



JUNIOR FIRST AID

JUNE HOLIDAY SPECIAL

@Pulau Ubin

Let your kids explore with confidence, ready for muddy trails and helping one another when it matters.

DETAILS:



Date: 8 June 2026



Venue: Pulau Ubin



Time: 1000hrs - 1600hrs



Age: 8 - 11 year old

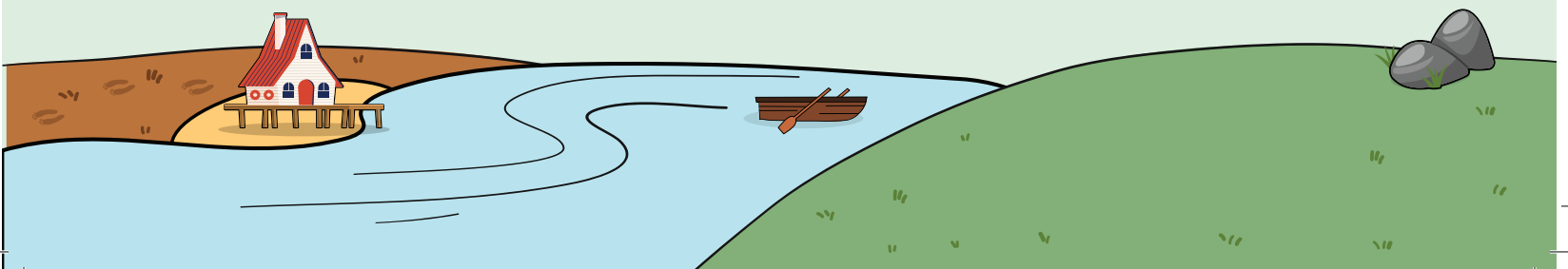
Lunch and return transfers to Pulau Ubin Included!

WHAT YOUR CHILD WILL Learn

- 1** Check and pack the contents of the Outdoor First Aid Kit.
- 2** Perform First Aid treatment for common injuries outdoors.
- 3** Apply the use of CPR to unconscious canines.



PRICE:
\$109
(inclu.GST)



PROGRAMME

Module 1

ESSENTIAL OF OUTDOOR FIRST AID

- What is Outdoor First Aid
- Important Telephone Numbers

Module 2

FIRST AID SKILLS & KNOWLEDGE

- Heat Injuries
- Lightning
- Burns
- Choking
- Improvised First Aid and Bleeding
- Sprains and Fracture

Module 3

STAY PREPARED

- Pick-A-Back, Human Crutch, Cradle Carry
- Hand Seats
- Blanket/ Dragging
- Improvised Stretchers

Module 4

ESSENTIAL OF DOGS FIRST AID

Introduction to *Cardio Pulmonary Resuscitation (CPR)* for Dogs

(*Please note that dog manikins will be used for training, as they provide a more comprehensive learning experience. The methods remain the same)

