

Sports First Aid & Injury Prevention Course Overview



This course will provide participants with the general skills required to treat a person in the event of an emergency in the sports arena. It covers all the common medical emergencies and will give participants the skills, knowledge and confidence to treat a patient.

Participants will complete a short practical assessment at the end of the course.

Successful participants will receive an Advanta Safety Sports First Aid Certificate. The CPR/AED element of the course is certified by the Irish Heart Foundation.

Duration: 1 Day

Each course covers:

- Approach to an accident
- Scene Safety
- CPR & Defibrillation
- Wounds, Bleeding & Trauma
- Overview of common Sports Injuries including Fractures, Sprains & Strains
- Spinal Injury
- Common Medical Emergencies:
Asthma, Diabetes, Epilepsy, Heart Attack, Choking
- Sports Injury Prevention
- Course Assessment



For further details or to book a place contact **01 8439900** or email us at

advanta.safety@gmail.com or visit our website at **www.advantatraining.ie**

Other courses available include: Occupational First Aid Course (FETAC Level 5), Occupational First Aid Refresher Course, Manual Handling, Cardiac First Responder, Paediatric First Aid, Health & Safety in the Workplace, Food Hygiene, Equality & Diversity in the Workplace.



All our training courses are carried out by OFAAA (Occupational First Aid Assessment Agency) certified Instructors and PHECC (Pre-Hospital Emergency Care Council) Registered Cardiac First Response Instructors.

