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**Range of Training Courses, Dates and Prices 2020**

**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
- 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
10,17 & 24 Fridays	4-6 Tue-Thu	9-11 Mon-Wed	22-24 Wed-Fri	11-13 Mon-Wed	5,12 & 19 Fridays	6-8 Mon-Wed	19-21 Wed-Fri	4,11,18 Fridays	5-7 Mon-Wed	3-5 Tue-Thu	7-9 Mon-Wed
13-15 Mon-Wed	25-27 Tue-Thu	23-25 Mon-Wed		19-21 Tue-Thu	8-10 Mon-Wed	20-22 Mon-Wed	Extra date: 24-26 Mon-Wed	16-18 Wed-Fri	19-21 Mon-Wed	23-25 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
8-9 Wed-Thu	10-11 Mon-Tue	16-17 Mon-Tue	23-24 Thur-Fri	12-13 Tue-Wed	8-9 Mon-Tue	16-17 Thur-Fri	20-21 Thur-Fri	10-11 Thur-Fri	6-7 Tue-Wed	10-11 Tue-Wed	8-9 Tue-Wed
20-21 Mon-Tue	25-26 Tue-Wed	30-31 Mon-Tue		26-27 Tue-Wed	23-24 Tue-Wed	27-28 Mon-Tue	Extra date: 24-25 Mon-Tue	29-30 Tue-Wed	20-21 Tue-Wed	26-27 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
- Unresponsive 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
16 Thur	3 Mon	2 Mon	21 Tue	14 Thur	11 Thur	2 Thur	3 <sup>rd</sup> now full! Extra date: 5 Wed	9 Wed	8 Thur	6 Fri	10 Thur
23 Thur	13 Thur	18 Wed	30 Thur	28 Thur	17 Wed	15 Wed	18 Tue	22 Tue	22 Thur	16 Mon	15 Tue

**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
- 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 Wed		11 Wed		11 Mon		3 Fri		15 Tue		19 Thur	

**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
- 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
21-22 Tue-Wed		3-4 Tue-Wed		6-7 Wed-Thu	15-16 Mon-Tue	9-10 Thur-Fri	10-11 Mon-Tue	23-24 Wed-Thu	12-13 Mon-Tue	17-18 Tue-Wed	
									10 & 17 Saturdays		

**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
13 Mon		9 Mon			10 Wed			15 Tue		3 Tue	

**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
		25 Wed			22 Mon				14 Wed		

**Over 27 Years Experience of Quality Training**

**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 Wed				12 Fri					12 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
	7 Fri			7 Thur		14 Tue		21 Mon		13 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
	7 Fri			7 Thur		14 Tue		21 Mon		13 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

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	7 Fri			7 Thur		14 Tue		21 Mon		13 Fri	

**Non Scheduled Courses ( Minimum 8 delegates )**

**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
- Unresponsive 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:**

- Unresponsive 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

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**New for 2020 Mental Health First Aid Training Courses**

**Mental health first aid courses which will help raise awareness of mental illness, enabling people to support themselves and others to aid recovery. Our courses are designed to reduce stigma through education and increase the provision of care for those who have a mental illness.**

**Dates will be released on our website soon**

**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.**