

Range of Training Courses, Dates and Prices 2018

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)
- Defibrillator (AED)
- 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
- Choking

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
15-17 Mon- Wed	14-16 Wed-Fri	2,9 & 16 Fridays	11-13 Wed-fri	14-16 Mon-Wed	4-6 Mon-Wed	2-4 Mon-Wed	1-3 Wed-Fri	12-14 Wed-Fri	5,12 & 19 Fridays	7-9 Wed-Fri	10-12 Mon-Wed
	26-28 Mon-Wed	12-14 Mon- Wed	23-25 Mon-Wed		20-22 Wed-Fri	16-18 Mon-Wed		24-26 Mon-Wed	15-17 Mon-Wed	26-28 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
18-19 Thur-Fri	12-13 Mon-Tue	5-6 Mon-Tue	16-17 Mon-Tue	10-11 Thur-Fri	11-12 Mon-Tue	11-12 Wed-Thu	7-8 Tue-Wed	17-18 Mon-Tue	10-11 Wed-Thu	14-15 Wed-Thu	13-14 Thur-Fri
	22-23 Thur -Fri	19-20 Mon-Tue	26-27 Thur-Fri	22-23 Tue-Wed	25-26 Mon-Tue	23-24 Mon-Tue		27-28 Thur- Fri	23-24 Tue-Wed	29-30 Thur-Fri	

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
11 Thur	9 Fri	7 Wed	18 Wed	9 Wed	13 Wed	6 Fri	6 Mon	7 Fri	3 Wed	6 Tue	3 Mon
24 Wed	19 Mon	15 Thur	30 Mon	24 Thur	(19 Tue FULL) New! 27 Wed	19 Thur		20 Thur	22 Mon	19 Mon	17 Mon

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
16 Tue		13 Tue		23 Wed		3 Tue		14 Fri		16 Fri	

12 Hour Paediatric First Aid (Fulfills 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
22-23 Mon-Tue	20-21 Tue-Wed	21-22 Wed-Thu	19-20 Thur-Fri		7-8 Thur-fri	9-10 Mon-Tue			1-2 Mon-Tue	12-13 Mon-Tue	

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
	7 Wed		12 Thur		21 Thur			13 Thur		8 Thur	

1 Day 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
17 Wed			11 Wed		12 Tue			25 Tue		14 Wed	

1 Day 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
	12 Mon		16 Mon		5 Tue				4 Thur		

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
12 Fri		6 Tue		14 Mon		4 Wed		21 Fri		16 Fri	

2 Hour Fire Safety Awareness / Warden / Marshall**1.00 pm - 3.00pm****£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
12 Fri		6 Tue		14 Mon		4 Wed		21 Fri		16 Fri	

3 Hour Fire Safety Awareness / Warden / Marshall & Fire Extinguisher Practical Training**1.00pm – 4.00pm****£70.00 exc vat , £84.00 inc vat****The course includes:**

- Fire triangle
- Prevention and control
- Types of fire extinguishers
- Fire procedures
- Dealing with smoke
- Workplace awareness
- Fire Wardens/Marshals
- Introduction to fire extinguishers
- Routine fire extinguisher safety checks
- Using the fire extinguisher Practical and test

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12 Fri		6 Tue		14 Mon		4 Wed		21 Fri		16 Fri	

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

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

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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 25 Years Experience of Quality Training