A woman with short brown hair, wearing a light-colored t-shirt and blue jeans, is kneeling on a light green floor. She is leaning over a man who is lying on his back. She has her hands on the man's chest, appearing to perform a first aid procedure. The man is wearing a dark green t-shirt and blue jeans. The background is a solid light green color.

Could you
cope in an
emergency?

Training from under

£22

per person

For more information on all our
courses or to make a booking,
please call Freephone

0800 310 2300

or visit our website at
www.firstresponsetraining.com



Creating Safer Working Environments with People Who Care

Experience

Established in 1997, First Response now offer over 50 different course types to an average of 1000 students per week. Providing training for care, paediatric and all industry sectors.

Training designed for the working environment

Accidents at work and occupational ill health are costly to workers, their families and to employers. Management control of health and safety is therefore essential, particularly in smaller firms where fatal and major injury rates tend to be higher. Losses from a major incident could ruin a company. Directors and managers can be held personally responsible for failures to control health and safety.

Contents

First Aid 3

HSE First Aid at Work (Qualifying)	3
HSE First Aid at Work (Refresher)	3
Emergency First Aid at Work	4
Basic Skills Update	4

Fire Safety 5

Fire Marshal/ Warden.	5
Statutory Fire Training.	5

Food Hygiene 6

Level 2 Food Hygiene	6
Level 3 Food Hygiene	6
Food Hygiene Awareness	6

Health & Safety 7

IOSH Working Safely	7
IOSH Supervising Safely	7
IOSH Working Safely for Middle Management	7
IOSH Managing Safely	7
Consultancy Services	8
Managing and Supervising Risk	8
Managing and Supervising Safety	8
Essentials of Health & Safety	9
Manual Handling	9

Open Course Schedule 10



HSE
Registered and accredited by the
Health and Safety Executive
Certificate Number: 3604



First Aid

HSE First Aid at Work (Qualifying)

3 Days

In accordance with the Approved Code of Practice to the Health & Safety (First Aid) Regulations 1981, if a nominated First Aider is legally required for your organisation, then this is the course for you. This course provides comprehensive training together with reviews of actual events, which enables first aid to be administered to a casualty within the workplace. Each candidate's competency will be assessed in accordance with the Health & Safety Executive's guidelines.

Any first aider who is not able to undertake a re-qualification course up to a maximum of 28 days after the expiry of their 3 year certificate, will be required to retake a full 4 day FAW course.

- Principles & priorities of first aid
- Casualty assessment
- Practical resuscitation
- Treatment of unconscious casualty
- Wounds, bleeding and shock
- Heart attacks
- Burns and scalds
- Fracture management
- Accident reporting
- First aid kits
- Written & practical assessment

At your premises cost per course

UK **£1,345** Within M25 **£1,545**

At our premises cost per person

UK **£199** Within M25 **£299**

HSE First Aid at Work (Refresher)

2 Days

This course is for those who already hold a First Aid at Work certificate (issued in the last 3 years) and who require re-qualification to keep their certification valid.

At your premises cost per course

UK **£935** Within M25 **£1,045**

At our premises cost per person

UK **£135** Within M25 **£199**

Changes to First Aid at Work regulations

The HSE announced that from 1st October 2009 the 4 day First Aid at Work course becomes a 3 day course.

A new Emergency First Aid at Work 1 day course has been created.

For both courses the HSE strongly recommends that all first aiders do an annual Basic Skills Update. If you have any queries regarding the changes, please do not hesitate to contact us.



First Aid continued

Emergency First Aid at Work

1 Day

In accordance with the Approved Code of Practice to the health & Safety (First Aid) Regulations 1981, employers are “strongly recommended” to consider the need for emergency first aid training for appointed persons within their organisation. This introductory level course is suitable for most low-risk employers in meeting their legal obligations for minimum first aid provision in the workplace. It is also suitable for employers with a higher risk who wish to provide appointed persons to support their First Aiders.

- Principles and priorities of first aid
- Casualty assessment
- Burns and scalds
- Accident reporting
- First aid kits
- Adult resuscitation and management of unconsciousness including seizures

At your premises cost per course

UK **£425**

Within M25 **£499**

At our premises cost per person

UK **£79**

Within M25 **£99**

Basic Skills Update

3 hours

This 3 hour course is designed to keep those trained in either First Aid at Work or Emergency First Aid at work up to date with the HSE's strong recommendation to have annual updates.

The session covers primary and secondary surveys, CPR and control of bleeding.

