



At the Seychelles Red Cross Society of Seychelles, our mission is to help people prepare for and respond to emergencies. To accomplish this goal, we have developed a wide range of training opportunities and certification programs that empower you to help in the moments that matter.

All programs are guided by the Red Cross Fundamental Principles of Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality, providing a unique approach to connecting with community members in emergencies.



Red Cross Society of Seychelles
PO Box 53, Zone 18, Providence, Mahe, Seychelles
Tel: 4374544/2521964
Web: <http://www.redcrossseychelles.sc>
Facebook: www.facebook.com/seychellesredcross



FIRST AID TRAININGS



croix-rouge française +

PIROI

+C GESTION DES CATASTROPHES **center**



The overall goal of the RCSS first-aid programs is to ensure that during emergencies wounded and sick people benefit from effective and secure provision of first aid. This care should be provided by confident, skilled and properly supported emergency-care responders abiding by humanitarian values and principles.

RCSS offers courses for anyone who wants to learn the simple skills needed to help in a first aid emergency.

■ BASIC FIRST AID TRAINING



The Basic First Aid Course is the ideal solution for beginners who need to renew and refresh their CPR (Cardiopulmonary resuscitation) and lifesaving skills.

Duration: 2 Days
Certification: Valid for 2 years
Cost: Rs 450 /- per person

FIRST AID



■ BASIC FIRST AID TRAINING FOR ELDERLY

This course covers the fundamental assistance required while helping an elderly person. While teaching the same skills as a typical first aid course, it is most appropriate for instructing elders.

Duration: 2 Days
Certification: Valid for 2 years
Cost: Rs 300 /- per person

■ PRACTICAL FIRST AID TRAINING

The Practical First Aid Training focuses on learning practical skills that you can use to protect yourself and others in the case of emergencies.

Duration: 4 Days **Certification: Valid for 2 years** **Cost: Rs 600 /- per person**

■ SAVE A LIFE FIRST AID TRAINING

The save a life course is designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills and the important steps in performing a rapid assessment to quickly save a life in times of emergencies.

Duration: 1 Day **Certification: Valid for 2 years**

■ BASIC PAEDIATRIC FIRST AID TRAINING

This course is ideal for childcare workers, daycare staff, educators, outside-of-school hours (OOSH) workers, and even families. This training teaches topics that cover essential aid needed when assisting a child in crisis.

Duration: 2 Days
Certification: Valid for 2 years
Cost: Rs 300 /- per person

■ PSYCHOLOGICAL FIRST AID TRAINING

Psychological first aid training will teach you all the necessary skills to recognize and help someone suffering from a mental crisis. In this course, you will learn how to identify the symptoms and what kind of help is needed to overcome a mental health emergency.

BASIC

Duration: 2 Days **Certification: Valid for 2 years**
Cost: Rs 200 /- per person

OVERVIEW

Duration: 1 Day **Certification: Valid for 2 years**
Cost: Rs 200 /- per person

GROUPS

Duration: 4 Days **Certification: Valid for 2 years**
Cost: Rs 200 /- per person



RED CROSS AMBULANCE

The Seychelles Red Cross Society of Seychelles also operates two ambulances on Mahe and Praslin which can facilitate the transfer of patients in cases of emergencies.

