



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
INDIVIDUAL (ADULTS) Training – 2026**



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

TYPE OF PROGRAMME	Course code AW 08 / 09	Course code SD 08 / 09
Duration	01 DAY (06hrs)	2 DAYS (12hrs)
Course Fees – PRIORITY AW 08 or SD 08	12,000.00 per participant AW/08	20,000.00 per participant SD/08
Course Fees – Standard Minimum 06 participants	6000.00 per participant AW/09	10,000.00 per participant SD/09
Training materials –(Note Book)	300.00 per copy highly recommended for reference	300.00 per copy highly recommended for reference
Time	9.00 A.M. TO 3.30 P.M.	9.00 A.M. TO 3.30 P.M.
Syllabus	CPR Bleeding , Heart Attack Poisoning, Fainting Electrocution, Burns	A+ All Common Illnesses Syllabus Annexed
Examination	No examination	On day 2 MCQ & Practical
Certificates	No individual certificates*	Individual International Certificate Valid for 03 years included
Number of Training officers	01	01 - 02
Venue	NHQ, Colombo Or District Office	NHQ, Colombo Or District Office

* Participation certificates will be issued on special request only. Rs.150.00 per certificate.

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

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 minimum of 05 years 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.

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

Payments :-

Our Account details (for programs conducted by NHQ, Colombo)

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

Visit www.stjohnsl.org / www.stjohnsrilanka.lk for District Account Details & for contact details of District team.

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

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

Mobile **0771064380** stjohntraining@slt.net.lk

CAO , St John Sri Lanka Mobile/ WhatsApp **0761378495** stjohnsl@slt.net.lk
for further information. www.stjohnsrilanka.lk

Training by District Teams

We have given authority to conduct First aid training programs by **District teams** according to our guidelines.
Visit www.stjohnsrilanka.lk **contact us** page for Details of authorized District teams.

Please contact NHQ if you need different training modules / further information.



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

Valid from 01.01.2026 to 31.12.2026

After First Aid training ST JOHN offers...

1. Advanced FA	2. Emergency Medical Responder	3. Caring for Sick – Care Giver M 01
4. Mind First – Maintaining healthy & stable mind		5. Basic Ergonomics
6. Happy & safe childhood – Child Management Skills		7. Health & Safety Programs
8. Disaster Management		



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

ST JOHN SRI LANKA – towards Green World

**APPLICATION FORM - FIRST AID TRAINING - 2026**

Quotation No: STJ/FAT/ADU/INDI/QT /26 Non-Commercial Adult Individual Programs

01. Name with Initials : (to be printed in certificates).....

02. Address:.....

03. Phone No /WhatsApp :

email:

04. NIC No:

05. Program Model : AW/08 (01 day) Priority AW/09 (01 day) Standard SD/08 (02 days) Priority SD/09(02 days) Standard Medium: Sinhala Tamil English Need AED additionally Do you need Books : Yes No

Special Requests :

.....

.....

Date Sign
e format accepted (no signature needed) paperless communication accepted & encouraged

email to stjohntraining@slt.net.lk WhatsApp 077 106 4380

