

FIRST AID AT WORK

Our three day course lasts for three years, before you need to requalify. You will be presented a FAA Level 3 (QCF) award in First Aid at Work Certificate.

£1000 ex vat (£1200 inc vat) for 12 Delegates

EMERGENCY FIRST AID AT WORK

Our one day course lasts for three years, before you need to requalify. You will be presented a FAA Level 3 (QCF) award in Emergency First Aid at Work Certificate.

£400 ex vat (£480 inc vat) for 12 Delegates

FIRST AID AT WORK REFRESHER

Our two day course lasts for three years, before you need to requalify. You will be presented a FAA Level 3 (QCF) award in First Aid at Work certificate.

£750 ex vat (£900 inc vat) for 12 Delegates

REGIMENT FIRST AID TRAINING



PAEDIATRIC FIRST AID

Our two day course lasts for three years, before you need to requalify. You will be presented a FAA Level 3 (QCF) award in Pediatrics First Aid Certificate.

£750 ex vat (£900 inc vat) for 12 Delegates



Regiment First Aid Training

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EMERGENCY PAEDIATRIC FIRST AID

Our one day course lasts for three years, before you need to requalify. You will be presented a FAA Level 3 (QCF) award in Emergency Pediatric First Aid Certificate.

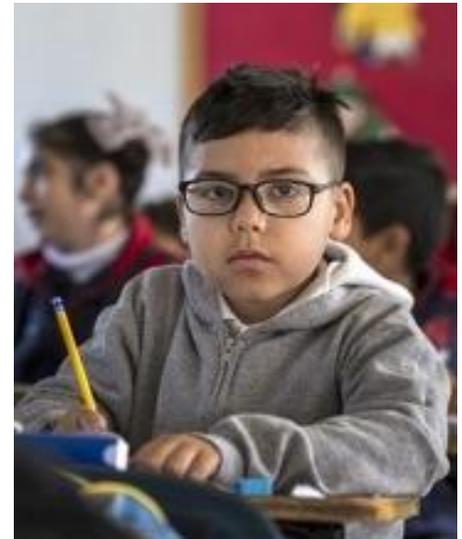
£400 ex vat (£480 inc vat) for 12 Delegates

We envision communities where people from all walks of life, even in the most remote areas of the UK, have the knowledge to save lives, administer first aid and to be trained to the highest of standards.

We cover the whole of the UK.

We can train at your premises or we can arrange a venue at a small additional cost.

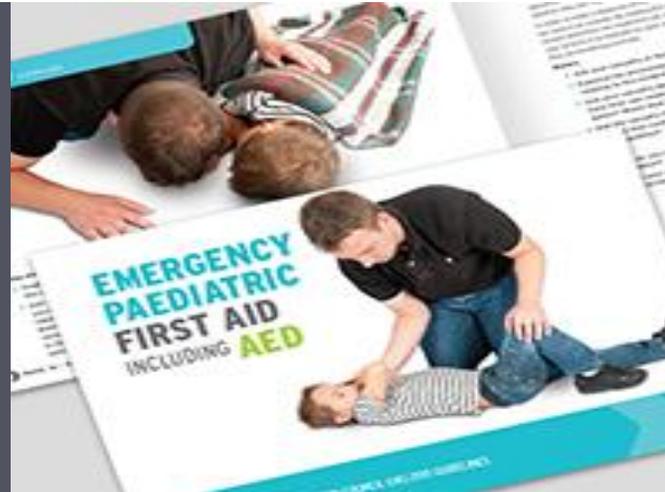
Never feel helpless again, having the knowledge and confidence to help save a person's life is one of the most important attributes a person can possess.



ACTIVITY FIRST AID

Our two day course lasts for three years, before you need to requalify. You will be presented a FAA Level 3 (QCF) award in Activity First Aid Certificate.

£750 ex vat (£900 inc vat) for 12 Delegates



“Every Single Person in the world has the capacity to save a life – it is an essential gesture of solidarity. First Aid education should be accessible to all without discrimination.”

– Grace Lo



BASIC LIFE SUPPORT & SAFE USE OF AN AED

Our half day course lasts for three years, before you need to requalify. You will be presented a FAA Level 2 (QCF) award in Basic life Support and Safe use of Automated External Defibrillator Certificate.

£400 ex vat (£480 inc vat) for 12 Delegates



FORESTRY FIRST AID

The practical and theoretical assessment is ongoing throughout the duration of the course and a three-year qualification can be offered to all, subject to assessment.

This module can be added on to the First Aid at Work or Emergency First Aid at Work course.
£300 ex vat (£360 inc vat) for 12 Delegates

HEALTH AND SAFETY IN THE WORKPLACE

This qualification does not expire, but refresher training and keeping up to date with changes to policies and procedures is vital to keep the qualification current. We offer the level one half day course and level two qualification which is a full day.

Lv 1 Cse £300 ex vat (£360 inc vat) for 16 Delegates
Lv 2 Cse £500 ex vat (£600 inc vat) for 16 Delegates

FIRE SAFETY

You will, no doubt, be well aware of the potentially devastating effects of fires in the workplace in terms of lives lost, injuries, damage to property and the environment, and to the business continuity.

