



HEALTH &
SAFETY

FIRST AID COURSE



Welcome to the First Aid Course Kit List

Welcome to our First Aid Course Kit List. Being well-prepared is essential for a successful learning experience. Please ensure you have all the necessary equipment before your course begins.

If you have any questions or need further assistance, don't hesitate to contact us. We're here to help you have a smooth and productive training journey.

- Small rug/blanket/mat for recovery position practice
- Reading glasses if normally use
- Packed lunch and wear comfortable clothing

KIT LISTS

DORSET
TRAINING

Have a question? Call Anna on 07734 079495 or email enquiries@dorsettraining.org.uk