

ROSSENDALE RAMBLERS

FIRST AID REPORT 2024-2025 by David Hodgson

- Fortunately the year has been pretty quiet with No First Aid reports having to be completed. Please be vigilant over autumn and winter ie Fallen leaves and hidden obstacles.

- January saw our very successful First Aid course with about a dozen members completing various scenarios of accidents that we might encounter on our walks. We were also very lucky to have Kate Baron (A highly qualified Nurse and Life Saver Instructor) with us to teach us the correct use of a defibrillator. Kate also informed us of how she had very recently saved a mans life on a plane as she was travelling on holiday. We hope to repeat the course bi-annually so the next one will be January 2027. Hopefully even more members will attend what was a very informative and very useful exercise at No Cost to members.

- ICE DISCS Have proven to be very popular with a high proportion of regular walkers requesting 2. A new order will be going out before the end of the year, so please get in touch if you still need one and haven't given me (davebarry6@me.com) your details. ie. Contact name and number of person to contact if needed. - Any Medical instructions/Medication that you feel might help a Specialist ie ambulance/mountain rescue.

- In the interim time to receiving your disc you can ask for a paper version from Diana which will include similar information.
- All walk leaders should now have First Aid Kits, If you haven't then please get in touch with me (davebarry6@me.com)
- Similarly could members check the stock inside the First Aid Kits are up to date and complete.