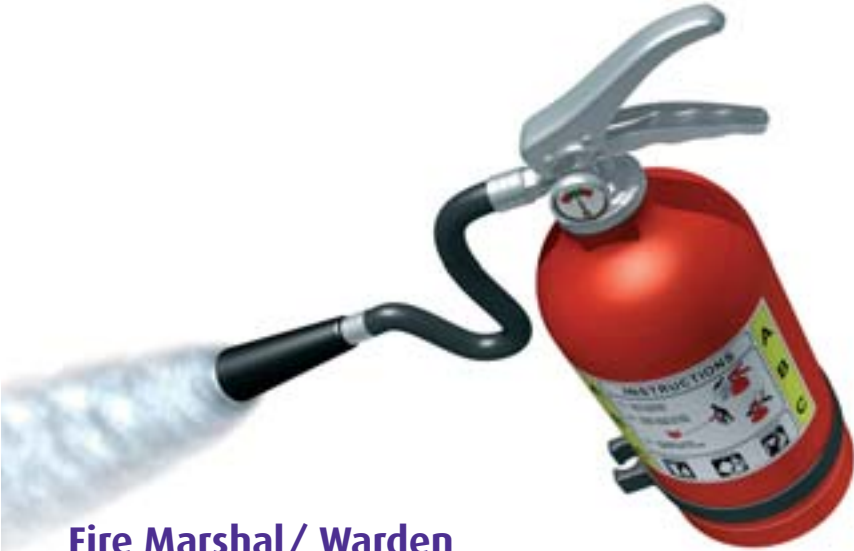
At your premises cost per course

UK **£255**

Within M25 **£305**



Fire Safety



Fire Marshal/ Warden

1 Day

For members of staff nominated as Fire Marshals / Wardens. The aim of the course is to ensure that a knowledge and understanding of fire safety risks and how to prevent fire will be gained. The course will equip the individual with the required training to co-ordinate and lead fire safety and evacuation procedures in the workplace.

- Fire science
- Risk assessment
- Legislation
- Classification and equipment
- Emergency plan and evacuation
- Testing, training & practising fire procedures
- Written assessments

At your premises cost per course

UK **£519**

Within M25 **£549**

At our premises cost per person

UK **£89**

Within M25 **£99**

Statutory Fire Training

2 hours

This seminar is aimed at providing training and information required by law to equip staff with the skills and knowledge to cope with an emergency or fire situation. The seminar also covers an overview of risk assessment and fire prevention methods.

- Legislation
- Causes of fire
- Fire prevention
- Fire extinguishers – types & uses
- Providing & maintaining a means of escape
- Fire evacuation procedures
- Risk assessment and responsibilities

At your premises cost per course

UK **£255**

Within M25 **£309**

Food Hygiene



Level 3 Food Hygiene

3 Days

This course is a requirement for all food handlers. It extends to all those who handle, store, prepare or serve food and beverages.

At your premises cost per course
UK **£1,199** Within M25 **£1,299**

Food Hygiene Awareness

3 hours

This course is a requirement for all food handlers. It extends to all those who handle, store, prepare and serve food and beverages.

- Food safety hazards
- Food storage
- Personal hygiene
- Cleaning
- Pest control
- Food safety regulations

At your premises cost per course
UK **£255** Within M25 **£309**

Level 2 Food Hygiene

1 Day

For all those who handle, store, prepare and serve food and beverages. Effective food hygiene control is critical to prevent bacteriological and physical contamination of food. By implementing legally required procedures, a reduction in the risk of contamination would thereby negate the possibility of compensation claims and criminal prosecution.

- Introduction to food safety
- Legislation
- Food safety hazards
- Temperature control
- Safe food storage
- Food handlers
- Food premises and equipment
- Food pests
- Hazard analysis

A CIEH and REHIS accredited level food hygiene course is also available. Please contact us for further information.

At your premises cost per course
UK **£419** Within M25 **£519**

Health & Safety



IOSH is the world's largest body for health and safety professionals. Our range of IOSH accredited courses aim

to reduce the risk of accidents and will develop a health and safety culture within the working environment.

Based upon your organisations risk assessment, choose from the following courses.

IOSH Working Safely

1 Day

For staff from any sector with no supervisory or managerial responsibility, this course provides a starting point in the essentials of health and safety.

At your premises cost per course
UK **£995** Within M25 **£995**

At our premises cost per person
UK **£175** Within M25 **£175**

IOSH Supervising Safely

3 Days

Aimed at supervisory staff that want to improve their knowledge and skills relating to health and safety in the workplace.

At your premises cost per course
UK **£2,495** Within M25 **£2,495**

IOSH Working Safely for Middle Management (Accredited)

2 Days

Designed for Middle Managers this course has practical elements including writing COSHH and Risk Assessments.

At your premises cost per course
UK **£1,850** Within M25 **£1,850**

At our premises cost per person
UK **£285** Within M25 **£285**



IOSH Managing Safely

4 Days

The course has a very practical focus, is full of step-by step guidance with a highly innovative format to engage and inspire managers.