We offer the level one half day course and level two qualification which is a full day.

Lv 1 Cse £300 ex vat for 16 Delegates
Lv 2 Cse £500 ex vat for 16 Delegates

Why Choose Us Over St John's Ambulance or British Red Cross?

All of Regiment First Aid Trainers are fully qualified. All of our courses are Ofqual regulated Level 1, 2 and Level 3 qualifications. We are knowledgeable in our field having worked in high risk environments throughout the world.

We have first-hand experience of delivering first aid under pressure in life threatening situations, so you can take comfort in the knowledge that the people training you have actually been in real life situations, they understand why you need the highest levels of training and can offer you a true perspective.



MANUAL HANDLING

This course provides an ideal approach to safer and more effective manual handling – not only meeting HSE recommendations, but also promoting good and safe practices in any situation.

£500 ex vat (£600 inc vat) for 16 Delegates



Our trainers are approachable, skilled and can adapt to any scenario or training environment that they are required to work in. We understand the day to day challenges that people face, the different learning styles people have and the difficulties some people face in a learning environment.



FOOD SAFETY IN CATERING

This is an excellent introduction to Food Safety in Catering and will benefit all employees at all levels.

Successful candidates will be awarded a national Level 2 (Level 5 in Scotland) qualification which will provide an ideal platform to higher level training or career development.

£500 ex vat (£600 inc vat) for 16 Delegates

GOOD NUTRITION

This 4 hour course is designed for anyone who is working or seeking a career in food preparation and/or food service. It will give you basic knowledge of nutrition which will help you prepare well-balanced meals and menus.

£400 ex vat (£480 inc vat) for 16 Delegates

Regiment First Aid Training courses can be delivered at your premises or we can offer many training venues throughout the UK.

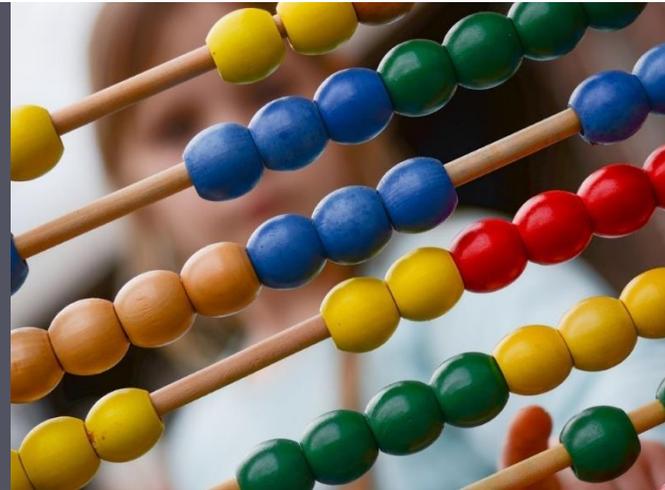
Whether you choose to use your own premises or want us to arrange the venue, we guarantee that all of our prices will remain transparent and competitive.



OUTDOOR FIRST AID

If your assessment of First Aid needs highlights the need for qualified First Aiders in outdoor activity, then this Level 3 qualification will provide you with suitable and highly trained personnel.

£850 ex vat (£1020 inc vat) for 12 Delegates



Are you struggling to find the course that you really require or do the time frames not suit your business needs? At Regiment First Aid Training we can undertake a training needs assessment for you based on your individual business needs and constraints.



PRINCIPLES OF SAFEGUARDING & PROTECTING YOUNG PEOPLE OR VULNERABLE ADULTS

Safeguarding is how we can protect children, young people and vulnerable adults from abuse or neglect by the actions, or lack of actions, of another person.

£400 ex vat (£480 inc vat) for 16 Delegates



FAA Level 3 Award in First Aid at Work £1000 ex vat (£1200 inc vat) for 12 Delegates

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 3 Award in First Aid at Work** Code: **603/2081/3**

Unit 1 title: **Emergency First Aid in the Workplace** Unit code: **Y/615/8504**

Unit 2 title: **Recognition and Management of Illness and Injury in the Workplace** Unit code: **M/615/8508**

SCQF Level 6 Award (Scotland)

Qualification title: **Award in First Aid at Work at SCQF Level 6** Code: **R528 04**

It is a requirement of the Health & Safety law that employers provide a safe and healthy environment to work in. If your assessment of first aid needs highlights the need for qualified first aiders, then this level 3 qualification (level 6 in Scotland) will provide you with suitable, highly trained personnel. This comprehensive three-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. This course will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981.

