

When minutes matter, are you prepared?

FREE emergency trauma training in your region with LifeFlight

Survival starts on the ground. It's about knowing what to do while emergency services, like LifeFlight, are on the way. Our emergency trauma training gives you practical skills to manage life-threatening events. Arming yourself with these skills and vital knowledge is the best protection you can offer your loved ones and community.

What you will learn, could save a life.
For more information, call 1800 630 014
or visit firstminutesmatter.org.au

Workshops cover:

- Personal, Road & Aircraft Safety
- Burns
- Bleeding
- Snake Bites
- Choking & Anaphylaxis
- Strokes, Seizures & Febrile Convulsions
- CPR & AEDs
- Emergency Equipment
- Wellbeing



Upcoming **FREE** in-person workshops:



Register here

This workshop is proudly funded by