At your premises cost per course
UK **£3,495** Within M25 **£3,495**

At our premises cost per person
UK **£495** Within M25 **£495**

Consultancy Services

Delivering practical advice and realistic feedback, our consultancy services are specifically designed and mapped to your organisation's needs. Where continued management ensures you're business remains compliant.

Our skilled consultants are able to deliver

- Health & safety policy review and advice
- Health & safety review
- Health & safety risk assessments

Call us to discuss your organisations legal health & safety requirements

Cost per day:

£495

Managing and Supervising Risk

1 Day

This course is aimed at those who need to complete risk assessment as part of their designated role in the company, or Managers who control an organisation's risk control programme. Correctly implemented risk assessments are the basis for a well-managed health & safety system. It aims to give practical advice on how to successfully complete statutory risk assessments in key areas of your business.

At your premises cost per course

UK **£519**

Within M25 **£549**

Managing and Supervising Safety

1 Day

This course is designed to provide those in a supervisory or management role with an awareness of the legal obligations of effective management of health & safety in the workplace. Key areas of health & safety are identified and there will be an opportunity to discuss industry specific regulations or topics with the tutor.

- Introduction to health & safety
- Management of health & safety
- Health & safety policy
- Introduction to risk assessment including first aid, fire and COSHH
- Health & safety communication
- Overview of other regulations / topics (course specific)

At your premises cost per course

UK **£519**

Within M25 **£549**





Essentials of Health & Safety

3 hours

This course is aimed at people wishing to develop a basic understanding of health & safety. It is designed to assist employers

in meeting their statutory duty to provide health & safety training for their workforce. The course informs candidates of the importance of co-operating with their employers in safety matters in order to improve the company's safety performance and therefore meet their legal obligations.

- Legal requirements & penalties
- Accident prevention and first aid
- Introduction to risk assessment
- Manual handling
- The work environment & hazard spotting
- Control of hazardous substances
- Fire safety
- Personal protective equipment

At your premises cost per course
UK **£255** Within M25 **£309**

Manual Handling

3 hours

In compliance with the Manual Handling Operations Regulations 1992, this is a vital course for anyone who engages in any form of manual handling. Delegates will learn about the injuries that can be sustained through poor manual handling techniques, including how to avoid them. The course has both theoretical and practical elements.

- Regulations & responsibilities
- Anatomy & physiology
- Manual handling associated injuries
- Accident statistics
- Risk assessment
- Practical manual handling techniques

At your premises cost per course
UK **£309** Within M25 **£359**



All prices quoted are subject to VAT. Cost per person is based upon 12 delegates

Open Course Schedule 2009/10

Emergency First Aid at Work (1 day) 9.30am to 4.30pm including teas / coffees mid morning and mid afternoon							
Venue	Oct	Nov	Dec	Jan 10	Feb	Mar	Apr
Birmingham	6, 20	3, 17	15	12	2, 16	4, 17	15
Bristol	15			14			14
Coventry	27				24		
Edinburgh		10				2	27
Glasgow			8			3	
Gloucester			10			16	
Leeds		10				9	
Leicester			10			23	
London Central	9, 22	5, 26	17	12	9, 23	9, 23	13
Manchester		19		12		17	
Nottingham						23	
Oxford	22					2	
Reading		24		21			22
Southampton			10			16	
Sheffield							20
Wolverhampton	15					4	
Worcester		12		21			20
First Aid at Work Qualifying (3 days) 9.30am to 4.30pm including teas / coffees mid morning and mid afternoon							
Birmingham		5, 11, 12		19, 20, 21		23, 24, 25	
Bristol	14, 20, 21			19, 20, 21			20, 21, 22
Coventry	22, 28, 29				16, 17, 18		
Edinburgh		12, 18, 19			23, 24, 25		20, 21, 22
Glasgow			10, 16, 17			9, 10, 11	
Gloucester			2, 8, 9			9, 10, 11	
Leeds		12, 18, 19				16, 17, 18	
Leicester			9, 15, 16			16, 17, 18	
London Central	6, 12, 13 21, 27, 28	4, 10, 11 18, 24, 25	9, 15, 17	19, 20, 21	2, 3, 4 16, 17, 18	2, 3, 4 16, 17, 18	20, 21, 22
Manchester		18, 24, 25		19, 20, 21		23, 24, 25	
Nottingham						16, 17, 18	
Oxford	21, 27, 28					9, 10, 11	
Reading		19, 25, 26		26, 27, 28			27, 28, 29
Southampton			9, 15, 16			23, 24, 25	
Sheffield							13, 14, 15
Wolverhampton	14, 20, 21					9, 10, 11	
Worcester		11, 17, 18			2, 3, 4		27, 28, 29
First Aid at Work Refresher (2 day) 9.30am to 4.30pm including teas / coffees mid morning and mid afternoon							
Birmingham	21, 22			13, 14			13, 14
Glasgow						30, 31	
London Central		12, 13		13, 14			14, 15
Manchester			8, 9	26, 27			27, 28
Worcester			2, 3	19, 20			21, 22
Fire Marshal / Warden (1 day) 9.30am to 4.30pm including teas / coffees mid morning and mid afternoon							
Birmingham		19			17		
Edinburgh		17				3	28
Glasgow						16	
London Central	29	19	10		10	10	
Manchester			10	28			29
Worcester			15	13			13
IOSH Working Safely (1 day) 9.30am to 4.30pm including buffet lunch, teas / coffees mid morning and mid afternoon							
Birmingham					18		
Edinburgh						4	
Glasgow						4	
London Central						24	
Manchester						18	
Worcester				14			14
IOSH Working Safely for Middle Management (2 days) 9.30am to 4.30pm including buffet lunch and teas / coffees mid morning and mid afternoon							
Glasgow						17, 18	
Edinburgh					3, 4		
IOSH Managing Safely (4 days) 9.30am to 4.30pm including buffet lunch, teas / coffees mid morning and mid afternoon							
Birmingham			1, 2, 8, 9		23, 24, 25, 26		
Edinburgh					9, 10, 11, 12		
Glasgow						23, 24, 25, 26	
London Central	7, 8, 14, 15			26, 27, 28, 29			27, 28, 29, 30
Manchester		3, 4, 10, 11				9, 10, 11, 12	

