

West Lakes Training and Development Ltd  
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## Introduction

Working with individuals and businesses across Cumbria and the United Kingdom to increase competence and confidence in dealing with health and first aid scenarios in the workplace and the great outdoors.

## Capabilities

After 20 years working in the insurance and investments industry during weekdays, but enjoying the great outdoors at weekends and during holidays, Mike decided to move to Cumbria and bring together a passion for ethical and responsible business and a desire to increase the knowledge and practical application of physical and mental health first aid techniques at work and in the outdoors.

West Lakes Training and Development is a member of the First Aid Training Co-operative, [www.firstaidtrainingcooperative.co.uk](http://www.firstaidtrainingcooperative.co.uk) and also works with other local businesses delivering physical and mental health first aid and other related training courses.

## Services

Our simple, yet effective, teaching method will leave participants feeling both competent and confident to deal with accidents and incidents in the relevant environment in a variety of scenarios. We offer privately run courses delivered at your venue, at your convenience, including:

- Emergency First Aid at Work (EFAW) 6 hour
- Outdoor First Aid (OFA) – 16 hour (2 day)
- First Aid at Work (FAW) – 18 hour (3 day)
- Mental Health First Aid (MHFA) – (2 day)
- Emergency Life Savings courses – 3 hour

Sector specific bolt-ons for the EFAW courses are available, making them 7 hours in total (delivered over the course of 1 day). These include, but are not limited to: +Outdoor, +Hotel/ Hospitality, +Sports (including a Golf bolt-on), +Forestry.

## We're here looking for:

New contacts with businesses across Cumbria and a like-minded network of individuals and businesses to share ideas, generate new revenue streams and support the growth and productivity of local industry. We would love to opportunity to work together and support each other's business.

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