

English and Dutch CPR & First AID courses

Be prepared to help your customers, friends, family, neighbours and colleagues in a case of emergency! Take an Emergency First Response CPR & first aid course, to learn and/ or refresh your skills.

We'll give you the confidence to respond when emergencies arise.



In October we will organize English and Dutch EFR (Emergency First Response) courses in the Alpujarras. If you are interested please let us know before 15 September 2009. Email: info@seriouslyblue.com

We are a diving school and because of our Rescue Diver Trainings we are also certified to train the all round Emergency First Response trainings, which are part of this Rescue Diver Training.

Check out the EFR website for more info:
www.emergencyfirstresponse.com

Training dates 2009

Training in Lanjarón (Las Alpujarras)

Wednesday	7 October	10.00 – 14.00	Part 1 <i>Primary care</i>
		16.00 – 20.00	Part 2 <i>Secondary care and simulations of emergencies</i>
Thursday	15 October	10.00 – 14.00	Part 1 <i>Primary care</i>
		16.00 – 20.00	Part 2 <i>Secondary care and simulations of emergencies</i>
Friday	23 October	10.00 – 14.00	Part 1 <i>Primary care</i>
		16.00 – 20.00	Part 2 <i>Secondary care and simulations of emergencies</i>

When you arrange a group of at least 4 participants we can come up to your place and do the training over there (extra costs 10 - 15€ Alpujarras, 20-25€ Costa Tropical). We can do the courses every day of the week and the times are flexible, just give us a call **661 018 162** or email us info@seriouslyblue.com and we will work something out.

Keep in mind there is a independent study part which needs to be done before the start of the course (approx 4 hours of homework)

The course overview:

The EFR course consists of 2 parts:

1. Primary care (reanimation)
2. Secondary care (first-aid)

9 skills will be taught during the Primary Care section:

1. Scene of the accident assessment
 2. Use of barriers (gloves/pocket mask/ face shield)
 3. Primary assessment
 4. Rescue breathing
 5. Adult CPR (1rescuer)
 6. Serious bleeding management
 7. Shock management
 8. Spinal injury management
 9. Blocked airway/ choking adult
- Two extra skills (optional)*
1. AED (Automated External Defibrillator)
 2. Use of emergency oxygen (useful for dive emergencies)

4 skills will be taught during the Secondary Care section:

1. injury assessment
2. illness assessment
3. bandaging
4. splinting for dislocations and fractures

How to obtain knowledge and skills:

1. Independent study: read the independent study part of the participants manual (approx. 2 hours)
2. independent study: answer the questions at the end of the independent study part (approx. ½ - 1 hour)
3. independent study: watch the ERF DVD (1 ½ hours)
4. participate in the skills sessions given by the EFR instructor
5. participate in the "simulations of emergencies" sessions given by the EFR instructor

The course price €160 including VAT per participant

This includes:

- EFR participant manual and DVD
- The use of bandages
- The use of manikin
- The use of barriers
- Certification when all requirements are met by the participant
- Two sessions of each 4 hours of training (skills, theory and emergency simulations)

Extra costs:

- €20 per participant emergency oxygen training

- €50 per participant AED training (minimum of 4 participants)
If you are interested in one of those extra options, please mention this, as we have to arrange more time and arrange the equipment.

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