Duration

A minimum of 18 hours spread over at least three days. Ideally, the course should be run over three consecutive days, but we have the flexibility to accommodate your specific needs if you so desire providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus

A range of subjects are covered including: -

- **Legalities, responsibilities and reporting** • **Resuscitation and AED awareness** • **Assessment of the situation** • **Dealing with an unresponsive casualty** • **Bandaging** • **Shock (including Anaphylaxis)** • **Fractures and spinal injuries** • **Heart attacks** • **Choking** • **Control of bleeding** • **Head injuries** • **Eye injuries** • **Poisoning** • **Chest injuries** • **Sprains and strains** • **Burns** • **Asthma** • **Diabetes** • **Epilepsy** • **Stroke**

Certification

Summative practical assessment is ongoing by the instructor each day, along with a written assessment for unit 2. A three-year Level 3 Award in First Aid at Work (Level 6 in Scotland) will be issued to the learner, subject to successful assessment. No external assessors are required.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

FAA Level 3 Award in Emergency First Aid at Work £400 ex vat (£480 inc vat) for 12 Delegates

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 3 Award in Emergency First Aid at Work** Code: **603/2080/1**

Unit 1 title: **Emergency First Aid in the Workplace** Unit code: **Y/615/8504**

SCQF Level 6 Award (Scotland)

Qualification title: **Award in Emergency First Aid at Work at SCQF Level 6** Code: **R529 04**

Unit 1 title: **Emergency First Aid in the Workplace** Unit code: **UL29 04**

Where an organisation's risk assessment of First Aid needs identifies that there is a requirement for Emergency First Aid at Work practitioners, then this national Award in Emergency First Aid at Work satisfies the requirements of the regulatory body for First Aid - the Health and Safety Executive (HSE). All learners will have the skills and knowledge to provide the organisation with Emergency First Aider's that can provide treatment to their casualties in a prompt, safe and effective manner.

Duration

A minimum of six contact hours in the classroom, consisting of practical and theoretical activities, plus some pre-course activity could be required.

Syllabus

A range of subjects are covered including: -

- **Responsibilities and reporting** • **Resuscitation and AED awareness** • **Burns** • **Assessment of the situation** • **Anatomy** • **Choking** • **Dealing with an unresponsive casualty** • **Minor injuries** • **Epilepsy** • **Basic hygiene in First Aid** • **Bleeding control** • **Shock**

Certification

Practical assessment is ongoing by the instructor, and a three-year qualification will be issued to those who satisfy the criteria. In addition, the HSE strongly recommend that all students undergo an annual refresher programme of three hours.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

TWO-DAY FIRST AID AT WORK (RE-QUALIFICATION) £750 ex vat (£900 inc vat) for 12 Delegates

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 3 Award in First Aid at Work** Code: **603/2081/3**

Unit 1 title: **Emergency First Aid in the Workplace** Unit code: **Y/615/8504**

Unit 2 title: **Recognition and Management of Illness and Injury in the**

Workplace Unit code: **M/615/8508**

SCQF Level 6 Award (Scotland)

Qualification title: **Award in First Aid at Work at SCQF Level 6** Code: **R528 04**

Unit 1 title: **Emergency First Aid in the Workplace** Unit code: **UL20 04**

Unit 2 title: **Recognition and Management of Illness and Injury in the**

Workplace Unit code: **UL21 04**

This 2-day First Aid at Work course is designed for those who currently hold a First Aid at Work qualification and are due to expire. Please consider the following rules for attendance: • **A First Aider can renew their FAW qualification by attending a 2-day requalification course without question, if it's within 1 month past the expiry date** • **If the First Aider has lapsed by more than 1 month, but no longer than 3 months, then the First Aider can requalify by attending a 2-day course providing 'Special considerations' have been applied**

Special considerations are:

• **A signed letter from the employer to the provider of the training stating the reasons why in their opinion, the First Aider is suitably experienced to attend a 2 day course and does not require a full 3 day FAW course OR** • **A decision is made by the provider of the training after discussions with the employer, or the First Aider, and deciding that their previous experience is sufficient to attend a 2-day course** • **If the First Aider has lapsed beyond 3 months then they must attend a full 3-day FAW course.**

The important thing to remember is that as soon as the certificate expires, the First Aider is no longer considered competent to act as a First Aider in the workplace which may well leave the employer with a shortfall of First Aiders. Therefore, it would be prudent to arrange their requalification before they expire.

Duration

A minimum of 12 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but can be spread over a longer time period if you so desire, providing it is completed within 6 weeks of starting the course and the training sessions last for a minimum of two hours.

Certification

Successful qualification on this course is based on practical assessments conducted throughout the course and written test papers for unit 2. A three year Level 3 Award in First Aid at Work (Level 6 in Scotland) will be issued to the learner, subject to successful assessment.

ACTIVITY FIRST AID
UNITS 1 & 2 £750 ex vat (£900 inc vat) for 12 Delegates

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 3 Award in Activity First Aid** Code: **603/2235/4**

Unit 1 title: **First Aid Essentials** Unit 1 code: **T/615/8509**

Unit 2 title: **Management of Illness and Injury in Activities** Unit 2 code **M/615/8511**

SCQF Level 6 Award (Scotland)

Qualification title: **Award in Activity First Aid at SCQF Level 6** Code: **R555 04**

Unit 1 title: **First Aid Essentials** Unit 1 code: **UL59 04**

Unit 2 title: **Management of Illness and Injury in Activities** Unit 2 code **UL60 04**

This Level 3 qualification is made up of two units including First Aid Essentials. It is specifically designed for those who are involved in any form of activity, including sports, leisure and recreation. Not only is Basic Life Support included, but many other First Aid conditions are also covered, making the full qualification very comprehensive. Unit 1, (or day 1) of this qualification contains and covers the learning outcomes of the level 3 Award in Emergency First Aid at Work, so those who wish to gain the level 3 award in EFAW are able to sit day 1 of this qualification.

