

Range of Training Courses, Dates and Prices 2017

**3 Day First Aid at Work (FAIB Approved) 9am- 4.00pm £160.00 exc vat, £192.00 inc vat**

The course includes:

- The role and responsibilities of the first aider
- Incident and casualty assessment
- Unconscious casualties (including seizure)
- Cardiopulmonary resuscitation (CPR)
- Choking
- Wounds and bleeding
- Shock
- Minor injuries
- Injuries to bones and joints, sprains and strains
- Head injuries and spinal injuries
- Chest injuries
- Burns and scalds
- Eye injuries
- Poisons
- Anaphylaxis
- Major illnesses

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
11-13 Wed- Fri	6-8 Mon- Wed	3,10 & 17 Fridays	3-5 Mon- Wed	2-4 Tue-Thu	7-9 Wed-Fri	3-5 Mon-Wed	1-3 Tue-Thu	8,15 & 22 Fridays	2-4 Mon-Wed	7-9 Tue-Thu	13-15 Wed-Fri
24-26 Tue-Thu	20-22 Mon-Wed	6-8 Mon -Wed		15-17 Mon-Wed	19-21 Mon-Wed	7,14 & 21 Fridays	22-24 Tue-Thu	11-13 Mon- Wed	16-18 Mon- Wed	20-22 Mon-Wed	

**2 Day First Aid at Work Requalification (FAIB Approved) 9.00 am - 4.00 pm £110.00 exc vat, £132.00 inc vat**

The course includes all subjects covered on the 3 day First Aid at Work course

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
9-10 Mon- Tue	1-2 Wed-Thu	15-16 Wed-Thu	10-11 Mon-Tue	8-9 Mon-Tue	13-14 Tue - Wed	10-11 Mon-Tue	21-22 Mon-Tue	18-19 Mon-Tue	9-10 Mon-Tue	16-17 Thur Fri	5-6 Tue-Wed
19-20 Thur - Fri	13-14 Mon-Tue	30-31 Thur - Fri	27-28 Thur-Fri	24-25 Wed -Thu	29-30 Thur-Fri	27-28 Thur- Fri		27-28 Wed-Thu	23-24 Mon- Tue	27-28 Mon- Tur	

**1 Day Emergency First Aid at Work ( FAIB Approved) 9.00 am - 4.00 pm £60.00 exc vat, £72.00 inc vat**

The course includes:

- The role and responsibilities of the first aider
- Incident and casualty assessment
- Unconscious casualties (including seizure)
- Cardiopulmonary Resuscitation (CPR)
- Choking
- Wounds and bleeding
- Shock
- Minor injuries

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
6 Fri	9 Thur	2 Thur	6 Thur	5 Fri	6 Tue	6 Thur	4 Fri	7 Thur	5 Thur	2 Thur	4 Mon
18 Wed	23 Thur	9 Thur	12 Wed	10 Wed	15 Thur	20 Thur	25 Fri	15 Fri	13 Fri	14 Tue	12 Tue
31 Tue		22 Wed		22 Mon	27 Tue	24 Mon		21 Thur	25 Wed	23 Thur	

**3 Hour Annual First Aid Refresher (HSE Recommended) 9.00 am - 12 noon £45.00 exc vat, £54.00 inc vat**

The course includes:

- Incident and casualty assessment
- Unconscious casualties (including seizure)
- Cardiopulmonary Resuscitation (CPR)
- Wounds and bleeding
- Shock

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
10 Tue		17 Fri		3 Wed		18 Tue		26 Tue		21 Tue	

**12 Hour Paediatric First Aid (Fulfil OFSTED requirements) 9.00 am - 3.30 pm £95.00 exc vat, £114.00 inc vat**

The course includes

- The role of the paediatric first aider
- Dealing with emergencies
- Unconscious casualty
- Cardiopulmonary Resuscitation (CPR)
- Choking
- Bleeding wounds
- Shock
- Anaphylaxis
- Injuries to bones, joints and muscles
- Head and spinal injuries
- Conditions affecting the eyes, ears and nose
- Chronic medical conditions and sudden illness
- Extreme heat and cold
- Electric shock
- Burns and scalds
- Poisoning
- Bites and stings
- Minor injuries
- Records and reporting

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
16-17 Mon-Tue	15-16 Wed-Thu	20-21 Mon-Tue		11-12 Thur-Fri	22-23 Thur-Fri	12-13 Wed-Thu		25-26 Mon-Tue	19-20 Thur-Fri	29-30 Wed- Thu	

**3 Hour Manual Handling Awareness 9.00 am - 12 noon £45.00 exc vat, £54.00 inc vat**

The course includes:

