



RUNNING REDS

Available now on Amazon

ABOUT THE AUTHOR

Chris Darby is a retired paramedic supervisor who served London and Middlesex County as a first responder for 47 years.

At 18, Chris started his journey serving as a volunteer firefighter in Lambeth for 17 years. In 1974, he joined Thames Valley Ambulance, beginning as a Casualty Care Attendant, then Primary Care Paramedic, working EMS for 45 years.



ABOUT THE BOOK

Paramedics are frequently asked, ***“What’s the worst thing you’ve ever seen?”*** Are you prepared for an honest answer? Paramedic Chris Darby navigates this challenging question using his own experiences in the industry, sharing captivating anecdotes and powerful life lessons from the front lines of EMS.

Ride along with Chris and his fellow paramedics during his career for over forty-five years, caring for patients on their first, worst, or last days.

Running Reds balances the fine line between gut-wrenching and heart-warming stories that will leave readers wanting more.

SOCIAL MEDIA

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BACKGROUND

- Chris joined the volunteer fire service in Lambeth in 1972.
- He started with Thames Valley Ambulance in 1974
- He worked with the Ministry of Health on a fixed-wing air ambulance in Sioux Lookout in 1982
- He started with the London, Ontario-based air ambulance helicopter in 1989
- Chris retired in 2019 after 45 years of service with EMS
- Chris has lectured on several EMS-related topics with the City of London and Fanshawe College
- He began writing *Running Reds* in 2017
- The book was published on Amazon August 2021