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Courses held at HSTS in **2024**- 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 £185.00 exc vat, £222.00 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
12,19,26 Fridays	5-7 Mon-Wed	5-7 Tue-Thu	10-12 Wed-Fri	7-9 Tue-Thu	3-5 Mon-Wed	1-3 Mon-Wed	12-14 Mon-Wed	6,13,20 Fridays	1-3 Tue-Thu	6-8 Wed-Fri	9-11 Mon-Wed
15-17 Mon-Wed	26-28 Mon-Wed	18-20 Mon-Wed		10,17,24 Fridays	19-21 Wed-Fri	15-17 Mon-Wed		11-13 Wed-Fri	14-16 Mon-Wed	8,15,22 Fridays	

2 Day First Aid at Work Requalification (FAIB Approved) 9.00 am - 4.00 pm £130.00 exc vat, £156.00 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 Thu-Fri	22-23 Thu-Fri	7-8 Thu-Fri	15-16 Mon-Tue	1-2 Wed-Thu	6-7 Thu-Fri	8-9 Mon-Tue	12-13 Mon-Tue	17-18 Tue-Wed	10-11 Thu-Fri	18-19 Mon-Tue	12-13 Thu-Fri
				20-21 Mon-Tue	24-25 Mon-Tue				24-25 Thu-Fri		

1 Day Emergency First Aid at Work (FAIB Approved) 9.00 am - 4.00 pm £85.00 exc vat, £102.00 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
11 Thursday	8 Thursday	11 Monday	17 Wed	13 Monday	10 Monday	10 Wed	6 Tuesday	9 Monday	7 Monday	5 Tuesday	5 Thursday
23 Tuesday	16 Friday	21 Thursday	24 Wed	24 Friday	18 Tuesday	19 Friday	16 Friday	19 Thursday	18 Friday	11 Monday	16 Monday
			29 Monday		26 Wed	29 Monday		27 Friday	28 Monday	26 Tuesday	

Basic Life Support (BLS) (FAIB Approved) 9.00 am - 12.00pm £50.00 exc vat, £60.00 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
11 Thursday	8 Thursday	11 Monday	17 Wed	13 Monday	10 Monday	10 Wed	6 Tuesday	9 Monday	7 Monday	5 Tuesday	5 Thursday
23 Tuesday	16 Friday	21 Thursday	24 Wed	24 Friday	18 Tuesday	19 Friday	16 Friday	19 Thursday	18 Friday	11 Monday	16 Monday
			29 Monday		26 Wed	29 Monday		27 Friday	28 Monday	26 Tuesday	

3 Hour Annual First Aid Refresher (HSE Recommended) 9.00 am - 12 noon £50.00 exc vat, £60.00 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
			12 Friday			11 Thursday			11 Friday		

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
- 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
24-25 Wed-Thu	20-21 Tue-Wed	14-15 Thu-Fri	18-19 Thu-Fri	22-23 Wed-Thu	11-12 Tue-Wed	4-5 Thu-Fri	14-15 Wed-Thu	23-24 Mon-Tue	22-23 Tue-Wed	20-21 Wed-Thu	3-4 Tue-Wed

3 Hour Manual Handling Awareness 9.00 am - 12 noon**£50.00 exc vat, £60.00 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
12 Friday			16 Tuesday			9 Tuesday		17 Tuesday		18 Monday	

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
		12 Tuesday		15 Wed		11 Thursday		18 Wed		19 Tuesday	

3 Hour Asbestos Awareness 9.00 am - 12.00 noon**£50.00 exc vat, £60.00 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
26 Friday		14 Thur		17 Friday		4 Thur		20 Friday		15 Friday	

2 Hour Fire Safety Awareness / Warden / Marshal**1.00 pm - 3.00pm****£50.00 exc vat, £60.00 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
26 Friday		14 Thur		17 Friday		4 Thur		20 Friday		15 Friday	

2 Hour Fire Safety Awareness / Warden / Marshal & Fire Extinguisher Practical Training**1.00pm – 3.00pm****£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
26 Friday		14 Thur		17 Friday		4 Thur		20 Friday		15 Friday	

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 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

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

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.