Duration

A minimum of 12 contact hours in the classroom, consisting of practical and theoretical activities, plus an assignment and some pre-course activity could be required.

Syllabus

A range of subjects are covered including: -

• **Responsibilities and reporting** • **Resuscitation** • **Angina** • **Assessment of the situation** • **Heart attacks** • **Choking** • **Dealing with an unresponsive casualty** • **Minor injuries** • **Seizures** • **Basic hygiene in First Aid** • **Bleeding control** • **Shock** • **Fractures** • **Head injuries** • **Asthma** • **Drowning injuries** • **Diabetes** • **Burns** • **Electrical injuries** • **Spinal injuries** • **Heat and cold**

Certification

Assessment is ongoing by the instructor along with a multiple-choice question paper, and a three-year qualification will be issued to the learner, subject to assessment. For those wishing to complete the full Level 2 qualification, this course must be completed within 6 weeks.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

PAEDIATRIC FIRST AID

UNITS 1 & 2: 2-day course £750 ex vat (£900 inc vat) for 12 Delegates

RQF Level 3 Award (England, Northern Ireland and Wales) *Full qualification requires Unit 1 and Unit 2*

Qualification title: **FAA Level 3 Award in Paediatric First Aid** Code **603/0911/8**

Unit 1 title: **Emergency Paediatric First Aid** Credit: **1** Unit code **K/615/4246**

Unit 2 title: **Managing Paediatric Illness, Injury and Emergencies** Credit: **2** Unit code **M/615/4247**

SCQF Level 6 Award (Scotland) - *Full qualification requires Unit 1 and Unit 2*

Qualification title: **Award in Paediatric First Aid at SCQF Level 6** Code **R409 04**

Unit 1 title: **Emergency Paediatric First Aid** Credit: **1** Unit code **UG32 04**

Unit 2 title: **Managing Paediatric Illness, Injury and Emergencies** Credit: **2** Unit code **UG33 04**

The qualification is designed for learners with a responsibility for the care of children and babies on a professional level. The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of paediatric first aid situations.

Ofsted and the Early Years Foundation Stage

This two-day qualification fulfils the requirements for first aid training detailed in the Department for Education's statutory framework for the Early Years Foundation Stage.

Duration

The qualification has 12 assigned guided learning hours (GLH) and 16 hours total qualification time (TQT). GLH indicates the number of Trainer/Assessor led hours including invigilated assessments. TQT is GLH plus time allocated for independent study and is essentially an indication of how long a typical learner might take to complete the qualification. Contact hours for direct classroom teaching and assessment must be no less than 12 hours over 2 days. The qualification can be delivered over a maximum of a 6-week period with each training session being a minimum of 2 hours.

Syllabus

A range of subjects is covered including: -

- **Role of the Paediatric First Aider** • **Seizure** • **Diabetic emergencies**
- **Primary survey** • **Choking** • **Asthma** • **Resuscitation (CPR including the safe use of an AED)** • **Minor injuries** • **Meningitis** • **Wounds, bleeding and shock** • **Recovery position** • **Febrile convulsions** • **Allergic reactions including anaphylaxis** • **Fractures** • **Extreme cold and heat** • **Head, neck and back injuries**
- **Foreign bodies** • **Electrical incidents**

Age limit

Students must be a minimum of 16 years of age to qualify.

Numbers

A maximum of 12 students can be accommodated on this course.

**EMERGENCY PAEDIATRIC
FIRST AID: 1 Day course** £400 ex vat (£480 inc vat)
for 12 Delegates

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 3 Award in Emergency Paediatric First Aid** Code **603/0912/X**

Unit title: **Emergency Paediatric First Aid** Credit: **1** Unit code **K/615/4246**

SCQF Level 6 Award (Scotland)

Qualification title: **Award in Emergency Paediatric First Aid at SCQF Level 6** Code **R410 04**

Unit title: **Emergency Paediatric First Aid** Credit: **1** Unit code **UG32 04**

The qualification is designed for learners with a responsibility for the care of children and babies and provides knowledge and skills to deal with a range of paediatric first aid conditions and incidents.

The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of Paediatric First Aid situations.

The FAA Emergency Paediatric First Aid qualification is unit 1 of the two-day FAA Paediatric First Aid qualification. From gaining this Emergency Paediatric First Aid qualification learners could progress to completing unit 2 and being awarded the 2-day FAA Award in Paediatric First Aid.

Duration

A minimum of eight hours makes up this unit consisting of at least 6 hours of classroom contact plus some pre-course study.

The qualification can be delivered over a maximum of a 4-week period, with each training session being a minimum of 2 hours.

Syllabus

A range of subjects is covered including: -

- **Role of the Paediatric First Aider** • **Seizure** • **Primary survey** • **Choking**
- **Resuscitation (CPR including the safe use of an AED)** • **Minor injuries**
- **Wounds, bleeding and shock** • **Recovery position**

Age limit

Students must be a minimum of 16 years of age to qualify.

