



Helping Hands First Aid



When it comes to first aid,
let us give you a Helping Hand



2 HOUR
AWARENESS
CLASS

£15

First Aid Awareness Class for Babies & Children

Come along to one of our classes and learn all about baby and child first aid, including:

- **Choking** • **CPR** • **Breaks, Bumps & Bleeds** • **Febrile Seizures** • **Allergic Reactions**
- **Meningitis Awareness**

You are welcome to bring your baby or child to our relaxed and practical course, where we will teach you the essential skills required to save a life.

find out more at:

helpinghandsfirstaid.co.uk • facebook.com/helpinghandsfirstaidltd

