

First Aid in Groups: Useful links and information

Please select the links below for additional information and reading related to

- [First aid training](#) (including where to access discounts, how to choose a provider and what a course should cover)
- [First aid kits](#)

Walk leader resource hub- including skills framework for first aid considerations in varying walk grades <https://www.ramblers.org.uk/go-walking-hub/resources-walk-leaders>

Additional information:

- SARAH Act (liability in first aid): <https://www.qualsafe.org/the-sarah-act-can-i-be-sued-for-doing-first-aid/>
- **What3words:** Every 3 metre square of the world has been given a unique combination of three words. Used for e-commerce and delivery, navigation, emergencies and more.
- Text the word "**register**" to **999**. You will receive a reply with instructions; reply "**yes**" to confirm, allowing you to text 999 if you cannot make voice calls. Registration is free, but you must register before an emergency occurs.

Bites:

- Tick bites and removal <https://www.ramblers.org.uk/go-walking-hub/7-things-walkers-should-know-about-ticks>
- Dog bites: <https://www.nhs.uk/conditions/animal-and-human-bites/>
- Snake bites such as Adder bite: <https://www.nhs.uk/conditions/snake-bites/>

First aid information and videos:

- Visit St Johns Ambulance: <https://www.sja.org.uk/first-aid-advice/cpr/>
- British Red Cross: <https://www.redcross.org.uk/first-aid>
- For information on CPR and pacemakers please visit: <https://www.sja.org.uk/first-aid-advice/cpr/>