STOP THE BLEED

Cookson First Aid
Free First Aid for all

Basic Life Saving Stop The Bleed

Course Duration: 60 minutes

What you will learn:

What stops bleeding? In a Stop the Bleed course, you'll learn three quick techniques to help save a life before someone bleeds out:

1 - How to use your hands to apply pressure to a wound

2 - How to pack a wound to control bleeding

3 - How to correctly apply a tourniquet.

These three techniques will empower you to assist in an emergency and potentially save a life.

Maximum 20 Participants

All of the income generated from our services is invested in our free first aid for all training programme.

Support our mission to save lives.

Get in touch hello@cooksonfirstaid.org
Follow us @cooksonfirstaid
Tel 0330 0435334