Numbers

A maximum of 12 students can be accommodated on this course.

Assessment information

The qualification is assessed both through practical demonstration and written assessment.

A learner must successfully pass both the written and practical assessments to achieve the qualification.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that the learner attends annual refresher training.

**BASIC LIFE SUPPORT
AND SAFE USE OF AN AUTOMATED EXTERNAL
DEFIBRILLATOR (AED) £400 ex vat (£480 inc vat)
for 12 Delegates**

RQF Level 2 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 2 Award in Basic Life Support & Safe Use of an Automated External Defibrillator** Code: **601/5478/0**

Unit 1 title: **Basic Life Support and using an Automated External Defibrillator** Unit code: **L/506/8532**

Credit: **1**

SCQF Level 5 Award (Scotland)

Qualification title: **Award in Basic Life Support & Safe Use of an Automated External Defibrillator at SCQF Level 5** Code: **R434 04**

Unit 1 title: **Basic Life Support and using an Automated External Defibrillator** Unit code: **UG50 04**

Credit: **1**

Heart and circulatory disease claims around 200,000 lives each year. Many could have been saved if a defibrillator was made available. Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places. A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it. This very practical course will enable your learners to use the AED competently and with confidence. Not only does this course deal with the use of an AED but it also includes vital training in basic life support including resuscitation.

Duration

A minimum of 4 contact hours in the classroom, consisting of practical and theoretical activities.

Syllabus

A range of subjects are covered including:

- **Responsibilities and reporting**
- **Assessment of the situation**
- **Dealing with an unresponsive casualty**
- **Infection control**
- **Resuscitation**
- **AED functions**
- **Defibrillation procedures**
- **Safety measures**

Assessment and Marking

The course Instructor is responsible for determining whether delegates pass or fail based on practical and oral assessment throughout the course, i.e. by observation and oral questioning, as well as the completion of a question paper at the end of the course. The Instructor will only award a pass if they believe that delegates have displayed the requisite understanding and competencies at the end of each session throughout the course and successfully completed the question paper.

Certification

This qualification lasts for 3 years. To renew their qualification after 3 years, delegates will need to retake the full course.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 16 years of age to qualify.

**PRINCIPLES OF SAFEGUARDING
& PROTECTING CHILDREN, YOUNG PEOPLE OR
VULNERABLE ADULTS £400 ex vat (£480 inc vat) for
12 Delegates**

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 3 Award in Principles of Safeguarding and Protecting Children**, Code **601/8471/1**

Young People or Vulnerable Adults

Unit 1 title: **Principles of Safeguarding and Protecting Children, Young People or Vulnerable Adults** Unit Code **A/507/1376**

Safeguarding is how we can protect children, young people and vulnerable adults from abuse or neglect by the actions, or lack of actions, of another person. In order to safeguard and protect persons from abuse or neglect we need to learn how to identify vulnerable individuals and take necessary steps to stop abuse and neglect. Everyone has the right to be safe and live without the fear of abuse, neglect or exploitation and this course aims to teach you how to recognise the signs of abuse and neglect and what actions you can take to stop this from happening and occurring again in the future. Abuse, neglect and exploitation can occur anywhere and by anyone, quite often being a person of trust. This course is designed for all persons, no matter the field that they are directly involved in, to give them the tools and knowledge to make a difference to a vulnerable person's life. It will also let the practitioner reporting the abuse know how they can safeguard themselves in every day work, while seeking help and reporting the incident identified.

Duration

A minimum of 7 contact hours in the classroom.

Syllabus

A range of subjects is covered including:

- **Safeguarding legislation and guidance**
- **Indicators of abuse or neglect**
- **Making judgements**
- **Communication**
- **Roles and responsibilities**
- **Sharing of information**
- **Dealing with and reporting of allegations and complaints**
- **Assessment and marking**

Certification

Upon successful completion of the qualification assessment, Learners will be awarded an Ofqual national Level 3 Award in England.

Age restrictions

Learners must be a minimum of 18 years of age upon course commencement.

Course numbers

A maximum of 12 learners can be accommodated on this course.

**FOOD SAFETY IN CATERING: 1 Day course
(Minimum of 6 hours) £500 ex vat (£600 inc vat) for
16 Delegates**

RQF Level 2 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 2 Award in Food Safety in Catering** Code: **600/9385/7**

Unit 1 title: **Food Safety in Catering** Unit code: **H/502/0132**

SCQF Level 5 Award (Scotland)

Qualification title: **Award in Food Safety in Catering at SCQF Level 5** Code **R377 04**

Unit 1 title: **Food Safety in Catering** Unit code **UF16 04**

This is an excellent introduction to Food Safety in Catering and will benefit all employees at all levels, particularly those who hold, or are about to hold, a food safety role within their catering organisation. The course will clarify aspects of food safety which many of us believe to be complex and daunting. The importance of food safety in catering is underpinned by health and safety legislation that places a duty on employers to establish policies and procedures and ensure their employees receive appropriate training. Successful candidates will be awarded a national Level 2 (Level 5 in Scotland) qualification which will provide an ideal platform to higher level training or career development.

