



telephone: 01482 330510

email: andy@hsts.co.uk

web: www.hsts.co.uk

Health and Safety Training Services

**Courses held at HSTS in 2021- 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) 9am- 4.00pm £165.00 exc vat, £198.00 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
6-8 Wed-Fri	8-10 Mon-Wed	9-11 Tue-Thu	14-16 Wed-Fri	11-13 Tue-Thu	8-10 Tue-Thu	9,16 & 23 Fridays	3-5 Tue-Thu	13-15 Mon-Wed	1,8 & 15 Fridays	1-3 Mon-Wed	3,10,17 Fridays
25-27 Mon-Wed	24-26 Wed-Fri	12,19 & 26 Fridays		24-26 Mon-Wed	23-25 Wed-Fri	12-14 Mon-Wed	16-18 Mon-Wed	28-30 Tue-Thu	18-20 Mon-Wed	22-24 Mon-Wed	13-15 Mon-Wed

**2 Day First Aid at Work Requalification (FAIB Approved) 9.00 am - 4.00 pm £115.00 exc vat, £138.00 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
12-13 Tue-Wed	4-5 Thur-Fri	2-3 Tue-Wed	12-13 Mon-Tue	6-7 Thur-Fri	17-18 Thur-Fri	19-20 Mon-Tue	19-20 Thur-Fri	1-2 Wed-Thu	5-6 Tue-Wed	4-5 Thur-Fri	6-7 Mon-Tue
21-22 Thur-Fri	18-19 Thur-Fri	15-16 Mon-Tue		17-18 Mon-Tue	28-29 Mon-Tue	26-27 Mon-Tue		23-24 Thur-Fri	25-26 Mon-Tue	25-26 Thur-Fri	

**1 Day Emergency First Aid at Work (FAIB Approved) 9.00 am - 4.00 pm £65.00 exc vat, £78.00 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
11 Mon	11 Thur	1 Mon	19 Mon	19 Wed	11 Fri	7 Wed	6 Fri	10 Fri	4 Mon	8 Mon	1 Wed
18 Mon	16 Tue	17 Wed	30 Fri	27 Thur	21 Mon	15 Thur	23 Mon	17 Fri	21 Thur	18 Thur	16 Thur
28 Thur	23 Tue	24 Wed			30 Wed			27 Mon	29 Fri		

**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
20 Wed		25 Thur		14 Fri		8 Thur		9 Thur		19 Fri	

**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
14-15 Thur-Fri	2-3 Tue-Wed	4-5 Thur-Fri	21-22 Wed-Thu	20-21 Thur-Fri	14-15 Mon-Tue	5-6 Mon-Tue	24-25 Tue-Wed	21-22 Tue-Wed	12-13 Tue-Wed	Mon-Tue 29-30	

**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
20 Wed		25 Thur		14 Fri		8 Thur		9 Thur		19 Fri	

**1 Day Mental Health First Aid Training Course (FAIB Approved 9.00 am - 4.00 pm £80.00 exc vat, £96.00 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
19 Tue			26 Mon			21 Wed			27 Wed		

**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
29 Fri			20 Tue		17 Thur			20 Mon		15 Mon	

**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
29 Fri			20 Tue		17 Thur			20 Mon		15 Mon	

**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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29 Fri			20 Tue		17 Thur			20 Mon		15 Mon	

**Non Scheduled Courses -Kindly note we require a minimum 8 delegates to run these courses. Either at or training centre or on yoursite**

**1 Day Level 2 Food Safety**

**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

**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 workstation design
- Transport and vehicles
- Noise and vibration

**Fire Extinguisher Practical Training**

**The course includes:**

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

**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

**2 Hour Basic Life Support**

**The course includes:**

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

**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

**2 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.**