

Range of Training Courses, Dates, Locations & prices for 2015

We pride ourselves on being peripatetic in order to meet your needs we can deliver at your premises on alternative dates.

3 Day First Aid at Work 9.00am - 4.30pm £165.00

Course content:

- Acting safely, promptly & effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR)
- Treating an unconscious casualty (including seizure)
- Wounds & bleeding
- Shock
- Minor Injuries and Choking
- Preventing cross infection, recording incidents and actions and the use of available equipment
- Fractures, Sprains & Strains
- Spinal Injuries
- Chest injuries
- Burns & Scalds
- Eye injuries
- Poisoning
- Anaphylaxis
- Heart Attack
- Stroke
- Epilepsy
- Asthma
- Diabetes

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
9,16,23 Fri	16-18 Mon-Wed	4-6 Wed-Fri	14-16 Tue-Thur	5-7 Tue-Thur	12,19,26 Fri	13-15 Mon-Wed	17-19 Mon-Wed	14-16 Mon-Wed	9,16,23 Fri	9-11 Mon-Wed	14-16 Mon-Wed

2 Day First Aid at Work Requalification 9.00am - 4.30pm £110.00

This course covers all subjects on 3 Day at Work

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
7-8 Wed-Thur	4-5 Wed-Thur	9-10 Mon-Tue	21-22 Tue-Wed	11-12 Mon-Tue	8-9 Mon-Tue	20-21 Mon-Tue	4-5 Tue-Wed	23-24 Wed-Thur	5-6 Mon-Tue	16-17 Mon-Tue	7-8 Mon-Tue
19-20 Mon-Tue	24-25 Tue-Wed	18-19 Wed-Thur		26-27 Tue-Wed	29-30 Mon-Tue		24-25 Mon-Tue		27-28 Tue-Wed		

1 Day emergency first Aid at Work Requalification 9.00am - 4.30pm £55.00

Course content:

- Acting safely, promptly & effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR)
- Wounds & bleeding
- Treating an unconscious casualty (including seizure)
- Shock
- Minor Injuries and Choking
- Choking
- Preventing cross infection, recording incidents and actions and the use of available equipment

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
15 - Thur	12 - Thur	11 - Wed	9 - Thur	13 - Wed	11 - Thur	1 - Wed	3 - Mon	10 - Thur	8 - Thur	2 - Mon	9 - Wed
26 - Mon	26 - Thur	26 - Thur	20 - Mon	29 - Fri	17 - Wed	22 - Wed	20 - Thur	22 - Tue	22 - Thur	18 - Wed	17 - Thur

3 Hour Annual First Aid Refresher (HSE recommended) 9.00am - 12 Noon £40.00

Course content:

- Acting safely, promptly & effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR)
- Wounds & bleeding
- Treating an unconscious casualty (including seizure)
- Shock
- Wounds & Bleeding

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
16 - Fri			7 - Tue			10 - Fri		11 - Fri		19 - Thur	

12 Hour Paediatric First Aid (Meets OFSTED requirements) 9.00am - 3.30pm £95.00

Course content:

- Coping with an emergency in the childcare environment
- The priorities of treatment
- Resuscitation: Adult, child & baby
- Control of bleeding
- Treatment of minor injuries, with emphasis on children & babies
- Poisoning
- Treatment of fractures, with emphasis on children & babies
- Choking: Adult, child & baby
- General paediatric medical
- Conditions: asthma, anaphylaxis, diabetes, epilepsy, febrile convulsions, meningitis etc.

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
21-22 Wed-Thur		2-3 Mon-Tue		21-22 Thur-Fri		8-9 Wed-Thur		17-18 Thur-Fri	12-13 Mon-Tue	3-4 Tue-Wed	

3 Hour Manual Handling Awareness 9.00am - 12.00 Noon **£40.00****Course content:**

- Current Legislation
- Function of spine
- Causes of back pain
- Avoidance of Manual Handling
- Maintenance & accessibility of equipment
- Workplace & task improvements
- Personal protective equipment & Clothing
- Guidance for lifting and lowering
- Guidance for pushing & pulling
- Guidance for carrying
- Knowledge & skills assessment

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
9 - Fri		19 - Thur		14 - Thur		23 - Thur		25 - Fri		12 - Thur	

1 Day Level 2 Health & Safety in the Workplace 9.00am - 4.00pm **£70.00****Course content:**

- Legislation
- Health, Safety, Welfare
- The workplace & workplace equipment
- Risk assessment
- Manual Handling
- Hazardous substances
- Ergonomics & workstation design
- Transport & Vehicles
- Noise & Vibration

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	19 - Thur		23 - Thur		10 - Wed		26 - Wed		29 - Thur		11 - Fri

1 Day Level 2 Food Safety 9.00am - 4.00pm **£70.00****Course content:**

- Legislation
- Food safety hazards
- Temperature controls
- Refridgerations, chilling & cold holding
- Cooking, hot holding & reheating
- Food handling
- Principles of safe food storage
- Cleaning
- Food premises & equipment

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
30 - Fri		16 - Mon		8 - Fri		27 - Mon		9 - Wed		5 - Thur	

3 Hour Asbestos Awareness 9.00am - 12.00 Noon (Hull), 1pm - 4pm (Scunthorpe) **£40.00****Course content:**

- Introduction
- Brief history of asbestos
- What is asbestos?
- Effects of asbestos on health
- Types & uses of asbestos
- Where asbestos can be found
- Avoiding asbestos risks
- Emergency procedures
- Overview of asbestos legislation
- (Ctrl of Asbestos regulations 2012)

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	13 - Fri		8 - Wed		25 - Thur		6 - Thur		26 - Mon		10 - Thur

2 Hour Fire Safety 1.00pm - 3.00pm **£40.00****Course content:**

- Fire Triangle
- Prevention & Control
- Fire Procedures
- Dealing with smoke
- Types of fire extinguishers
- Workplace awareness
- Fire Wardens & Marshalls

HULL Training Dates

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	13 - Fri		8 - Wed		25 - Thur		6 - Thur		26 - Mon		10 - Thur

* All above prices are per person and inclusive of certificate and exam fees where applicable

* High Quality First Aid manual included in 3 & 2 day First Aid Courses

* Courses delivered in Hull, Scunthorpe or on site (Minimum numbers required - Please enquire)

Training Broker

At Source Solutions UK we can organise any course for any audience through our extensive network of associates and sub-contracted organisations. Always ensuring the best price too!

Why not let us Source your training Solutions for you!

- Managing Safety (IOSH)
- Writing Risk Assessments
- Scaffold Rescue Training
- Harness Inspection
- NRSWA Operatives*
- NRSWA Supervisor*
- NRSWA Refreshers and Re-Assessments*
- NEBOSH General Certificate programme*
- IOSH Working Safely*
- CCNSG Contractors Safety Passport*
- CCNSG Refresher Safety Passport*
- CCNSG Supervisor Safety Passport*
- QualSafe Level 2 Award in Environmental Principles & Best Practice*
- QualSafe Level 2 Award in Manual Handling - Principles & Practice*
- QualSafe Level 2 Award in Principles of Risk Assessment
- Confined Spaces*
- RTITB / ITSSAR Accredited Plant Training (Refreshers and Novice)

* Registered with CITB claim £50.00 per person per day towards your training costs. Simply contact us to find out more.



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