Duration

This is a 6-hour classroom-based course. Dependant on the learner's experience, there may well be some pre-course or post-course reading.

Syllabus

The course is made up of theoretical sessions delivered by your Instructor who will provide a detailed course programme. A range of subjects are covered that will enable you to understand:

- **How individuals can take responsibility for food safety**
- **The importance of keeping him/herself clean and hygienic**
- **The importance of keeping the work areas clean and hygienic**
- **The importance of keeping food safe**

Certification

This is achieved by on-going theoretical teaching by the instructor, culminating with a written test. This qualification does not expire, but refresher training and keeping up to date with changes to policies and procedures is vital to keep the qualification current.

Numbers

A maximum of 16 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

**GOOD NUTRITION: Half Day course (Minimum of 4
hours) £400 ex vat (£480 inc vat) for 12 Delegates**

RQF Level 2 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 2 Award in Good Nutrition** Code: **601/2289/4**

Unit title: **Healthier Food and Special Diets** Unit code: **K/500/8936**

SCQF Level 5 Award (Scotland)

Qualification title: **Award in Good Nutrition at SCQF Level 5** Code **R384 04**

Unit title: **Healthier Food and Special Diets** Unit code **UF92 04**

This 4-hour course is designed for anyone who is working or seeking a career in food preparation and/or food service. It will give you basic knowledge of nutrition which will help you prepare well-balanced meals and menus, the result of which will have a positive impact on health as well as an understanding of special dietary requirements. If you particularly work in hospital or school kitchens, residential homes or community-based kitchens, then this course will assist you in preparing well balanced and nutritional meals. If you are considering a career in the food industry, then this course will give you a good understanding and appreciation of nutritional values and well-balanced diets. It will also help those who are active in sport and recreation, children or adults, in respect of producing well-balanced diets to support that activity.

Duration

This is a 4-hour classroom-based course. Dependant on the learner's experience, there may well be some pre-course or post-course reading.

Syllabus

The course is made up of theoretical sessions delivered by your Instructor who will provide a detailed course programme. A range of subjects are covered that will enable you to understand:

- **The principle of balanced diets**
- **Current Government nutritional guidelines for a healthy diet**
- **Sources of essential nutrients**
- **The impact of diet on health**
- **Catering practices that help maintain the nutritional value of food**
- **How to plan and provide special diets**
- **The impact of special diets on health**
- **Catering practices to be considered when planning and providing meals for those on special diets**

Certification

This is achieved by on-going theoretical teaching by the instructor, culminating with a multiple-choice question paper at the end. This qualification does not expire, but refresher training and keeping up to date with changes to policies and procedures is vital to keep the qualification current.

Numbers

A maximum of 16 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

**MANUAL HANDLING
PRINCIPLES AND PRACTICE: 1 day course £500 ex
vat (£600 inc vat) for 16 Delegates**

RQF Level 2 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 2 Award in Manual Handling – Principles and Practice**

Code: **600/7624/0**

Unit 1 title: **Manual handling safety at work** Unit code: **D/602/4593**

Credit: **2**

SCQF Level 5 Award (Scotland)

Qualification title: **Award in Manual Handling – Principles and Practice at SCQF Level 5**

Code: **R306 04**

Unit 1 title: **Manual handling safety at work** Unit code: **UC27 04**

Credit: **2**

We are all exposed at times to some form of manual handling such as lifting, carrying, pulling and pushing actions that can be compounded by simultaneous movements such as climbing or pivoting. Personal injuries resulting from incorrect manual handling in the workplace accounts for over one million working days lost per year, as well as the pain and suffering experienced by the casualties. Correct manual handling techniques can make a huge difference. The risks arising from manual handling have been recognised by the Health and Safety Executive for many years, as evidenced in their regulations and advisory activities promoting good practice. The Regulations require employers to provide their employees with health and safety information and training – supplemented, as necessary, with more specific information and training on manual handling injury risks and prevention. This course provides an ideal approach to safer and more effective manual handling – not only meeting HSE recommendations, but also promoting good and safe practices in any situation.

Duration

This is a 6-hour classroom-based course. Dependant on the learner's experience, there may well be some pre-course or post-course reading.

Syllabus

A range of subjects are covered that will equip delegates to:

- **Understand the reasons for safe manual handling**
- **Understand how manual handling risk assessments contribute to improving health and safety**
- **Understand the principles, types of equipment and testing requirements associated with manual handling safety**
- **Be able to apply safe manual handling principles**

Certification

Practical assessment is on-going by the instructor, culminating with a written test. This qualification does not expire, but refresher training and keeping up to date.

Numbers

A maximum of 16 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

**HEALTH AND SAFETY
IN THE WORKPLACE: Half Day course £300 ex vat
(£360 inc vat) for 16 Delegates**

RQF Level 1 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 1 Award in Health and Safety in the Workplace** Code:

600/8131/4

Unit title: **Introduction to Health and Safety for People at Work** Unit code: **T/601/8007**

SCQF Level 4 Award (Scotland)

Qualification title: **Award in Health and Safety in the Workplace at SCQF Level 4** Code:

R376 04

Unit title: **Introduction to Health and Safety for People at Work** Unit code: **UF15 04**

This is an excellent introduction to health and safety in the workplace and will benefit any worker, in any industry or sector and accommodates induction training for the new employee very well. All aspects of Health and Safety are important to a business whether you are an employee, contractor or supplier and this half-day course will benefit both the learner and the business, ensuring that the working environment is a safe and healthy one.