May	June	July	Aug	Sept	Oct	Nov	Dec
11	1, 15	15	10	7, 21	6, 20	2, 16	9
19		13	18		14	24	
	15			14		16	
	2			1			1
	16			16			14
	8			7			7
	22			21			14
11	1, 29	6	10	7, 21	5, 19	9, 24	7
11		13		15		17	
	22			21			
	2			2			2
		22			21		
	16			16		11	
		20			19		
	3			2			2
		22			19		
18, 19, 20		20, 21, 22		14, 15, 16		23, 24, 25	
25, 26, 27		20, 21, 22	10, 11, 12		19, 20, 21		
	22, 23, 24			21, 22, 23		16, 17, 18	
	8, 9, 10			7, 8, 9		23, 24, 25	7, 8, 9
	8, 9, 10			7, 8, 9			7, 8, 9
	15, 16, 17			14, 15, 16			14, 15, 16
	15, 16, 17			14, 15, 16			7, 8, 9
18, 19, 20	8, 9, 10	13, 14, 15		14, 15, 16	12, 13, 14	2, 3, 4	14, 15, 16
18, 19, 20	22, 23, 24			28, 29, 30	26, 27, 28	16, 17, 18	
		20, 21, 22		21, 22, 23		23, 24, 25	
	15, 16, 17			14, 15, 16			
	8, 9, 10			7, 8, 9			7, 8, 9
		27, 28, 29			12, 13, 14		
	22, 23, 24			21, 22, 23		16, 17, 18	
		13, 14, 15			12, 13, 14		
	8, 9, 10			7, 8, 9			7, 8, 9
		27, 28, 29			26, 27, 28		
		13, 14		8, 9		17, 18	
		27, 28		28, 29			
		7, 8			6, 7		
		27, 28			26, 27		
		20, 21			20, 21		
12			11			3	
	16			15		17	
	15			14			14
12	2			8		10	
		29			28		
		14			12		
13			12			4	
	17					18	
	3			2			2
	30			22			8
		14				18	
		15			13		
	16, 17			15, 16			15, 16
	2, 3			1, 2		3, 4	
	22, 23, 24, 25				12, 13, 14, 15		
	8, 9, 10, 11					9, 10, 11, 12	
	22, 23, 24, 25				26, 27, 28, 29		
		27, 28, 29, 30				22, 23, 29, 30	
		6, 7, 8, 9				9, 10, 11, 12	

E-learning: Flexible training

Why choose e-learning?

- An efficient alternative to practical training
- Interactive for engaging self paced training
- High quality video training courses
- Bespoke modules created specifically for your organisation

For more information please call now on

0800 310 2300



Head Office: First Response Training and Consultancy Services Ltd,
Bank House, High Street, Pershore, Worcestershire, WR10 1AA

London Office: Ludgate House, 107-111 Fleet Street, London,
EC4A 2AB

Scotland Office: Unit 5, Ladykirk Business Park, Skye Road,
Shawfarm, Prestwick, Ayrshire, KA9 2TA

Freephone: 0800 310 2300

Fax: 0870 850 1412

Email: info@firstresponsetraining.com

Web: www.firstresponsetraining.com

For more information on all our
courses or to make a booking,
please call Freephone

0800 310 2300

or visit our website at

www.firstresponsetraining.com