

ROSSENDALE RAMBLERS

FIRST AID REPORT - APRIL 2026 - Sept 2026

Fortunately, the year has been pretty quiet again with No First Aid reports having to be completed.

As Autumn approaches It is important to be vigilant and for the walk leader to have fully checked the route and to have full first Aid equipment on the walk.

If any walk leader needs a first aid kit (or topping up) please contact

David H. on davebarry6@me.com (07590066657)

ICE DISCS Have proven to be very popular with a high proportion of regular walkers requesting

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 required.

- 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.

Future Training

Another Free Basic First Aid Course with CPR skills and defibrillator awareness" will be held in the first weeks of January after a very successful First course 18 months ago. ***Places will be limited to the first 20 to contact me to confirm a place.***