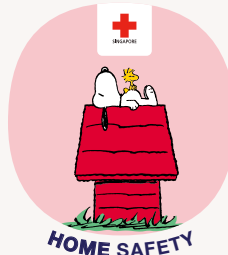


# JUNIOR FIRST AID COURSE

SCHOOL  
HOLIDAY  
SPECIAL

## CHOOSE YOUR RESCUE TERRAIN

Pick your favourite mission or conquer all three to become a Junior First Aid Champion and score an exclusive Snoopy badge!



## COURSE OVERVIEW

Discover a fun and engaging series of courses designed to teach kids essential safety skills at home, outdoors, and around water.



**Home & Safety**

Learn how to stay safe at home! Kids will discover what goes inside a First Aid Kit, practise treating common injuries, and even get a simple intro to CPR/AED.



**Outdoor First Aid**

Be ready for adventure! Children will practise handling heat, cuts and other outdoor mishaps, plus try exciting rescue carries and team challenges.



**Water Safety**

Stay safe by the pool or beach! Kids will build water confidence, learn floating and rescue techniques, and know what to do in an emergency.

Score an **exclusive Snoopy badge** once you completed all 3-courses!



# WHAT YOU WILL LEARN

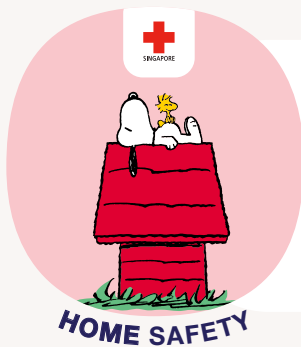
1. Your little one will train like a lifesaver — gaining fun, hands-on skills in home safety, outdoor emergencies, and water rescue.
2. Take a peek into the action-packed adventures your junior rescuer will go through!



**PRICE:**  
**\$81.75**  
(inclu.GST)

## COURSE MODULES

Every junior hero will gear up with these essential First Aid basics, with each course lasting **4 hours**.



### Home & Safety

#### Module 1: **First Aid Basics**

- What is First Aid
- Packing of a First Aid Kit
- Important Telephone Numbers
- Safety at Home

#### Module 2: **First Aid Skills & Knowledge**

- Burns
- Choking
- Poisoning
- Asthma
- Falls and Wounds
- Nosebleed

#### Module 3: **Stay Prepared - CPR / AED Awareness Training**

- Hands-on practice



### Outdoor First Aid

#### Module 1: **Essential of Outdoor First Aid**

- What is Outdoor First Aid
- Packing of a First Aid Kit
- Important Telephone Numbers

#### Module 2: **First Aid Skills & Knowledge (Out-doors)**

- Heat Injuries
- Improvised First Aid and Bleeding
- Lightning

#### Module 3: **Stay Prepared in the Outdoors**

- Pick-A-Back, Human Crutch, Cradle Carry
- Hand Seats
- Blanket/Dragging
- Improvised Stretchers



### Water Safety

#### Module 1: **Essential of Water Safety**

- Introduction to Water Safety
- Understanding Water Environment and Hazards
- Identifying someone in need of help / What should you do if you need help

#### Module 2: **First Aid Skills & Knowledge (Water)**

- Basic floating and breath-holding techniques
- Introduction to Personal Flotation Devices (PFDs)
- Reach and throw rescue techniques for assisting others
- Drowning