#### WHO WE ARE...

St. John - Saint Lucia is a non-profit organisation supported by volunteers, dedicated to helping those in need. St. John Ambulance offers various first aid and nursing courses. Be your 'Brother's Keeper'. Join St. John Ambulance and help us to provide first aid services to our community.

### WHAT ELSE DOES ST JOHN - SAINT LUCIA OFFER?

The Association is a team of volunteers that has been operational in St Lucia since 1963.. These members assist the community by providing first aid coverage at sporting and community events. Members are also trained with specfic skills that allow them to help in times of disaster.

St John - Saint Lucia also offers both a co-ed youth programme for young persons 7 - 17 years old and an adult programme for persons above 18 years old. Interested in becoming part of our team? Call today for more details.



Specialised training is also available to include disaster preparedness. We would love to tell you all about it.

#### **Contact details**

St John - Saint Lucia PO Box Choc 8132 Castries St Lucia WI

Tel: 001 758 451-6122

Email: stjohnslu@gmail.com





Saint Lucia Association

Caring for the Caribbean

# First Aid can make the difference between life and death – would you know what to do in an emergency?

St John - Saint Lucia can help you today! We provide vital first aid training which can save lives.

Did you know that a person is injured at work every 36 seconds in Latin America and the Caribbean? Our region has the highest death rates due to occupation accidents than any other. Not only this, deaths due to road accidents in Latin America and the Caribbean are almost double the world average, amounting to 17 deaths per 100,000.

#### By learning first aid, you can help reduce these statistics.

"I have learnt a wide range of First Aid procedures and I feel equipped should I be faced with a situation where someone has suddenly become ill or with injuries. I feel comfortable provided first help to someone who is bleeding, not breathing and suffering from burns. I have learnt how to carry out a Primary Survey which I feel is very important in helping to determine a casualty's life threatening injuries or illnesses."



#### WHY CHOOSE ST JOHN - SAINT LUCIA?

- We have a new first aid programme and first aid manual which is specific to the health needs of the Caribbean.
- We have high quality, reliable trainers using professional training equipment.
- We can tailor courses to your specific needs all you need to do is ask!
- Our prices are some of the lowest in the market.
- Your certificate will be valid for 3 years and can be used in 6 other countries in the Caribbean where St John works.
- We are part of a global organisation, working in over 40 countries around the world, who have been training first aid for 100 years.

## WHAT COURSES DOES ST JOHN OFFER?

BASIC FIRST AID – 1 day course
Designed to give you an introduction to first
aid and the basic skills to deal with minor
emergencies, this course offers topics including

- how to respond to an emergency (Emergency Scene Management)
- how to help someone who is choking
- how to help stop minor bleeding and care for wounds

Get started now! This course is for you.





#### STANDARD FIRST AID – 2 day course

Designed for those who want to learn more than the basic programme offers or build on existing skills, this course provides additional information on serious wounds and includes what to do if you suspect head or spinal injuries. Be prepared to help - call today!

ENHANCED FIRST AID – 3 day course
Developed to meet the needs of the workplace, this comprehensive course can be customised to meet your specfiic needs. Topics will be chosen to ensure the most common risks in

your workplace are addressed and everyone has the skills they need to help in an emergency. Call our office to discuss how we can best meet your needs and the workers in your company.

TRAINER PROGRAMME – Interested in becoming a first aid trainer? We offer professional training including specific orientation to all our first aid programmes. Call today!

