

# **Emergency First Response**

## **KNOW WHAT TO DO.....WHEN NO-ONE ELSE DOES**

The EFR course combines CPR and First Aid Training to meet your pre-requisite for the Rescue Diver and following courses.

This is a course for everyone, divers and non-divers alike. Recent research showed more than 80% of those trained in EFR have used their knowledge to help someone and in most cases it is member of their own family who have needed their help.

The course is approximately 8 hours and split into 2 parts

Part 1 – CPR and Resuscitation

Part 2 – First Aid

Optional – Automated External Defibrillation (AED)

You can choose just one segment or both.

This is probably the most useful course you can do.

**Price £125**

**ONE DAY YOU MAY NEED IT!**