



HOW TO MAINTAIN  
YOUR FIRST AID

KNOWLEDGE AND  
SKILLS



**First Aid**  
Reference  
Centre



**CHECK**

the Global First Aid Reference Youtube  
Channel to watch videos



**First Aid  
Reference  
Centre**



**DOWNLOAD**

the First Aid App



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**TAKE**

an online first aid course on the  
IFRC learning platform



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## **PARTICIPATE**

in the World First Aid Day every second Saturday of the month of September to get trained again



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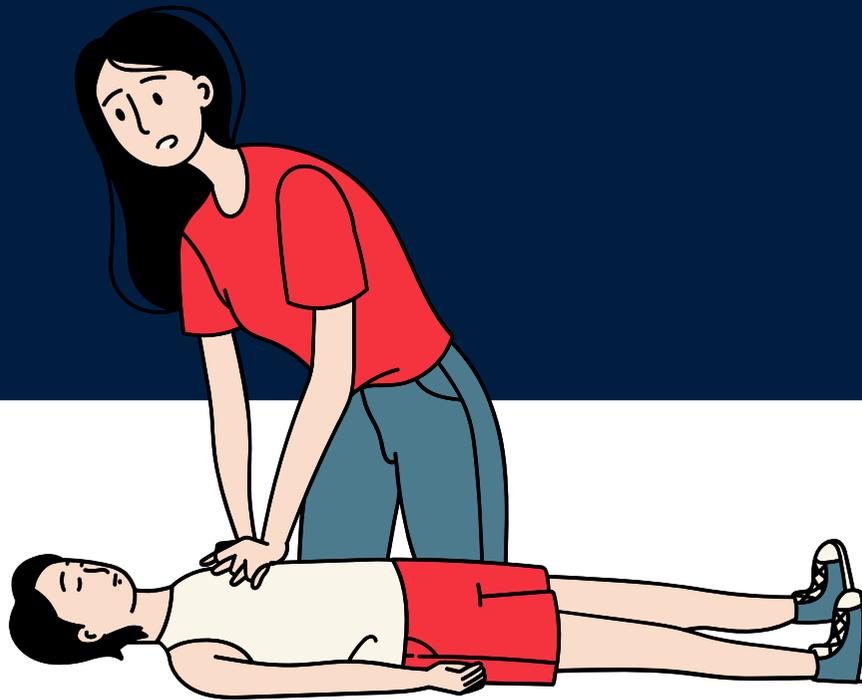


## **CONTACT**

your local Red Cross Red Crescent  
National Society for refresher  
courses



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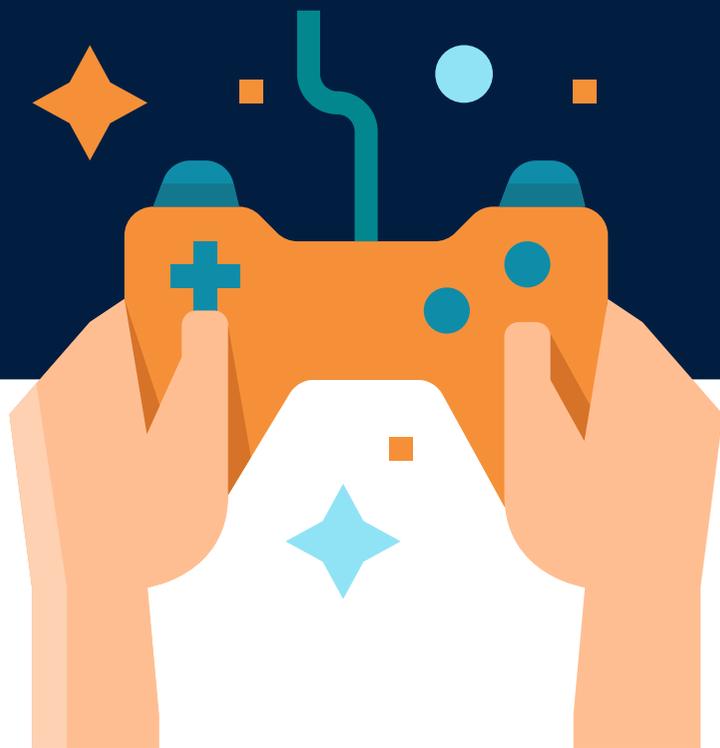


## **TRAIN**

yourself and your family on CPR  
using home-made manikins at  
home watching a Red Cross Red  
Crescent video



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## PLAY

first aid games proposed by the  
Global First Aid Reference Centre



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first aid and health podcasts



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