



How to maintain your first aid knowledge and skills?



01 TRAIN YOURSELF

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



02 TAKE

an online first aid course on the IFRC learning platform.



03 CONTACT

your local Red Cross Red Crescent National Society for refresher courses.



04 PLAY

first aid games proposed by the Global First Aid Reference Centre.



05 CHECK

the Global First Aid Reference Youtube Channel to watch videos.

06 PARTICIPATE

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



07 FOLLOW

first aid and health podcasts.



08 SUBSCRIBE

to a first aid newsletter.



09 DOWNLOAD

the First Aid App.

