The National Safety Council has long been recognized as the leader in first aid training. Our programs offer the very latest techniques.

Not every injury or sudden illness is life threatening. But immediate action when an emergency occurs can mean the difference between a quick, complete recovery and a long, painful one. Whether it is a simple sprain or a serious incident, the NSC First Aid courses teach you to care for an injury or illness until professional help arrives.

We give you all the background information you need to feel confident in the event of an emergency—and help you to save a life.

If you need first aid training, go with the global leader. The NSC First Aid courses offer more training options, customization and the most up-to-date information. The Student Workbook serves as a great onsite reference guide you’ll use again and again, especially the pull-out First Aid Quick Guide. The 3 1/2-hour course covers:

- Why learn first aid?
- Taking action in an emergency
- Bleeding and wound care
- Shock
- Burns
- Serious injuries
- Bone, joint and muscle injuries
- Poisoning
- Heat and cold emergencies
- Sudden illness
- Rescuing and moving victims

If you want to teach first aid, the National Safety Council is the smart choice. If you are already an instructor with another program, NSC can migrate your credentials so you can teach NSC courses. Or, you can become an NSC authorized first aid instructor in as little as three days.

Our instructor materials make it easy for anyone to start teaching. Your Instructor Resource Kit comes complete with an Instructor Manual, Instructor CD, course presentation on DVD, and a Student Workbook. You’ll also get exclusive product pricing with no annual fees and much more!

**First Aid Student Workbook**

Each student receives a 64-page workbook with full-color illustrations, step-by-step photos and skills presentations. Globally recognized course completion cards are included.

For more information about all of the NSC First Aid training programs, visit [nsc.org/international](http://nsc.org/international) or call +1-630-775-2056 for more details.