



Thank you very much for your interest about our First Aid Training Programs and the quotation for the available First Aid training programs given below.

## **FIRST AID TRAINING – Basic life support including CPR International Agencies – 2025**



Aim: Educating & providing essential practical training on handling casualties in an emergency & transporting the casualties in a suitable way saving life & minimizing further damage.

| <b>TYPE OF PROGRAMME</b>                 | Course code <b>AW/02</b>                                                          | Course code <b>SD/02</b>                                                                             |
|------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>Duration</b>                          | <b>01 DAY ( 06hrs )</b>                                                           | <b>2 DAYS ( 12hrs )</b>                                                                              |
| <b>Minimum no of participants</b>        | <b>10</b>                                                                         | <b>10</b>                                                                                            |
| <b>Course Fees</b>                       | <b>2,500.00</b> per participant                                                   | <b>4,000.00</b> per participant                                                                      |
| <b>Training materials –( Note Book )</b> | <b>300.00 per copy</b><br>highly recommended for reference                        | <b>300.00 per copy</b><br>highly recommended for reference                                           |
| <b>Time</b>                              | 9.00 A.M. TO 3.30 P.M.                                                            | 9.00 A.M. TO 3.30 P.M.                                                                               |
| <b>Syllabus</b>                          | CPR Bleeding , Heart Attack<br>Poisoning, Fainting Electrocutation,<br>Burns      | A+<br>All Common Illnesses<br>Syllabus Annexed                                                       |
| <b>Examination</b>                       | No examination                                                                    | On day 2 MCQ & Practical                                                                             |
| <b>Certificates</b>                      | Common Compliance certificate Valid<br>for 01 year<br>No individual certificates* | Individual International Certificate<br>Valid for 03 years included<br>Common Compliance certificate |
| <b>Number of Training officers</b>       | <b>01 - 02</b>                                                                    | <b>01 - 02</b>                                                                                       |

\* Participation certificates will be issued on special request only. Rs.300.00 per certificate.

Please contact us if you need different training modules or **AED** training for an additional charge.

### **Facilities Needed ( should be provided by your institution )**

1. Suitable hall facility with adequate space for practical sessions
2. Multimedia Facility with a computer
3. Transport facilities from our office ( or transport expenses )
4. Please advice to follow suitable dress code ( need to participate for practical training)



**Medium:** Programs conducted in all 03 languages ( Sinhala, English & Tamil ).

Selected program will be conducted only in one language.

**Authority of Training:** Training Unit, St John Ambulance, Sri Lanka.

**Training Officers :** All our Training Officers are qualified First aid trainers with a minimum of 05 year's experience.

**Standards of training:** St John Sri Lanka is following international guidelines given by St John International & we use St John First aid manual of United Kingdom. We use standard equipment's ( Training dummies, Bandages & etc ) for all our training programs & trainers are provided with updated PowerPoint slides by National Training Unit.

**Syllabus of training program:** This program covers only first aid management of common situations & not covering various other Health & Safety topics. St John Sri Lanka is happy to provide special training programs for your request.

### **TVEC Registration Number : P 01 / 0333**

Medical management & advices are not included in to subject of First aid.

**Payments** : - All cheques should be drawn in favour of ;

**The St. John Ambulance Association and Brigade in Sri Lanka** crossed AC Payee.

Our Account details

|                     |                                                             |                         |                        |
|---------------------|-------------------------------------------------------------|-------------------------|------------------------|
| <b>Bank Name</b>    | <b>Peoples Bank</b>                                         | <b>Bank Swift Code</b>  | <b>PSBKLKLX</b>        |
| <b>Branch Name</b>  | Head Office Branch                                          | <b>Bank Code Branch</b> | 7135 204               |
| <b>Account Name</b> | The St. John Ambulance Association and Brigade in Sri Lanka | <b>Account Number</b>   | <b>204100178422131</b> |

