

Emergency First Response ~ Primary & Secondary Care + CPR

Emergency First Response (EFR) is the fastest-growing international CPR, Automatic External Defibrillator (AED) and First Aid training organization. Dedicated to training the lay rescuer, EFR courses encompasses adult, child and infant CPR skills, provides AED and First Aid training, and feature an outstanding *First Aid at Work* component. The company's award-winning programs and state-of-the-art training materials make it a favorite among divers around the world.

Many divers take the Emergency First Response courses to meet program prerequisites, such as PADI Rescue Diver, or as preparation for becoming a PADI Divemaster. However, most have also found the EFR program to be important in every day life. They have taken a significant step in emergency preparedness, and feel confident that they can provide care should an emergency situation arise.

The Emergency First Response program meets requirements for CPR and First Aid in the workplace (OSHA Guideline 29 CFR 1910.151), and incorporates the latest procedures for emergency patient care. Other organizations that recognize EFR as meeting their requirements are United States Coast Guard, The Boy Scouts of America, and the American Council on Exercise (ACE), to name a few.

What do I need to start?

- ✚ No dive certification required
- ✚ No minimum age limit



What will I do?

The course incorporates independent study to prepare you for a classroom and hands-on skill development session with your instructor. You will learn the same patient care techniques used by medical professionals, but at a lay person level.

How long will it take?

- Depending on the amount of independent study and the class size, the Primary Care and Secondary Care courses may be completed in as little as four hours to six hours

What will I need?

- Participant Manual
- Participant Video (VHS or DVD).



Cost: HKD980

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