

Our primary focus during your initial term with us will be the successful completion of the Practical first aid course.

You will start as a cadet and have the opportunity to progress through the organization gaining experience, confidence and new friendships.

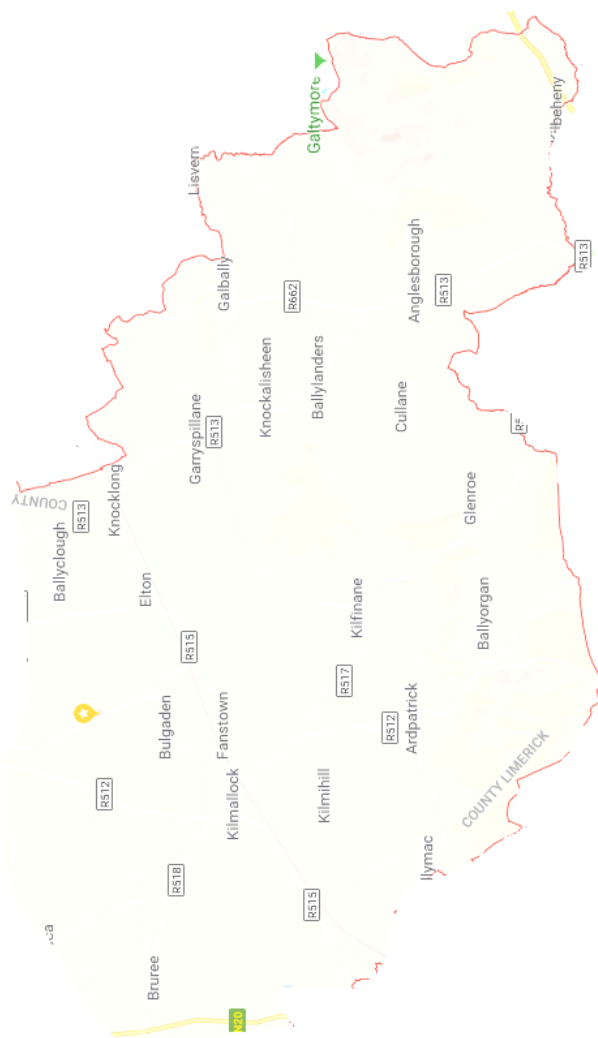
<https://www.redcross.ie/youth>

Minimum age of 14 years old

Maximum age of 16 years old.

Registration night  
Friday September 28th  
2018 at 6.30pm, in the  
former Girls School in  
Kilmallock.

**For registration, one  
parent or guardian  
must be in attendance.**



# Irish Red Cross South Limerick Cadets



Welcome to our new  
cadet unit of the Irish  
Red Cross.

We are the South  
Limerick branch Cadets



## Practical First Aid

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The practical first aid course provided by the Irish Red Cross gives education and training on all basic first aid . It will prepare you for the most common first aid emergencies.

You will be taught the theory of these first aid emergencies before being shown practical and hands on treatments of a variety of medical conditions or injuries. They may vary in severity from small bumps and cuts to a serious life threatening condition.

At the end of the training, we are aiming to achieve a confident and certified young first aider with the ability to help those in an emergency without risking injury to themselves.

Irish Red Cross  
Youth – doing  
more, doing better,  
and reaching  
further in local  
communities and  
beyond



## Cost

€40 Practical first aid course fee

This includes a book with slides and a cert at the end of this course.

The Practical First Aid course is 10 weeks

It will be on in the former Girls school in Kilmallock. Across from the church.

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All instructors and trainers are all volunteers with the Irish Red Cross, Garda vetted and have completed safeguarding course.

## Contact Us

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Cadet Unit Officer for South Limerick

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<https://www.facebook.com/Southlimerickcadets>