**How to apply:** Forward completed application form to our office ( email ) or contact us.

Please contact: **Training Manager, St John Sri Lanka.**

Mobile / WhatsApp: **0771064380** stjohnttraining@sltnet.lk

**CAO , St John Sri Lanka** Mobile/ WhatsApp **0761378495** stjohndl@sltnet.lk  
for further information. [www.stjohnsrilanka.lk](http://www.stjohnsrilanka.lk)

**Participants Name list:** please email soft copy of name list ( expected to participate ) - Name with Initials / NIC number ( Microsoft excel – format attached ) to: **stjohndl@sltnet.lk** at least 07 days before the program date. If there is a change in participants, the updated name list should be forwarded to us within 03days after the training. We will be able to print certificates only after receiving soft copy of name list & after completion of payment.

**Attendance Sheet:** Need hard copy with participants signature. Attendance sheet provided by ST JOHN or your Institution, counter signed by ST JOHN Training Officer.

Please contact us if you need different training modules.

Authorized by: e – format

**Dr. J.M.Nilam.** MBBS,DCH,MD.

**Child Specialist, Children's Hospital, Peradeniya**

**Chief Commander, St John Ambulance, Sri Lanka**

076 137 8490 commanderstjohn@gmail.com

**Mr. K.G. Sarath Dayananda.** BSc, PGDCS,MSc, MIMSL  
**Director Training,**

St John Ambulance, Sri Lanka

076 137 8492 commanderstjohn@gmail.com

**Valid from 01.01.2025 to 31.12.2025**

#### **After First Aid training ST JOHN offers...**

- |                                                                |                                       |                                              |
|----------------------------------------------------------------|---------------------------------------|----------------------------------------------|
| 1. <b>Advanced FA</b>                                          | 2. <b>Emergency Medical Responder</b> | 3. <b>Caring for Sick – Care Giver M 01</b>  |
| 4. <b>Mind First – Maintaining healthy &amp; stable mind</b>   |                                       | 5. <b>Basic Ergonomics – Posture Perfect</b> |
| 6. <b>Happy &amp; safe childhood – Child Management Skills</b> |                                       | 7. <b>Health &amp; Safety Programs</b>       |
| 8. <b>Disaster Management</b>                                  |                                       | 9. <b>Sick room Management</b>               |

**Helping to save lives through updated & quality training since 1906.**

**ST JOHN SRI LANKA – towards Green World**

**APPLICATION FORM - FIRST AID TRAINING - 2025**

Quotation No: STJ/FAT/INT /QT /25 International Agencies

01. Name of the Institution: ( to be printed in certificates).....

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02. Address:.....

.....

03. Phone No :..... email: .....

04. Organizer's Name: Mr./Mrs /Ms .....

Designation:..... Mobile No: .....

05. Program Model : AW/02 ( 01 day) ☐ SD/02 ( 02 days ) ☐ Other ☐Medium: Sinhala ☐ Tamil ☐ English ☐ Need AED additionally ☐Do you need Books : Yes ☐ No ☐if yes; Number of Books **Total**..... Tamil..... Sinhala..... English .....

06. Expected date &amp; time of training program ( please discuss to confirm the date )

Day 01 ..... Time from .....am to .....pm

Day 02 ..... Time from .....am to .....pm

Venue:.....

07. Total No of Participants.....

08. Facilities agree to provide:

1. Hall facility ☐ 2. Multimedia ☐ 3. Computer ☐ 4. Name list- Excel soft copy ☐ ( format attached )5. Program fee ☐ 6.Transport Facility ☐ 7. Attendance sheet ☐8. Accommodation Facilities ( only if applicable ) ☐

Special Remarks: .....

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Here by agree to organize this program according to the health guidelines prevailing at the time of training program.

.....  
Date.....  
Sign - Organizer

e format accepted ( no signature needed) paperless communication accepted &amp; encouraged

email to **stjohntraining@sltnet.lk 077 106 4380**

\* Allocation of Trainers &amp; number of Trainers will be done according to the guidelines given by National Training Unit, ST JOHN Sri Lanka.