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Health and Safety Training Services

Courses held at HSTS in 2022- 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
10-12 Mon-Wed	7-9 Mon-Wed	2-4 Wed-Fri	4-6 Mon-Wed	6,13,20 Fridays	7-9 Tue-Thu	11-13 Mon-Wed	15-17 Mon-Wed	12-14 Mon-Wed	10-12 Mon-Wed	1-3 Tue-Thu	7-9 Wed-Fri
24-26 Mon-Wed	4,11,18 Fridays	14-16 Mon-Wed	25-27 Mon-Wed	16-18 Mon-Wed	27-29 Mon-Wed	20-22 Wed-Fri		28-30 Wed-Fri	7,14,21 Fridays	21-23 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
6-7 Thur-Fri	2-3 Wed-Thu	10-11 Thur-Fri	7-8 Thur-Fri	5-6 Thur-Fri	13-14 Mon-Tue	14-15 Thur-Fri	18-19 Thur-Fri	15-16 Thur-Fri	13-14 Thur-Fri	7-8 Mon-Tue	12-13 Mon-Tue
20-21 Thur-Fri	14-15 Mon-Tue	24-25 Thur-Fri		11-12 Wed-Thu	23-24 Thur-Fri	28-29 Thur-Fri		26-27 Mon-Tue	24-25 Mon-Tue	29-30 Tue-Wed	

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
- Defibrillator (AED)

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
13 Thu	10 Thur	9 Wed	11 Mon	9 Mon	10 Fri	4 Mon	1 Mon	9 Fri	6 Thur	9 Wed	6 Tue
19 Wed	25 Fri	17 Thur	28 Thur	19 Thur	22 Wed	19 Tue	22 Mon	19 Mon	17 Mon	14 Mon	14 Wed
31 Mon		28 Mon		24 Tue	30 Thur	27 Wed		23 Fri		28 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
- 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 Thu			7 Thur			14 Thur			13 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
27-28 Thur-Fri	16-17 Wed-Thu	29-30 Tue-Wed		25-26 Wed-Thu	15-16 Wed-Thu	7-8 Thur-Fri	4-5 Thur-Fri	21-22 Wed-Thu	4-5 Tue-Wed	15-16 Tue-Wed	1-2 Thur-Fri

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
	18 Fri		1 Fri		14 Tue			27 Tue		7 Mon	

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
	11 Fri			13 Fri					7 Fri		

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
17 Mon		1 Tue			13 Mon			20 Tue		17 Thur	

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
17 Mon		1 Tue			13 Mon			20 Tue		17 Thur	

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
17 Mon		1 Tue			13 Mon			20 Tue		17 Thur	

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

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.