



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.

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

\* 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 )

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

Visit [www.stjohnsl.org](http://www.stjohnsl.org) / [www.stjohnsrilanka.lk](http://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** trainingstjohnsl@gmail.com

**CAO** , St John Sri Lanka Mobile/ WhatsApp **0761378495** stjohnsl@sltnet.lk  
for further information. [www.stjohnsrilanka.lk](http://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](http://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. <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</b>                  |
| 6. <b>Happy &amp; safe childhood – Child Management Skills</b> |                                       | 7. <b>Health &amp; Safety Programs</b>      |
| 8. <b>Disaster Management</b>                                  |                                       |   |



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 [trainingstjohnsl@gmail.com](mailto:trainingstjohnsl@gmail.com)      WhatsApp **077 106 4380**

