

Is your child  
ready to be a  
superhero?

# FIRST AID COURSE FOR CHILDREN



Contact *Les héros de demain!*

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## How?

A practical and fun session on the most important and most common first aid skills every child should learn. At the end of the session, children participating will receive a « superhero » diploma!

**Aim:** This course will allow him/her to gain self-confidence in acquiring simple skills that allow him/her to become the 1st link in the emergency chain and maybe even help to save a life!

### 1/ Initial workshop:

- Identify dangers
- Protect yourself and others
- Check the scene and the person
- How and when to call the emergency services

### 2/ Additional workshop:

- Introduction to caring for a person in case of:
  - ✓ Blood loss, nose bleed
  - ✓ Choking
  - ✓ The person is unresponsive but breathing
  - ✓ The person is not breathing

## Public:

Children from 6 to 10 years old

Group of 2 to 10 children in same age group

**Time:** In order to keep children's attention, the workshop is broken down into 2 sessions of 1 hour.



**Where:** Together, we find a time and place that's convenient to you: at home, outdoors...

**Price:** See price list on [www.lesherosdedemain.com](http://www.lesherosdedemain.com)