



Emergency First Response Course

The new Emergency First Response Course from PADI at Scuba Zone prepares you to offer aid to those with life threatening emergencies. Suitable for divers and non-divers alike, the course offers comprehensive instruction in Primary Care (CPR) and Secondary Care (First Aid). The initial Primary Care Module of the EFR Course fulfils the First Aid requirement for Rescue Diver. Skills covered in this module include:

- Scene Assessment
- Barrier Use
- Primary Assessment
- Rescue Breathing
- One Rescuer, Adult CPR
- Serious Bleeding Management
- Shock Management
- Spinal Injury Management
- Use of Automated External Defibrillator
- Conscious Choking Adult
- Emergency Oxygen Use

The optional Secondary Care Module trains students to assist those in need when emergency medical services are either delayed or unavailable. Skills covered in this module include:

- Injury Assessment
- Illness Assessment
- Bandaging
- Splinting Dislocations and Fractures

START TODAY!

To get started on the EFR course simply pick up your self-study workbook and video today. Before attending the practical part of the course at Scuba Zone, you will need to read through the workbook, watch the video and fill in the knowledge review. Each module is then covered on a separate evening at Scuba Zone N1 where you will have the opportunity to develop all the skills you have read about and practice applying them to real life scenarios.

Course cost is £99 for Module One – Primary Care (meets requirements for Rescue Diver) including all the course materials. If you wish to also complete Module Two – Secondary Care the extra cost is £39 and no additional materials are needed.

Please call Scuba Zone at Islington, N1 for details of the next available course.

Our number is 0207 359 7300 or email us on n1@scuba-zone.co.uk.