Duration

This is a half-day classroom-based course and no previous experience is necessary.

Syllabus

A range of subjects are covered including:

- **Understanding the importance of health, safety and welfare standards in the workplace**
- **Knowing how hazards and risks are controlled in the workplace**
- **Being aware of the main causes and effects of poor health and safety at work**
- **Understanding how health and safety information is communicated in the workplace**

Certification

Assessment is on-going by the instructor, culminating with a multiple-choice question paper. This qualification does not expire, but refresher training and keeping up to date with changes to policies and procedures is vital to keep the qualification current.

Numbers

A maximum of 16 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

**HEALTH AND SAFETY
IN THE WORKPLACE: 1 Day course £500 ex vat
(£600 inc vat) for 16 Delegates**

RQF Level 2 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 2 Award in Health and Safety in the Workplace** Code: **600/2776/9**

Unit title: **Health and Safety in the Workplace** Unit code: **H/601/9699**

SCQF Level 5 Award (Scotland)

Qualification title: **Award in Health and Safety in the Workplace at SCQF Level 5** Code: **R225 04**

Unit title: **Health and Safety in the Workplace** Unit code: **UA62 04**

This is an excellent introduction to health and safety in the workplace and will benefit all employees, particularly those who may be accepting a health and safety role, such as a safety representative within their organisation. Successful candidates will be awarded a national Level 2 (Level 5 in Scotland) qualification which will provide an ideal platform to higher level training or career development.

Duration

This is a one-day classroom-based course. Dependant on the learner's experience, there may well be some pre-course or post-course reading.

Syllabus

A range of subjects are covered including:

- **The roles and responsibilities for health, safety and welfare in the workplace.**
- **The value and process of risk assessments.**
- **The identification and control of workplace hazards.**
- **How to respond to workplace incidents and accidents**

Certification

Assessment is on-going by the instructor, culminating with a multiple-choice question paper. This qualification does not expire, but refresher training and keeping up to date with changes to policies and procedures is vital to keep the qualification current.

Numbers

A maximum of 16 students can be accommodated on this course and all candidates must be a minimum of 16 years of age to qualify. The certificate will expire as dated on the certificate, irrespective of age.

**FIRE SAFETY AWARENESS half day course £300 ex
vat (£360 inc vat) for 16 Delegates**

RQF Level 1 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 1 Award in Fire Safety Awareness (RQF)** Code: **600/8133/8**

Unit 1 title: **Fire Safety Awareness** Unit code: **Y/601/9697**

SCQF Level 4 Award (Scotland)

Qualification title: **Award in Fire Safety Awareness at SCQF Level 4** Code: **R325 04**

Unit 1 title: **Fire Safety Awareness** Unit code: **UD71 04**

You will, no doubt, be well aware of the potentially devastating effects of fires in the workplace in terms of lives lost, injuries, damage to property and the environment, and to the business continuity. You may also be aware that it is believed that most fires are preventable. The importance of fire safety in the workplace is underpinned by health and safety legislation that places a duty on employers to establish policies and procedures and ensure their employees receive appropriate training. This course is designed for all employees as an introduction to fire awareness and is an excellent ingredient in the induction programme of new employees. It deals with how fires can occur and what to do in the event of a fire. The qualification also provides a foundation for those employees who want to develop their basic fire safety awareness in order to assist their employer by undertaking more specific fire safety roles in the workplace to manage fire risk (e.g. as fire wardens/marshals/stewards etc).

Successful candidates will be awarded a national level 1 qualification (Level 4 in Scotland).

Duration

A minimum of 4 contact hours in the classroom.

Syllabus

A range of subjects is covered including:

- **The common causes of fire**
- **The behaviour of fire**
- **Legislation (brief) and responsibilities**
- **Fire prevention**
- **What to do if a fire breaks out**
- **How to use fire extinguishers**
- **Emergency evacuation procedures**

Certification

A Level 1 national qualification, (Level 4 in Scotland), will be issued to the learner, subject to successfully completing the test paper.

Numbers

A maximum of 16 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

FIRE SAFETY 1 Day course £500 ex vat (£600 inc vat)
for 16 Delegates

RQF Level 2 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 2 Award in Fire Safety** Code **600/8190/9**

Unit 1 title: **Fire safety principles** Unit code **D/601/9698**

SCQF Level 5 Award (Scotland)

Qualification title: **Award in Fire Safety at SCQF Level 5** Code **R326 04**

Unit 1 title: **Fire safety principles** Unit code **UD72 04**

You will, no doubt, be well aware of the potentially devastating effects of fires in the workplace in terms of lives lost, injuries, damage to property and the environment, and to business continuity. You may also be aware that it is believed that most fires are preventable.

