



Diving Grand Cayman for over 25 Years!



EFR FIRST AID COURSE

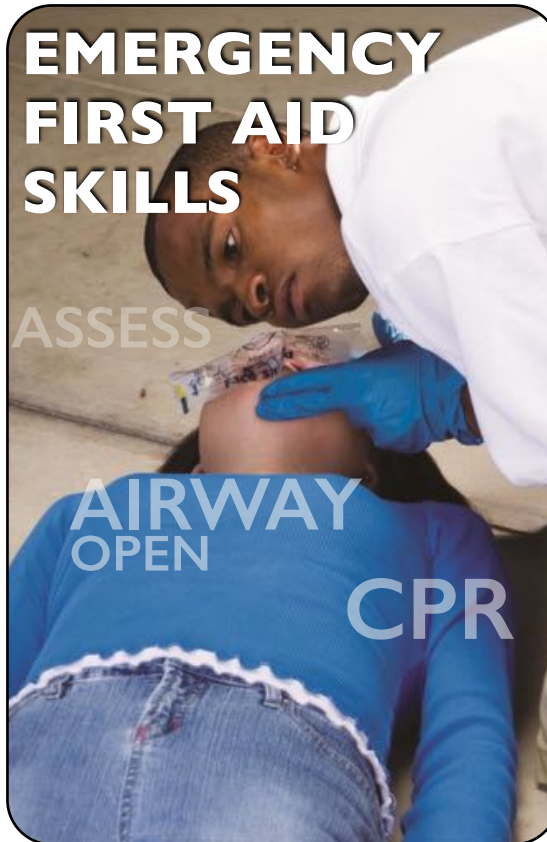
Do you have current First Aid Training? Would you know what to do in an emergency situation? Emergency First Response is a PADI affiliate that specializes in teaching these lifesaving skills - and they're for anyone, not just divers! With Emergency First Response training you will learn serious medical emergency response skills in an upbeat, positive environment.

You gain the confidence to be prepared to help out in an emergency. This course is run over one day and generally takes 6-8 hours depending on class size and student progression. Whilst the Emergency First Response Course is a required certification for the PADI Rescue Course, many people find the skills they learn during this course important and invaluable to everyday life.

The class will involve watching the Emergency First Response Primary & Secondary Care DVD, followed by a practical session with your instructor. You will practice different skills for dealing with real-life emergency situations such as CPR, rescue breathing and using an AED (Automated External Defibrillator) which will then be followed by a multiple choice exam. Upon completion of the course you will receive a certification card valid for 2 years.



The Red Sail Dive Team



US\$ 150.00

Includes all materials, equipment & EFR certification fees.

What you'll learn

- BLS (Basic Life Support) CPR and rescue breathing at the layperson level
- AED (automated external defibrillator) use
- Preventing and caring for shock
- Spinal injury management
- Use of barriers to reduce disease transmission risk
- Basic first aid and first aid kit considerations

Sample Schedule

- 8am - 4pm

Quick Facts

- **Minimum Age:** 10 years old
- **Maximum Depth:** n/a
- **Course Duration:** 1 day
- **Number of Dives:** n/a (Classroom)
- **Pre-requisites:** None

Costs

- **Course Cost** - US\$150.00 (payable to Red Sail Sports)

All under the instruction of our professional EFR Instructors.



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