



We are proud to launch
Cookson First Aid.



Find out more at cooksonfirstaid.org

Our first aid courses are free to attend, open to all and delivered by fully qualified and experienced trainers. Everyone is welcome to come and learn how to save a life. We deliver courses across Greater Manchester, get in touch with us to find out more.

Why learn First Aid?

- There are approximately 60,000 out of hospital cardiac arrests each year
- 88% of cardiac arrests happen at home
- Less than 1 in 10 people in Britain survive an out of hospital cardiac arrest
- Nearly a third of UK adults (30%) are not likely to perform CPR
- Every minute without CPR and defibrillation reduces a victim's survival rate by 7 to 10%
- Without immediate treatment, 90-95 per cent of cardiac arrests prove fatal

Let's break down how long it takes for brain damage and brain death to occur after cardiac arrest:

0 - 4 minutes: brain damage is not likely; chances of survival and health high

4 - 6 minutes: brain damage could occur; reaching the beginning of brain death

6 - 10 minutes: brain damage is likely; the person may suffer ongoing issues after resuscitation

10 + minutes: brain death is likely to occur; very slim chance of a person regaining consciousness or surviving at all

CPR can be successful in most cases, doubling or even tripling the chances of survival when performed early enough after cardiac arrest.

You can become a life saver.



Frequently asked questions about Cookson First Aid

What is Cookson First Aid?

Cookson First Aid offers free first aid training which is open to all. Funded by the Oliver Cookson Foundation, we want to make sure as many people as possible have access to first aid training and can learn to save a life.

Why is it free?

Cookson First Aid is a not-for-profit initiative fully funded by Oliver Cookson via his foundation which enables us to offer all courses free of charge. Oliver strongly believes life-saving skills are an essential life skill and should be available for free to everyone. Oliver is committed to offering Cookson first aid to as many people as possible, for free, all over the UK.

Who funds OCF?

The Oliver Cookson Foundation is fully funded by Oliver Cookson, [get in touch](#) if you would like to donate to support the roll out of more free first aid courses.

How can we partner with you?

Email us at hello@cooksonfirstaid.org and we will be in touch to discuss how we can work together.

How can I help Cookson First Aid? Can I volunteer?

We would love to work with volunteers who can support the delivery of our free first aid courses. Email us at hello@cooksonfirstaid.org to find out how you can get involved.

Who is it for?

It is open to all, however we particularly want to offer these courses to people who wouldn't have access to them elsewhere, or where cost is a barrier to learning first aid.

Who delivers the training?

We employ our trainers to deliver our courses, our way. All of our trainers are fully qualified first aid teachers, who have years of experience teaching first aid, our trainers are all DBS checked and are covered by our Public Liability insurance.

Where are the courses held?

We hold courses all across Greater Manchester, we want to make sure there are no barriers to learning, so we can bring the courses to you. If you are part of a community or voluntary group, get in touch and we can arrange for our trainers to come and deliver the course at your venue.



How long does it take?

Our courses are designed to be around 60-90 minutes long, depending on your group size. We would recommend groups of 8-20 people per course.

What will I learn?

You will learn to recognise the signs of cardiac arrest, how and when to perform CPR (cardiopulmonary resuscitation) and how to use a defibrillator and where to find your nearest one. We also offer courses on how to perform first aid on babies and young children.

How do I sign up? We will regularly add new course dates across Greater Manchester, check out our Eventbrite page [here](#).



Cooksonfirstaid.org
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