



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

MIKE BENNETT

has successfully completed Martial Arts First Aid Level 2 (VTQ) Training

This certification includes the following objectives and is in accordance with the ProTrainings Martial Arts First Aid Level 2 (VTQ) curriculum, ERC/UK Resuscitation Council 2015 guidelines and delivered in Accordance with Currently Accepted First Aid Practice

- 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: 28 Mar 2021

Renewal Date: 27 Mar 2024

Certificate Number: 161659954727684

Instructor: KEITH SLEIGHTHOLM



Certificate No.313202019