing](#)

THIS IS A FREE 2 HOUR REGISTERED COURSE

ALL PARTICIPANTS WILL RECIEVE A CERTIFICATE

You can register on the day or advance book on adults@rye.sja.org.uk