



First Aid Is Simple - That's What We Believe

We are passionate about first aid and about teaching people simple things that make a huge difference.

What makes first aid difficult isn't the skills - it's the emotion, adrenaline, and the stress of the situation when you need to act.

That's why first aid needs to be simple.

You do a course once every three years, and hopefully, you'll never need to use it. But within weeks of a course, you're likely to forget most of what you were taught.

Our approach is different.

We focus on the basics. We keep our courses clear, straightforward, and practical.

We don't spend hours on how to use a triangle bandage, or teach you about rescue gear you'll never carry in your backpack.



What we do is explain the "why" behind every action.

Because First Aid is simple - it's right there in the name. It's the *first* thing you do to help someone survive. It's about keeping oxygen flowing to the heart, lungs, and brain.

First Aid = ABC. That's it.

We don't believe in "advanced" first aid. If you're looking for expedition medicine, drug protocols, traction splints, suturing wounds - we're not the course for you.

But if you want to learn a handful of simple techniques you can count on in a crisis, you're in the right place.

Want to know what our learners think?

Take a look at their feedback:

<http://www.firstaidcumbria.co.uk/testimonials.php>

Version 1 | Peter Cunningham | 14 November 2025