



KEMPTVILLE & DISTRICT
LACROSSE ASSOCIATION



St. John Ambulance Emergency First Aid & Level I Heartstart CPR

The KDLA is pleased to invite you to attend a lacrosse focused Emergency First Aid and Level I HeartStart CPR training course. This is a certified course and upon completion the individual will receive a valid first aid certificate good for three years. An excellent course for trainers, coaches or refs. There are only 24 spots available so register soon !

Course Description:

This course teaches basic first aid and CPR procedures and practical skills which can be applied at the scene of an incident requiring first aid without special equipment and in the absence of professional medical help or supervision. This course is well suited to those who would like the basics in first aid and CPR in a one day program.

Course content includes...

- emergency scene management
- shock, unconsciousness, fainting,
- artificial respiration
- choking
- bleeding
- cardiovascular disease and stroke
- one rescuer cardiopulmonary resuscitation of adults (level A CPR).

Date: April 29 2006

Time: 8-4 pm

Location: V.C. Holland Armouries
2100 Walkley Rd
Ottawa

Cost: \$65 - Includes certificate/cards and book
Payment must be received prior to course date

Cheques can be made out
and sent to:

KDLA
PO # 1937
Kemptville, On
K0J 1J0

To register for this course, prior to April 18th please call Chris @ 258-6719.

Purchase catalogue will be available !