

### **First Aid at Work (FAAW) Initial Course – 3 Days**

Full first aid certificate accredited by the HSE.

- Basic life support
- Regulations & the law
- Accident reporting, burns, fractures, bleeding / wounds
- C.P.R., and several medical emergencies to prepare a trained first aider to deal with situations in the workplace
- 3 year certificate of competence issued

**£210 per person.** Minimum 8 delegates.

Use of training room and lunch can be provided at an extra charge.

Course includes registration, certification, workbook and materials. Can include training room and lunch at an extra cost.

### **Annual Refresher First Aid at Work (FAAW) – ½ day**

Since October 2009 HSE Guidelines recommend that delegates attend annual refresher training to maintain competence and keep accreditation valid.

**£50 per person.** Minimum 10 delegates.

Use of training room and lunch can be provided at an extra charge.

Course includes workbook and materials,

### **First Aid at Work (FAAW) Requalification – 2 days**

Full requalification course only suitable for those still holding valid FAW certificate.

Courses can now be run up to 1 month after expiration date or one month in advance - HSE.

3 year certificate of competence issued

**£130 per person.** Minimum 8 delegates.

Use of training room and lunch can be provided at an extra charge.

### **Emergency First Aid (Appointed Person) – 1 day**

Basic first aid course to satisfy workplace regulations.

- Basic life support
- C.P.R, unconscious casualty, burns, fractures, wounds
- 3 year certificate of attendance issued

**£60 per person.** Minimum 8 delegates.

Use of training room and lunch provided.

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### **Manual Handling – 3 hours**

Covers the requirements in training for the purposes of the regulations concerning manual handling.

- Focuses on handling techniques
- Risk assessment
- Safe person concept
- Anatomy of the spine
- Accident avoidance

2 year certificate of attendance issued

**£60 per person.** Minimum 8 delegates. Use of training room and lunch can be provided at an extra charge.

### **Defibrillator Competent User – ½ day**

Everyone knows the benefit of a defibrillator in giving someone the very best chance of survival in a heart attack. We are starting to see these public access units being installed for public use in swimming pools, cinemas, hotels, airports, sports centres and many other locations.

Training unit supplied by us.

6 month certificate of competence issued

Recommended for current FAAW cert holders although not a requirement

**£80. Per person.** Minimum 6 delegates.

Use of training room and lunch can be provided at an extra charge.

Public courses will run throughout the year. Smaller groups may join other existing courses and groups.

If you have any training requirements that we have not listed here then please contact us with details for bespoke courses.

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