The importance of fire safety in the workplace is underpinned by health and safety legislation that places a duty on employers to establish policies and procedures and ensure their employees receive appropriate training. This course is designed for employees who want to develop their basic fire safety awareness in order to assist their employer by undertaking more specific fire safety roles in the workplace to manage fire risk (e.g. as fire wardens/marshals/stewards etc.) Successful candidates will be awarded a national level 2 qualification (Level 5 in Scotland).

Duration

A minimum of 6 contact hours in the classroom.

Syllabus

A range of subjects is covered including:

- **The hazards and risks associated with fire in the workplace**
- **How fire risk is controlled in the workplace**
- **The role of the nominated fire warden**
- **The principles and practice of fire safety management at work**

Certification

A Level 2 national qualification, (Level 5 in Scotland), will be issued to the learner, subject to successfully completing the test paper.

Numbers

A maximum of 16 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

The certificate will expire as dated on the certificate, irrespective of age.

OUTDOOR FIRST AID TRAINING COURSE £850 ex
vat (£1020 inc vat) for 12 Delegates

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: **FAA Level 3 Award in Outdoor First Aid** Code: **601/8627/6**

Unit 1 title: **Outdoor Emergency Action** Unit 1 code: **K/508/3085**

Unit 2 title: **Outdoor Incident Management** Unit 2 code: **M/508/3086**

If your assessment of First Aid needs highlights the need for qualified First Aiders in outdoor activity, then this Level 3 qualification will provide you with suitable and highly trained personnel. This comprehensive two-day course covers a wide range of First Aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way, particularly where professional medical help is not immediately available. This course fulfils the requirements of the First Aid element of the expedition syllabus and it is suitable for the Bronze, Silver and Gold Duke of Edinburgh awards. There is sufficient content in this course to satisfy the requirements of the HSE in respect of Emergency First Aid at Work. An additional certificate can be provided to evidence this to an employer.

Duration

A minimum of 16 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but we have the flexibility to accommodate your specific needs if you so desire providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus

A range of outdoor First Aid related subjects are covered including:

- **First Aid Equipment** • **Assessment of the situation** • **Prioritising treatment** • **Environmental factors** • **Dealing with an unresponsive casualty** • **Bandaging** • **Moving a casualty** • **Shock (including Anaphylaxis)** • **Fractures and spinal injuries** • **Heart attacks** • **Choking** • **Control of bleeding** • **Head injuries** • **Eye injuries** • **Poisoning** • **Chest injuries** • **Abdominal injuries** • **Sprains and strains** • **Burns and scalds** • **Asthma** • **Diabetes** • **Epilepsy** • **Hypothermia** • **Frostbite** • **Heat exhaustion** • **Bites and stings** • **Minor injuries**

Certification

Summative practical assessment is ongoing by the instructor each day, along with a written assessment on each day. A three-year Level 3 Award in Outdoor First Aid will be issued to the learner, subject to successful assessment. No external assessors are required.

Numbers

A maximum of 12 students are allowed and must be a minimum of 16 years of age and a certificate can be offered to all, subject to assessment.

FORESTRY FIRST AID COURSE This module can be added on to the First Aid at Work or Emergency First Aid at Work course.

£300 ex vat (£360 inc vat) for 12 Delegates

RQF Level 3 Award

Qualification title: **FAA Level 3 Award in Forestry First Aid (RQF)** Code: **603/3404/6**

Unit title: **Forestry First Aid** Unit code: **T/617/1390**

This qualification has been designed to provide the knowledge and competence for a learner to deal with emergency first aid situations in a forestry/agricultural environment. This qualification is designed to supplement a First Aider's existing First Aid at Work or Emergency First Aid at Work qualification and covers the recommended topics stated in the Forestry Commission First Aid policy 2015.

Duration

A minimum of 2 contact hours in the classroom, consisting of practical and theoretical activities. This qualification can also be combined with the 1-day Emergency First Aid at Work or 3-day First Aid at Work course, providing the minimum contact hours and assessment criteria has been achieved.

Syllabus

The range of subjects covered are:

- **Emergency planning and remote medical assistance**
- **Catastrophic Bleeding Control**
- **Crush injuries**
- **Effects of extreme cold**
- **Lyme disease**

Certification

The practical and theoretical assessment is ongoing throughout the duration of the course and a three-year qualification can be offered to all, subject to assessment.

Numbers

A maximum of 12 students can be accommodated on this course.

Age limit

Students must be a minimum of 14 years of age to attend this course. We are able to deliver this course on your site, subject to a pre-course assessment of your premises, reducing your costs in respect of additional time out and travelling.



CORPORATE

If you are a corporate client and have 12 or more delegates who require training, please contact us and we can arrange a second instructor at a competitive price.

Our cost to you includes all certification and course registrations fees. Each delegate also receives a course booklet. Certification can be sent direct to the delegate or to your Head Office / Training Manager.

INDIVIDUAL CLIENTS

If you are an individual who wants to run a course in your local community please contact us to discuss what we can offer you.

LOCATION

We are able to deliver this course on your site, subject to a pre-course assessment of your premises, reducing your costs in respect of additional time out and travelling. If you do wish to train off-site please call us.

CONTACT US

Call us today (local rates apply)

0333 012 9041

Email: info@regimentfirstaidtraining.co.uk