



MOTHER  
FIT  
MIND BODY SOUL

## Safe in your hands

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### Giving you the confidence in first aid

KeepaBeat was designed and developed by First Aid expert Sam Mackay. Since the early beginnings the brand has grown to be a nationwide success. Our aim is to teach basic lifesavings skills to everyone who needs them, which let's face it is all of us.

All KeepaBeat sessions have been specifically designed to be interactive, hands on and engaging - leaving the learner feeling confident in what to do in the first few minutes of an emergency.

### What do we offer?

KeepaBeat offers a range of courses:

- First Aid For Parents & Carers
- First Aid For Weaning
- Paediatric First Aid (For Childminders, Schools, Nannies etc)
- Junior Medic Training
- Dinky Medic Training
- First Aid at Work
- Prehospital Care (FREC 3)
- Mental Health (First Aid)
- Mental Health First Aid For Schools

### **\*DISCLAIMER\***

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

Visitors who rely on the information contained within it do so entirely at their own risk.

KeepaBeat / Mother Fit or anyone associated with KeepaBeat / Mother Fit will not be responsible or liable for any risk, injury or harm you sustain as a result of the information provided by this video, our website, YouTube videos, Facebook or Instagram pages.

Always consult a medical practitioner for specific advice tailored to your needs.