- Current legislation
- Functions of the spine
- Causes of back pain
- Avoidance of Manual Handling
- Mechanical assistance
- Maintenance & accessibility of equipment
- Workplace & task improvements
- Personal protective equipment & clothing
- Guidelines for lifting & lowering
- Guidelines for pushing & pulling
- Guidelines for carrying
- Knowledge & skills assessment

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
17 Tue		16 Thur			14 Wed		2 Wed		3 Tue		14 Thur

**1 Day CIEH Level 2 Health & Safety in the Workplace 9.00 am - 4.00 pm £70.00 exc vat, £84.00 inc vat**

The course includes:

- Legislation
- Health, Safety, Welfare
- The workplace and workplace equipment
- Risk assessment
- Manual handling
- Hazardous substances
- Ergonomics and workstation design
- Transport and vehicles
- Noise and vibration

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
				2 Tue	6 Tue			22 Fri		7 Tue	

**1 Day CIEH Level 2 Food Safety 9.00 am - 4.00 pm****£70.00 exc vat, £84.00 inc vat****The course includes:**

- Legislation
- Food safety hazards
- Temperature control
- Refrigeration, chilling and cold holding
- Cooking, hot holding and reheating
- Food handling
- Principles of safe food storage
- Cleaning
- Food premises and equipment

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
27 Fri		28 Tue		25 Thur		14 Fri			6 Fri	28 Tue	

**3 Hour Asbestos Awareness 9.00 am - 12.00 noon****£45.00 exc vat, £54.00 inc vat****The course includes:**

- Introduction
- A brief history of asbestos
- What is asbestos?
- Effects of asbestos on health
- Types and uses of asbestos
- Where asbestos can be found in buildings and plant
- Avoiding risks from asbestos
- Emergency procedures
- Overview of asbestos legislation (Control of Asbestos Regulations 2012)

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	7 Tue		4 Tue		12 Mon		23 Wed		17 Tue		7 Thur

**2 Hour Fire Safety 1.00 pm - 3.00 pm****£45.00 exc vat, £54.00 inc vat****The course includes:**

- Fire triangle
- Prevention and control
- Fire procedures
- Dealing with smoke
- Types of fire extinguishers
- Workplace awareness
- Fire Wardens/Marshals

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	7 Tue		4 Tue		12 Mon		23 Wed		17 Tue		7 Thur

**Non Scheduled Courses ( Minimum 8 delegates )****NEW ! Fire Extinguisher Practical Training (This course can be arranged on request)****The course includes:**

- Introduction to fire extinguishers
- Routine fire extinguisher safety checks
- Using the fire extinguishers (practical)
- Practical test

**CIEH Level 2 Food Allergen (This course can be arranged on request)****The course includes:**

- Understand the impact of food allergy and intolerance
- Identify, manage and control the risks associated with food allergens
- Apply the principles of practical allergen management to develop good practice in the workplace
- Provide allergen information, with confidence.

**4 Hour Basic First Aid (This course can be arranged on request)****The course includes:**

- The role and responsibility of the first aider
- Incident and casualty assessment
- Unconscious casualties (including seizures)
- Cardiopulmonary resuscitation (CPR)
- Choking
- Wounds and bleeding
- Shock

**2 Hour Basic Life Support (This course can be arranged on request)****The course includes:**

- Unconscious casualties (including seizures)
- Cardiopulmonary resuscitation (CPR)
- Choking

**3 Hour Defibrillator (AED) (This course can be arranged on request)****The course includes:**

- The chain of survival
- Cardio Pulmonary Resuscitation
- Anatomy and physiology of the heart
- Safety considerations of defibrillation
- Automatic External Defibrillator practical scenarios
- Assessment

**3 Hour Epilepsy Awareness (This course can be arranged on request)****The course includes:**

- Introduction
- What is epilepsy
- How is epilepsy diagnosed
- Causes of epilepsy
- Seizure triggers
- Seizure types and classification
- Treatment for epilepsy
- First aid for seizures

**3 Hour Diabetes Awareness (This course can be arranged on request)****The course includes:**

- Introduction
- What is diabetes
- Causes of diabetes
- Types 1 and 2 diabetes
- Symptoms of diabetes
- Diagnosis of diabetes and treating diabetes
- Diabetic emergency – cause
- Treatment of low blood sugar – Hypoglycaemia
- Treatment of high blood sugar – Hyperglycaemia

**Telephone: 01482 330510 email:andy@hsts.co.uk**  
**web: www.hsts.co.uk**

**On-site training**

**If you have a group of employees requiring training, we can come to you. On-site training can be tailored to your needs and is both time and cost effective.**

***Over 24 Years Experience of Quality Training***