



First Aid Heroes Overview

Our signature program for youth

Welcome to an overview of what we think is one of the best kept secrets in town, possibly North America! Kids have the opportunity to feel independent, helpful, smart and powerful. They have the opportunity to learn skills that give value to life-long learning and growth. We give them the chance to excel in an area outside the traditional walls of a classroom. This course encourages leadership and community building. Kids are loving this course so much that we added on 3 more topics because we listened to our clients and audience.

We have been running the course for 3 years. We started the course as a request from an elementary school phys-ed teacher and designed it together to meet the many curriculum outcomes from grades 2 - 6. This program runs for 2 hours and can be broken down into 3, 45 minute sessions to accommodate an after school program timeframe. There are 2 instructors that facilitate the 911 call practice and are equipped to handle large groups.

The cost for this program is \$55.00 per person and we set up the registration. Mini First aid kits are included for each participant. A minimum of 10 participants is required to offer the program. For school groups larger than 10, we can offer a reduced rate.

Topics covered:

911 Calls	How to Help in an Emergency	At-Home Safety
Choking	Poisoning	Bone and Joint Injuries
Minor Bleeds	Major Bleeds	Nosebleeds
Water Safety	Ice Safety	First Aid Kit

For more information or to arrange for this program, please contact:

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