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Courses held at HSTS in 2026 - free onsite parking - our training centre measures in excess of 5,200 Square feet & has very large airy training rooms.

3 Day First Aid at Work (FAIB Approved) 9.00am- 4.00pm £205.00 exc vat, £246.00 inc vat

The course includes:

- The role and responsibilities of the first aider
- Incident and casualty assessment
- Unresponsive 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
12-14 Mon-Wed	11-13 Wed-Fri	6,13,20 Fridays	15-17 Wed-Fri	8,15,22 Fridays	3-5 Wed-Fri	6-8 Mon-Wed	12-14 Wed-Fri	11,18,25 Fridays	5-7 Mon-Wed	6,13,20 Fridays	9-11 Wed-Fri
28-30 Wed-Fri	23-25 Mon-Wed	10-12 Tue-Thu	27-29 Mon-Wed	11-13 Mon-Wed	22-24 Mon-Wed	29-31 Wed-Fri		14-16 Mon-Wed	20-22 Tue-Thu	16-18 Mon-Wed	

2 Day First Aid at Work Requalification (FAIB Approved) 9.00 am - 4.00 pm £150.00 exc vat, £180.00 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
8-9 Thu-Fri	2-3 Mon-Tue	4-5 Wed-Thu	20-21 Mon-Tue	18-19 Mon-Tue	11-12 Thu-Fri	14-15 Tue-Wed	10-11 Mon-Tue	23-24 Wed-Thu	15-16 Thu-Fri	11-12 Wed-Thu	7-8 Mon-Tue
		26-27 Thu-Fri									

1 Day Emergency First Aid at Work (FAIB Approved) 9.00 am - 4.00 pm £95.00 exc vat, £114.00 inc vat

The course includes:

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

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
7 Wednesday	4 Wednesday	3 Tuesday	1 Wednesday	7 Thursday	2 Tuesday	3 Friday	4 Tuesday	2 Wednesday	8 Thursday	2 Monday	3 Thursday
21 Wednesday	10 Tuesday	16 Monday	30 Thursday	14 Thursday	18 Thursday	16 Thursday		17 Thursday	14 Wednesday	24 Tuesday	14 Monday
27 Tuesday					30 Tuesday			30 Wednesday			

Basic Life Support (BLS) (FAIB Approved) 9.00 am - 12.00 Noon £60.00 exc vat, £72.00 inc vat

This course is for learners who wish to update or refresh their Basic Life Support (BLS) skills; it is also for those who have a duty of care such as health care professionals i.e. Dental staff, Nurses & Doctors. The course can also be used as part of your continual professional development (CPD) program. – Kindly Note the BLS training will take place on the morning session of the 1 Day Emergency First Aid at Work (Certificates Valid 12 Months)

- The role and responsibilities of the first aider
- Incident and casualty assessment
- Unresponsive casualties (including seizure)
- Cardiopulmonary Resuscitation (CPR)
- Choking
- Defibrillator (AED)

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
7 Wednesday	4 Wednesday	3 Tuesday	1 Wednesday	7 Thursday	2 Tuesday	3 Friday	4 Tuesday	2 Wednesday	8 Thursday	2 Monday	3 Thursday
21 Wednesday	10 Tuesday	16 Monday	30 Thursday	14 Thursday	18 Thursday	16 Thursday		17 Thursday	14 Wednesday	24 Tuesday	14 Monday
27 Tuesday					30 Tuesday			30 Wednesday			

3 Hour Annual First Aid Refresher (HSE Recommended) 9.00 am - 12 noon £60.00 exc vat, £72.00 inc vat

The course includes:

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

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
15 Thursday				5 Tuesday				22 Tuesday			

12 Hour Paediatric First Aid (Fulfil OFSTED requirements) 9.00 am - 3.30 pm £120.00 exc vat, £144.00 inc vat

The course includes

- The role of the Paediatric first aider
- Dealing with emergencies
- Unresponsive 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
19-20 Mon-Tue	26-27 Thu-Fri	23-24 Mon-Tue	22-23 Wed-Thu	20-21 Wed-Thu	8-9 Mon-Tue	9-10 Thu-Fri	5-6 Wed-Thu	28-29 Mon-Tue	12-13 Mon-Tue	26-27 Thu-Fri	

3 Hour Manual Handling Awareness 9.00 am - 12 Noon £60.00 exc vat, £72.00 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
22 Thursday				1 Friday				9 Wednesday			

1 Day Mental Health First Aid Training Course (FAIB Approved) 9.00am - 4.00pm £100.00 exc vat, £120.00 inc vat

The course includes:

- Recognising possible signs and symptoms of a person that has mental ill-health.
- Understanding Mental Health and its stigma.
- Using a Mental Health Action Plan to help those in crisis or need.
- Finding external professional help and guidance.
- The law in relation to mental health and the workplace.
- Promoting well-being in the workplace and how you can become an Ambassador for Mental Health and Wellbeing.

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
26 Monday		17 Tuesday		6 Wednesday		2 Thursday		10 Thursday		25 Wednesday	

3 Hour Asbestos Awareness 9.00 am - 12.00 Noon £60.00 exc vat, £72.00 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
15 Thursday		25 Wednesday		5 Tuesday		1 Wednesday		22 Tuesday		10 Tuesday	

3 Hour Evacuation Chair Awareness 9.00 am - 12.00 Noon £95.00 exc vat, £114.00 inc vat

The course includes:

- To gain competency to safely use evacuation chairs
- Understand when an evacuation chair may be used
- Assembling an evacuation chair with confidence

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
8 Thursday		6 Friday		8 Friday		28 Tuesday		11 Friday		13 Friday	

2 Hour Fire Safety Awareness / Warden / Marshal & Fire Extinguisher Practical Training 1.00pm – 3.00pm £60.00 exc vat, £72.00 Inc Vat, Exc Extinguisher £75.00 exc vat, £90.00 inc vat, Inc Extinguisher

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

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
15 Thursday		25 Wednesday		5 Tuesday		1 Wednesday		22 Tuesday		10 Tuesday	

2 Hour Catastrophic Bleeding 1.00pm – 3.00pm £50.00 exc VAT, £60.00 inc VAT

The course includes:

- State the primary survey process when catastrophic bleeding is identified
- Apply a manufactured tourniquet

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
8 Thursday		6 Friday		8 Friday		28 Tuesday		11 Friday		13 Friday	

NON Scheduled Courses -Kindly note we require a minimum 8 delegates to run these courses. Either at our training centre or on your site.

4 Hour Basic First Aid

The course includes:

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

3 Hour Defibrillator (AED)

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

1 Day Level 2 Health & Safety in the Workplace

The course includes:

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

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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.