

Get your free first aid guide today

Would you know what to do if a close relative was having a heart attack? Or if a child was choking?

Everyone should learn basic first aid techniques. You never know when you might need them - you could be at home, at work, at school or on holiday.

Whether it's a minor situation or something more serious, first aid knowledge will give you the confidence to act.

Our complimentary first aid guide provides simple basic life saving advice which could be the difference between life and death.

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The guide contains advice on...



Bleeding



Choking



Heart attack



Resuscitation