



HEALTH & SAFETY TRAINING SERVICES

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Message from

ADAM WADE CMIOSH
& TINA WADE



Since 2009 we have been providing professional Health & Safety consultancy and training services to a wide range of SME's and bluechip companies across the UK.

We are a well established family run business based in 2 locations; an office and training centre in the idyllic village of Edwinstowe and our Cumbria based office in Brampton.

Our centre offers ample free parking and is easily accessible from the M1/A1. Other amenities are also within walking distance.

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EDWINSTOWE TRAINING CENTRE

Edwinstowe House, High Street, Edwinstowe

Mansfield, Nottinghamshire, NG21 9PR

BOOK BY PHONE: 01623 827 850





LEVEL 3 EMERGENCY FIRST AID AT WORK

1 DAY COURSE FROM £95+VAT

EDWINSTOWE & AT YOUR SITE

COURSE OVERVIEW

Become your workplace Emergency First Aider.

Learn to confidently and competently deal with accidents and injuries in the workplace in line with HSE specified standards.

Our 1 day Level 3 Emergency First Aid at Work training course has been designed for anyone looking to provide first aid to someone who is injured or becomes ill at work.

No prior first aid knowledge is required to attend.

WHAT IS COVERED

- Legal responsibilities of a first aider
- Main requirements of a first aider
- First Aid equipment and use of medication
- Keeping records
- Emergency response (practical hands on training)
- Life support including CPR
- Control of minor bleeding
- Treatment of shock
- Seizures
- Shock
- Wounds and bleeding
- Minor injuries
- Cuts, grazes and bruises
- Minor burns and scalds



Certificate Valid for 3 Years



Theory and Practical Elements



Delegates Must be 16+



Multiple-choice Assessment



Observed Practical Assessment



Annual Refresher Recommended

SECURE YOUR PLACES CALL: 01623 827 850



LEVEL 3 FIRST AID AT WORK

3 DAY COURSE FROM £185+VAT

EDWINSTOWE & AT YOUR SITE

COURSE OVERVIEW

Gain an understanding of First Aid within higher risk work environments, along with your role as the first aider with our comprehensive 3 day Health & Safety course.

This course has been designed in line with Health & Safety Executive (HSE) specified standards for the purposes of the Health & Safety (First Aid) Regulations 1981.

