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Courses held at HSTS in 2027 - 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
- Meningitis

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
12-14 Tue-Thur	2-4 Tue-Thur	5,12,19 Fridays	14-16 Wed-Fri	12-14 Wed-Fri	7-9 Mon-Wed	9,16,23 Fridays	11-13 Wed-Fri	10,17,24 Fridays	4-6 Mon-Wed	12,19,26 Fridays	6-8 Mon-Wed
	24-26 Wed-Fri	9-11 Tue-Thur	27-29 Tue-Thur	26-28 Wed-Fri	21-23 Mon-Wed	12-14 Mon-Wed		20-22 Mon-Wed	20-22 Wed-Fri	15-17 Mon-Wed	

2 Day First Aid at Work Requalification (FAIB Approved) 9.00 am - 4.00 pm £160.00 exc vat, £192.00 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 Wed-Thur	18-19 Thur-Fri	3-4 Wed-Thur	7-8 Wed-Thur	5-6 Wed-Thur	14-15 Mon-Tue	7-8 Wed-Thur	9-10 Mon-Tue	8-9 Wed-Thur	13-14 Wed-Thur	8-9 Mon-Tue	9-10 Thur-Fri
		18-19 Thur-Fri		24-25 Mon-Tue				27-28 Mon-Tue			

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
11 Monday	5 Friday	2 Tuesday	12 Monday	11 Tuesday	2 Wednesday	5 Monday	5 Thursday	2 Thursday	7 Thursday	4 Thursday	1 Wednesday
21 Thursday	16 Tuesday	22 Monday	20 Tuesday	17 Monday	10 Thursday	15 Thursday		14 Tuesday	18 Monday	18 Thursday	14 Tuesday
27 Wednesday					24 Thursday			30 Thursday			

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. (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 Monday	5 Friday	2 Tuesday	12 Monday	11 Tuesday	2 Wednesday	5 Monday	5 Thursday	2 Thursday	7 Thursday	4 Thursday	1 Wednesday
21 Thursday	16 Tuesday	22 Monday	20 Tuesday	17 Monday	10 Thursday	15 Thursday		14 Tuesday	18 Monday	18 Thursday	14 Tuesday
27 Wednesday					24 Thursday			30 Thursday			

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 Friday				7 Friday				13 Monday			

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
18-19 Mon-Tue	22-23 Mon-Tue	16-17 Tue-Wed	21-22 Wed-Thur	18-19 Tue-Wed	16-17 Wed-Thur	21-22 Wed-Thur	16-17 Mon-Tue	15-16 Wed-Thur	11-12 Mon-Tue	10-11 Wed-Thur	2-3 Thur-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 Friday				21 Friday				1 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
8 Friday		5 Friday		20 Thursday		6 Tuesday		3 Friday		24 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
20 Wednesday		15 Monday		10 Monday		1 Thursday		23 Thursday		3 Wednesday	

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
28 Thursday		1 Monday		4 Tuesday		2 Friday		29 Wednesday		5 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
20 Wednesday		15 Monday		10 Monday		1 Thursday		23 Thursday		3 Wednesday	

2 Hour Life-Threatening Bleeding – After Final Day of 3 and 2 Day FAW(R) Courses 1.00pm – 3.00pm - £50.00 exc. VAT, £60.00 inc. VAT

The course includes:

- State the primary survey process when Life-Threatening bleeding is identified
- Apply a manufactured tourniquet
- Wound packing
- Apply Chest dressings
- Use of Haemostatic dressings
- Apply improvised tourniquets

2 Hour Defibrillator (AED) - After Final Day of 3 and 2 Day FAW(R) Courses - 1.00pm – 3.00pm - £50.00 exc. VAT, £60.00 inc. VAT

The course includes:

- The chain of survival
- CPR
- Anatomy and Physiology of the heart
- Safety considerations of Defibrillation
- AED practical scenarios
- Assessment

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

**3 Hour Debrillator (AED)
3 Hour Anaphylaxis Awareness
4 Hour Basic First Aid**

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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.