

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.

Things that make first aid difficult are emotions and adrenaline and also the situation where you find yourself having to perform first aid.

First aid needs to be simple.

You only do a course every three years and then if you're lucky you never have the opportunity to apply those skills.

Within a few weeks after a course you will probably have forgotten most of what you were taught.

Our courses concentrate on the basics and we try to keep our courses simple and pragmatic.

We do not spend huge amounts of time on using a triangle bandage nor do we teach you how to use specialised rescue equipment which you are unlikely to ever have in your backpack.

We do spend time trying to explain the rationale behind why we do things. We believe that First Aid is simple - basically the clue is in its name -it is the first thing you do to try keep someone alive. To try keep Oxygen going to the heart lungs and brain.

First aid is simply - ABC we do not think there is any such thing as advanced first aid.

If you're looking for an advanced first aid course, expedition medicine or expect to learn complicated life-saving skills then our courses are not for you. We can happily point you towards courses where you will learn how to reduce a leg fracture, learn about drugs, applying traction splints, suture wounds and a whole lot of other stuff.

If you're looking for course that will teach you a few simple techniques that you can rely on in emergency then please book on one of our courses.

Please check out what our recent clients have said about our courses before please booking.

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