

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.



Beatrice Butsana-Sita
Chief Executive

Certificate

Valid from:	15 Jun 2024
Valid to:	14 Jun 2027
Certificate No:	F1D59

**The power
of kindness**

Name: Bhavni Shah

Course: First Aid For Sport

Duration: 1 day(s)

Course Content

Welcome and introduction.

Unresponsive and breathing child and adult (Unresponsive and breathing child and adult and special consideration 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 record.

RIDDOR .