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## Emergency First Response (EFR) First Aid Training

Emergency First response provides comprehensive first aid training for Recreational divers, Employees, First aid officers and Families. Included in the range of programs are EFR First Aid at work, CPR/AED and Care for Children. These courses combine personal knowledge development with practical training sessions to provide a thorough but flexible program.



### EFR First Aid at Work - \$140 (\$180 for 1 on 1 training)

EFRFAW, is a nationally recognized workplace accredited first aid training course. Using it's flexible delivery mode of training means you get to do your self study at your own pace in your own time, then join us for half a day or 2 evenings to complete your practical training. If your workplace has several employees that wish to gain their accreditation we can arrange to come to you and provide training at your workplace at a time of your convenience.

### EFR CPR/AED (Cardi-Pulmonary Resuscitation/Automated External Defibrillator - \$120 (\$150 1 On 1)

CPR/AED is designed to renew and refresh First responders that need to complete their annual CPR update and to orient responders to the benefits and use of Automated External Defibrillator units. Workplace accredited first aid is broken down into 2 main components, CPR and First Aid, while the first aid component of the EFR course is valid for 3 years the CPR component is required to be updated annually to maintain workplace accreditation, the CPR/AED program is a cost effective and convenient way of doing this. Using the flexible delivery mode of training, where you complete your home study in your own time, you can complete your practical training in only half a day or one evening. As with FAW we can provide on site training for your workplace to further aid the convenience of your training.

### EFR CFC (Care For Children) \$140 ( \$80 when combined with EFRFAW)

This program is designed to orient the emergency responder to the special requirements for providing emergency care for children and infants. An extremely valuable program for child care workers and parents alike, this course will provide you with the skills to potentially save the life of a loved one. Flexible study mode means you can complete your home study in your own time and join us for either a half day or an evening to complete your practical training.

### First Aid Kits and Automated External Defibrillators

As the legislation surrounding first aid in the workplace gets tighter, it can be difficult to understand your obligations as an employer, we can assist you in meeting your requirements by providing you with approved workplace first aid kits and AEDs and advice on workplace training programs.