

Preserve Life, Prevent Further Injury & Promote Recovery.

PACK
GLOVES 

It's about progress, not perfection

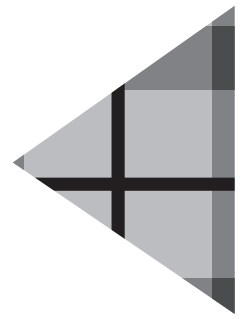


Remember: you ALWAYS
have the OPTION to
'PHONE a FRIEND' (911)



TRIUMPHANT TRIANGULARS

Neat Natural Solutions:
Baking Soda & Honey



Mama knowz best

Breathe in, breathe out... ahhhhhh

**RED
ROCKS**

Proactivity & Reactivity

fun & focused first aid

pinch your nose and look at your toes



rest & reassurance for a speedy recovery

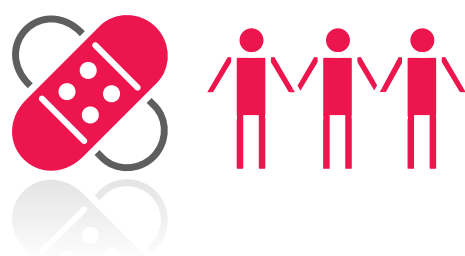
Forge-on, first aid Supermom!

soap & water work best



RICE isn't JUST a STARCH

*within arms
reach - it just
makes sense*



Be the rock in which others
can find a sense of calm



INTIMIDATION-FREE IS THE WAY WE LIKE TO BE!

Be calm, be confident and think common sense.

ON-SITE

First Aid & CPR Training Group
www.onsitefirstaid.ca