



"Always Needed, Always There"

Join Our First Aid Courses Level 1 2025

Empower Yourself with Essential Life-Saving Skills

Why Take a First Aid Course?

In emergencies, having the knowledge and confidence to act can make a significant difference. Our First Aid Courses Level 1 are designed to equip you with the skills needed to respond to a variety of situations, from minor injuries to critical emergencies.

Course Highlights

- Date: Multiple sessions available on Saturdays.
- Three-day course dates: **1. May: 17, 24, 31. 2. June: 14, 21, 28**
- Duration: **9 AM - 5 PM**
- Location: Hermanus Red Cross 2A Aberdeen Street.
- Certification: Participants will receive an accredited Level 1 First Aid certificate
- Content: Basic first aid techniques, CPR, handling emergencies, and more

Who Should Attend?

Our courses are ideal for anyone interested in learning first aid, including:

- Parents and caregivers
- Teachers and school staff
- Students/learners
- Employees and managers
- Community volunteers
- Anyone wanting to be prepared for emergencies

How to Enrol

Enrolling in our First Aid Courses Level 1 is simple:

- Visit the Red Cross office complete the enrolment form and pay class fees.
- Receive confirmation and course details via email.

Contact Us

For more information, please contact us at [molly.v@mweb.co.za] or call us:

Angela Heslop,	Chairperson	0726098655
Molly Venter,	Manager	0824980207
Denver Scheepers,	Trainer	0744842750

We look forward to empowering you with essential life-saving skills!

Don't miss this opportunity to learn vital first-aid skills. Sign up today and make a difference in your community!

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