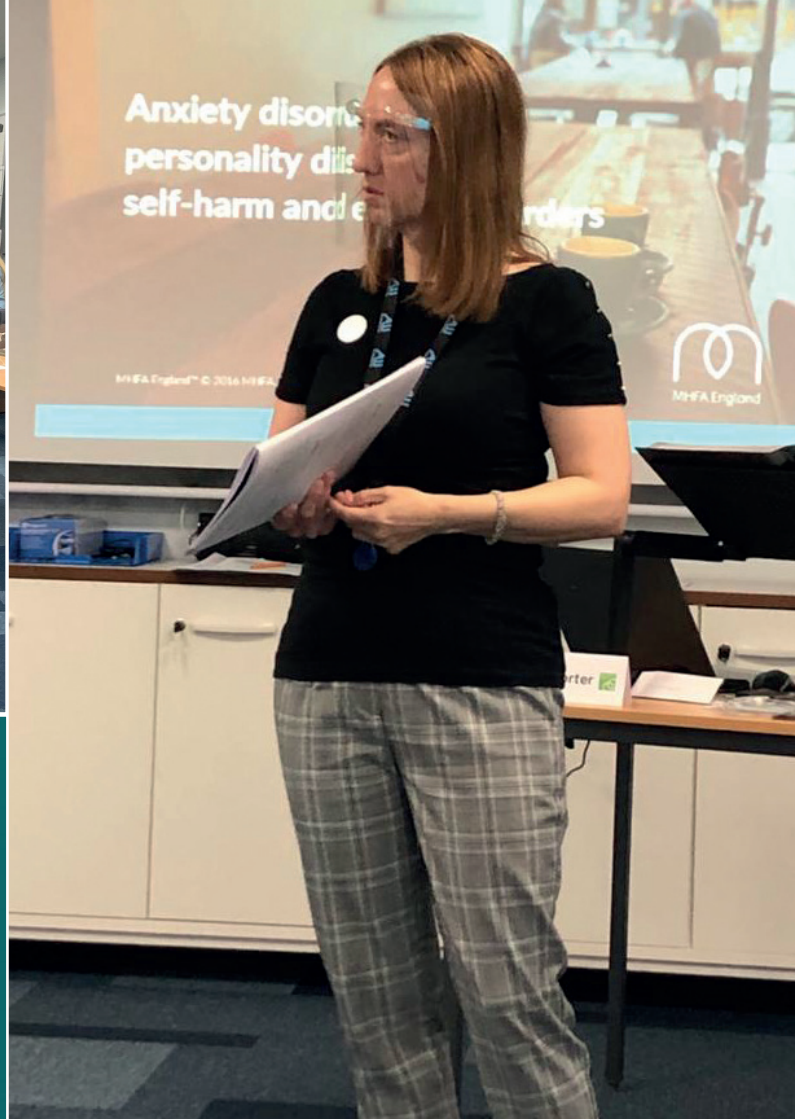
WHAT IS COVERED

- The Role and Responsibilities of a First Aider
- Assessing an Incident
- Managing an Unresponsive Casualty
- CPR and Defibrillation
- Recovery Position
- Heart Attack
- Stroke
- Choking
- Epilepsy
- Asthma
- Diabetes
- Treatment of shock
- Anaphylaxis
- Shock
- Head and spinal injuries
- Chest injuries
- Wounds and bleeding
- Fractures
- Sprains, strains and dislocations
- Minor injuries
- Burns and scalds
- Poisoning
- Eye injuries



- ★ Certificate Valid for 3 Years
- ★ Theory and Practical Elements
- ★ Delegates Must be 16+
- ★ Multiple-choice Assessment
- ★ Observed Practical Assessment
- ★ Annual Refresher Recommended
- ★ 2 Day Requal Also Available

SECURE YOUR PLACES CALL: 01623 827 850



MENTAL HEALTH FIRST AID

2 DAY COURSE FROM £249+VAT

EDWINSTOWE & AT YOUR SITE

COURSE OVERVIEW

Reduce stigma surrounding Mental Health problems. Become your workplace Mental Health First Aider with our internationally recognised 2 day training course.

With statistics showing that 1 in 4 people will suffer from a mental health related illness throughout their lifetime, addressing mental health is just as important as physical health in the workplace.

This course is designed to teach you how to spot and crucially recognise symptoms of mental ill health and guide individuals and family members to the appropriate support.

WHAT IS COVERED

- An introduction to mental health
- Spotting the signs and symptoms
- Familiarity with the mental health continuum
- Risk factors and treatment options
- Mental health illnesses in detail
- Supporting employees with mental health
- Creating a workplace culture which encourages good mental health
- Using preventative methods to keep mentally healthy
- Resources and further reading



MHFA England

- ★ Certificate of Attendance
Valid for 3 Years
- ★ Group Discussions and
Workshop Activities
- ★ Delegates Must be
16+
- ★ Refresher Recommended
Every 3 Years

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IOSH MANAGING SAFELY

3 DAY COURSE FROM £387+VAT

EDWINSTOWE & AT YOUR SITE

COURSE OVERVIEW

Equipping managers and supervisors with the skills and know-how to evaluate workplace safety systems and implement new health & safety control measures.

This 3 day health & safety training course is designed for those within health & safety management positions or for those with these responsibilities in the workplace.

Each of the 7 modules on this course consist of learning objectives supported with short video clips, interactive activities and links to further reading and additional references.

WHAT IS COVERED

- Introducing managing safely
- Assessing risks
- Controlling risks
- Understanding responsibilities
- Understanding hazards
- Investigating incidents
- Measuring performance



Evergreen
Qualification



Theory and Practical
Elements



Delegates Must be
16+



Multiple-choice
Assessment



Project
Assessment



Working Safely Available
to Book on Request

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ABESTOS AWARENESS

0.5 DAY COURSE

EDWINSTOWE &
AT YOUR SITE

COSHH

0.5 DAY COURSE

EDWINSTOWE &
AT YOUR SITE



MANUAL HANDLING

0.5 DAY COURSE

EDWINSTOWE &
AT YOUR SITE



Open Course Programme - Discount Available For Group Bookings



ABRASIVE WHEEL

0.5 DAY COURSE

EDWINSTOWE &
AT YOUR SITE

FIRE MARSHAL

0.5 DAY COURSE

EDWINSTOWE &
AT YOUR SITE



WORKING AT HEIGHT

0.5 DAY COURSE

EDWINSTOWE &
AT YOUR SITE

E-LEARNING SOLUTIONS

HEALTH & SAFETY

- Abrasive Wheel Safety
- Accident Reporting
- Anaphylaxis & Allergies for Schools & Carers
- Asbestos Awareness (+International) Asthma
- Awareness for Schools & Carers CDM Regulations
- Confined Spaces
- COSHH
- Diabetes Awareness for Schools & Carers Display
- Screen Equipment (DSE)
- Driver Awareness
- Electrical Safety
- Epilepsy Awareness for Schools & Carers
- Eye Protection
- Fire Awareness
- Fire Marshal & Warden
- First Aid Appointed Person
- First Aid Refresher
- Emergency First Aid
- First Aid Requirements & RIDDOR
- Food Allergy Awareness
- Food Safety & Hygiene - Level 1 & 2 General
- Workshop Safety
- Hand Arm Vibration Awareness
- Health & Safety Essentials
- Health & Safety for Homeworkers

