



# Martial Arts First Aid

for The Jitsu Foundation

ProTrainings, An Industry Body for First Aid Training, hereby certifies that

**SIMON PEGG**

has successfully completed First Aid for Martial Arts Training

**This certification includes the following objectives and is in accordance with the ProTrainings Martial Arts First Aid curriculum, ERC/UK Resuscitation Council 2015 guidelines**

- Initial Assessment
- Recovery Position
- Heart Attacks and CPR
- Choking & Breathing
- Existing Conditions
- General fitness
- Spinal injury

- Injuries and Illnesses
- Martial Arts Requirements
- Cuts, Eye, Head Injury
- Reporting and Risk Reduction
- Strains, Sprains & Breaks
- Epilepsy and Seizures
- Allergic Reactions

**Date Issued:** 21/11/2016

**Renewal Date:** 20/11/2019

**Certificate Number:** 147810091860692

**Instructor:** KEITH SLEIGHTHOLM

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