

This is to certify that

Bhavni Shah

has successfully completed the course

First aid for sport

with the British Red Cross

Content outlined on page 2 has been delivered in accordance
with currently accepted first aid practice.



Mike Adamson
Chief Executive

Certificate

Valid from: 19 Mar 2022

Valid to: 19 Mar 2025

Certificate No: 4730-EFS

Name: Bhavni Shah
Course: First aid for sport
Duration: 1 day

Course Content	
- Unresponsive and breathing child and adult	Unresponsive and breathing child and adult and suspected spinal injury
- Unresponsive and not breathing child and adult	
- Monitoring a casualty	
- Choking child and adult	
- Shock	Shock and internal bleeding
- Hygiene techniques	
- Bleeding and wounds	Bleeding heavily (limb), crush injuries, amputation, eye injuries, small bruises and wounds, small blisters and splinters, nosebleed
- Burns	
- Bone, muscle and joint injuries	Broken bones, dislocations, strains and sprains, spinal injury
- Seizures	
- Cramp and Achilles tendon injury	
- Accident records	
- RIDDOR	

Training has been delivered in accordance with currently accepted first aid practice.