- Infection Prevention & Control
- Ladder Safety
- Legionella Awareness
- LOLER
- Lone Working
- Manual Handling
- Manual Handling including Tyres
- Medication Awareness in Care & Education
- Moving & Handling People
- Noise Awareness
- Personal Protective Equipment
- PUWER
- Risk Assessments
- Safer Recruitment in Education
- School Trips for Organisers & Support Sharps, Slips, Trips & Falls
- Spill Kits (Bodily Fluids and Chemicals & Oils)
- Working at Height (+International)
- Working in Licensed Premises (Bar Staff)

HR COMPLIANCE

- Assessing Mental Capacity
- Bullying & Harassment
- Conflict Resolution
- Deprivation of Liberty Safeguards
- Drug & Alcohol Awareness
- Equality & Diversity
- FGM Awareness & Prevention
- Mental Health Awareness
- New & Expectant Mothers at Work
- Safer Recruitment in Education
- Sexual Harassment Awareness
- Stress Awareness & Management
- Time Management
- Unconscious Bias
- Prevent Duty

A-Z OF E-LEARNING LICENCES

BUSINESS COMPLIANCE

- Anti-Bribery
- Anti-Money Laundering
- Bomb Threats
- Consumer Rights
- Customer Service Skills
- Cyber Security Awareness
- Risk Assessments
- Safer Recruitment in Education
- School Trips for Organisers & Support Sharps, Slips, Trips & Falls
- Spill Kits (Bodily Fluids and Chemicals & Oils)
- Working at Height (+International)
- Working in Licensed Premises (Bar Staff)
- Environmental Awareness Fraud Awareness & Prevention
- GDPR Essentials
- GDPR Refresher
- Modern Slavery
- Whistleblowing

CARE CERTIFICATE

- Understanding Your Role in Care
- Your personal Development in Care
- Duty of Care
- Equality and Diversity in Care
- Person Centred Care
- Communication in Care
- Privacy & Dignity in Care
- Fluids & Nutrition in Care
- Mental Health, Dementia, & Learning Disabilities
- Safeguarding Vulnerable Adults
- Safeguarding Children
- Basic Life Support in Care
- Health & Safety in Care
- Handling Information in Care
- Infection Prevention & Control in Care

CONSTRUCTION

- CDM
- Fire Awareness in Construction
- Fire Marshal & Warden in Construction
- Mental Health in Construction
- Power - Provision and Use of Work Equipment Regulations
- Loler - Lifting Operation of Machinery
- First Aid Requirements
- Riddor
- Abrasive wheel
- Accident reporting
- WAH
- Manual Handling
- PPE

MANAGEMENT

- Bullying & Harassment for Management
- GDPR for Management
- Health & Safety for Managers & Supervisors
- Mental Health Awareness for Managers
- School Trips for Management
- Unconscious Bias for Management



What can I say about AW Safety?

They are a great company who have supported our company for some time now and I have noticed the positive effect they have had on our performance across the board.

The training provided to our employees and supply chain is of a high standard and also engages the attendees which is a rare find. They have been instrumental in achieving our goals and maintaining our values so much so I wouldn't consider using anyone else.



LAMBERT
CONSTRUCTION &
CIVIL ENGINEERING

Very impressed with the extent and flexibility of services provided

I am in no doubt that AW Safety's continued support has strengthened and developed our business and therefore I would highly recommend them to any company or individual.



You Are Top Of My List

I have had nothing but good reports back from the attendees. They were particularly complimentary about your techniques and the way you put things across.

I think the whole process of getting the course done from start to finish was easy and well managed. Certainly if I have an further needs you are on top of my list.

Andy Clemson - Risk & Compliance Advisor



PUTTING YOUR HEALTH & SAFETY HEADACHES TO BED

#ITSTIMETOCONNECT

Our IRM Connect portal is your gateway to stress free Health & Safety documentation management.

We can ensure all your relevant documentation such as Health & Safety risk assessments, policies and procedures are just one click away.

Reap the Benefits of IRM Connect:

- ☑ Ensures easy and instant access to all of your documents, policies, assessments and audits, all in one location
- ☑ Live system – Updates/changes to documentation is instantly accessible
- ☑ Receive industry alerts and safety documentation

Get in touch with our team and find out how IRM Connect can benefit your organisations Health & Safety management.

BOOK A DEMO CALL 01623 827 850





Find Our Training Centre

Edwinstowe House, High Street,
Edwinstowe, Mansfield, Nottinghamshire,
NG21 9PR



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