



HOW TO MAINTAIN
YOUR FIRST AID

KNOWLEDGE AND
SKILLS



First Aid
Reference
Centre



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the Global First Aid Reference Youtube
Channel to watch videos



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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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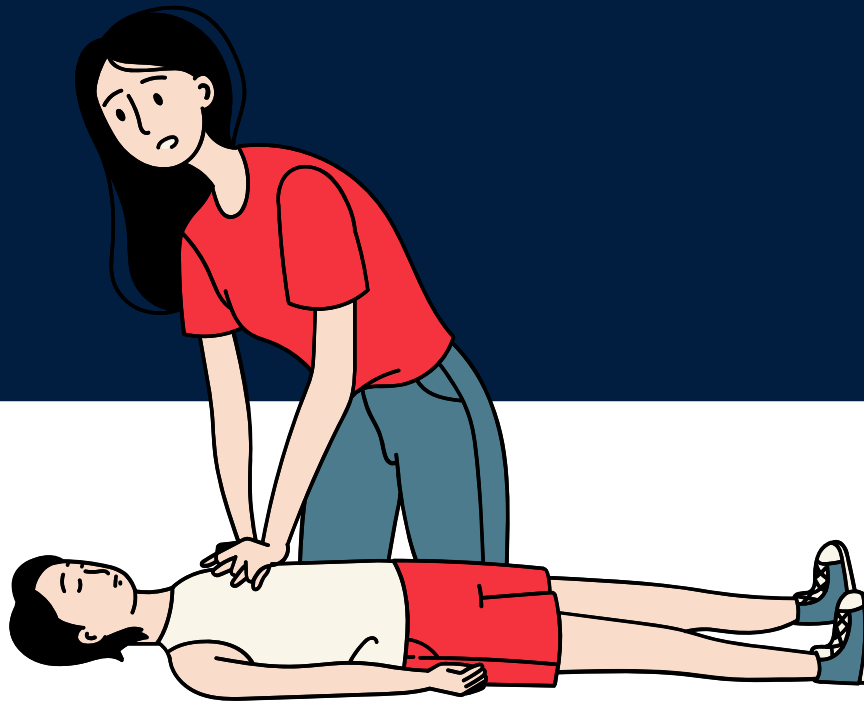


CONTACT

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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first aid games proposed by the
Global First Aid Reference Centre



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