

**First Aid Training Providers**There are numerous First Aid training providers across England, Scotland and Wales. Ramblers’ groups and volunteers are encouraged to find the organisation and course that suits their needs best. A few organisations are listed below:

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| **All nations** |
| **British Red Cross**<https://www.redcrossfirstaidtraining.co.uk/courses/first-aid-at-work-courses-uk-mainland/>0344 871 8000 |
| **Safety First Aid Training**<https://www.firstaidtraining.co.uk/courses/basic-first-aid-for-walkers-half-day/>020 8203 7447 |
| **England** | **Scotland** | **Wales** |
| **St John Ambulance** <https://www.sja.org.uk/courses/>0344 770 4800 | **St Andrew’s First Aid**<https://www.firstaid.org.uk/our-courses/>0300 466 6999 | **St John Ambulance Cymru**<https://www.sjacymru.org.uk/en/page/training>03456 785646 |
|  | **British Association of Ski Patrol** (BASP)https://www.basp.org.uk/first-aid-training-courses/0330 2000 443 | **Active First Aid**<https://www.activefirstaid.co.uk/>07899 936276 |

**Ramblers discounts**

Ramblers has negotiated discounted rates for its volunteers and members with the following organisations, for both individual and group bookings. Please see below the process on how to secure a discount:

**Safety First Aid Training**

Offer **30% discount** off their standard price for a half day course for groups.

Bookings should be made by calling 020 8203 7447 or emailing training@sfag.co.uk quoting code RAMBLERS

**St John Ambulance/St Andrew’s First Aid/St John Ambulance Cymru**

Offer **a 35% to 48% discount** on the **1 Day Emergency First Aid at Work** or **3 Day First Aid at Work** courses, based on whether you’re booking individually or a group course, and where you are located across the country. [Download the flyer for all the details.](https://ramblers.photoshelter.com/galleries/C0000uPfxXKdq2j4/G0000Ob.nPwkIees/I0000j18yThmgtIk/St-Johns-Ambulance-First-Aid-Training-pdf)

**Individual bookings** for scheduled courses must be made through the email address below quoting **E-THER1962**; do not book directly through the website as the discount won’t be applied.

Tel: 0344 770 4800

Email: national-contracts@sja.org.uk

For Groups wishing to book an **Onsite group course**, please complete the [Onsite Booking Form.](https://forms.office.com/Pages/ResponsePage.aspx?id=-zfQkRRH6E-whGjAg7gZPxveEoCjqDNAgueA46NvJrVUMVNMWERRMjU1T1lHV0RHM1pBVUVXUDJHMiQlQCN0PWcu)

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| --- | --- | --- |
|  | **London** | **Rest of UK** |
| Individual booking | 40% discount | 35% discount |
| Group booking (max 12) | 48% discount | 46% discount |

For onsite group bookings, if there are any specific topics the group would like included, please raise this at the point of enquiry/booking to see if the trainer is able to accommodate your request.

**British Red Cross**

**Offer 15% discount** for both individual and group bookings (maximum 12 at own venue) on the **1 Day Emergency First Aid at Work** or **3 Day First Aid at Work** courses.

Bookings must be made through the email address below, quoting **ID 113441**; do not book directly through the website as the discount won’t be applied.

Tel: 0344 871 8000

Email: RCTSales@redcross.org.uk

British Red Cross also offer a **free 90 minute uncertified workshop**, which is delivered online or in-person for groups: <https://www.redcross.org.uk/get-involved/teaching-resources/community-education-workshops/first-aid-workshop-for-adults>

In addition, they host numerous training videos on their website:

**Free online learning modules**: <https://www.redcross.org.uk/first-aid/learn-first-aid>

**Free First Aid videos**: <https://www.redcross.org.uk/first-aid/learn-first-aid/videos>

**Free British Red Cross YouTube Videos:** Awide variety of videos giving advice for first aid emergencies from heart attacks, strokes, broken bones to hypothermia, bleeding and choking. <https://www.youtube.com/playlist?list=PLZqB1U2YzcaYKjcxHFWQ4yIwxRa-FvzEV>