



# EMERGENCY FIRST RESPONSE

Emergency First Response training focuses on building confidence in lay rescuers and increasing their willingness to respond when faced with a medical emergency. Course participants learn simple to follow steps for emergency care and practice applying skills in a non-stressful learning environment. All courses are supported by self-study manuals, videos and quick reference cards to enhance learning and allow you to start learning right away.

## Who should take this course?

- No age limit.
- No dive certification required.

## What will I learn?

- Primary Care (CPR).
- Secondary Care (First Aid)
- Care for Children.
- CPR & AED.
- First Aid at Work.
- EFR Refresher.

## What will I need?

- All PADI required course materials.
- Pocket mask.

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