

Medical declaration

For the safety of yourself and others it is recommended if you are currently suffering or have ever suffered from any of the following medical problems and conditions to check with your GP before attending your course.

- back, neck, arm or knee problems
- rupture or hernia
- heart disease, high blood pressure, bronchitis, asthma or chest problems
- blackouts, seizures or epilepsy
- If you are pregnant

It is also recommended if you are currently or have recently been pregnant to check with your GP before attending the course.

It is the responsibility of the employer to choose a person who can physically fulfil the role of a first aider in the workplace.

Please note we reserve the right to prevent you from completing your course if you do attend with any of these conditions and we feel you will put yourself or others in danger.

We trust that you will enjoy your course and we look forward to seeing you.