

Emergency First Response



A Fresh Approach to Performing First Aid & CPR

Emergency First Response gives you the tools you need to perform CPR and First Aid. Whether you're a diver or a non-diver, Emergency First Response prepares you to properly handle potentially life-threatening situations. There is **no minimum age** limit or dive certification required to be able to take this course.

Two core modules - **EFR Primary Care** and **EFR Secondary Care** comprise this comprehensive program. Together, these courses provide extensive instruction in CPR and First Aid, as well as providing **Automated External Defibrillator** (AED) training.

People usually shy away from a course like this because of the **length of time** it takes to complete it - 2 nights for 4 to 6 hours to some people is very inconvenient.

Understanding this, we have taken the steps to have you complete the "**easy-to-use**" manual at **your** convenience, thereby **minimizing the time** needed in the classroom. Depending on the amount of home study, the Primary & Secondary Care courses can be completed in as little as **four hours!** Recertification, after taking this class, takes even less time!

Our goal is to **train you to help someone** in the unlikely occurrence of an accident, not "punish" you by making you come to class for 8 to 10 hours!

In order to participate in this course, you will need a **Participant Pack** which includes a manual, binder and first aid pack. Our course includes the following:

- **One Classroom Session**
- **Training Manual / Workbook**
- **First Aid / CPR / AED Certification Card**

Since this course is open to everyone, regardless of age, we expect to fill the class quickly.

Please contact the Dive Center Today to Register!



"We'll Change Your Life!"

info@tlsea.com - (206) 824-4100 - www.tlsea.com