



Health and safety and first aid
training for the workplace

South West course schedule

October 2010 – June 2011

The difference

First aid in the workplace is more than just a legal requirement. It can be the difference between life and death.

Every year, up to 150,000* people – some of them at work – die in situations where first aid could have given them the chance to live. Almost a third of businesses can recall a specific accident that recurs in their workplace, yet 79% admit that there are times when a first aider isn't available.

First aid training helps keep employees safe and provides them with life saving knowledge that benefits not only their colleagues, but their families, friends and communities.

St John Ambulance teaches people first aid so that they can be the difference. With more than 17,000 scheduled courses at 230 venues, we teach more people than any other organisation – including over 200,000 local and national businesses and organisations. We also supply an extensive range of over 6,000 health and safety and first aid products.

* Using death registration data from the Office of National Statistics, 2008 (for England and Wales)



Not-for-profit

Supporting the wider community

When you work with St John Ambulance to train your employees and equip your workplace, you are also supporting the nation's leading first aid charity. Many of the people we train in first aid go on to become one of our 40,000 volunteers, who work tirelessly in the community to ensure that first aid skills are available whenever needed, giving their time for free to safeguard others.

Most visibly, we provide first aid cover at hundreds of public events. Our fully trained and equipped teams include first aiders, ambulance crews, doctors and paramedics, on hand to provide crucial first aid and immediate care, often with life saving results.

Other volunteers act as Community First Responders, answering NHS emergency calls in the local community to provide life saving first aid in those crucial minutes before an ambulance arrives.

Our work with the statutory services is perhaps less well known, but St John Ambulance is an essential element of the nation's emergency response system, supporting communities in times of crisis.

No one should die because they needed first aid and didn't get it.

We are St John Ambulance.

We are the difference.

The difference between a life lost

And a life saved.

You can be the difference - visit sja.org.uk



Creating a safer working environment

1: Understand your requirements

Online support

Our website makes it easy to assess your training needs, book courses and order supplies. Benefits include:

- **Interactive tools** – Not sure what training you require? Give us a few basic facts about your business and we'll tell you instantly what training gaps, if any, need filling to meet your legal obligation
- **Course search** – Find a training course, venue, date and time. We'll give you a list of options if your preferred choice is already full
- **Online booking** – There's no need to phone us unless you want to. You can book your course directly from the website via a personalised account

- **Equip your workplace** – Order and pay for your health and safety equipment at our online shop
- **Regular updates** – Sign up for eNews and we'll keep you informed of your responsibilities and requirements throughout the year.

In addition to these interactive tools, you'll find other useful information and features on the site.

To find out more, visit sja.org.uk/yourguide



2: Train your staff

Effective training

Because practical skills are as important as theory, our training combines teaching the latest techniques with simulating real-world experiences.

Our 1,000+ professional health and safety and first aid trainers can train you:

at our premises...

With more courses and more training venues than any other health and safety and first aid training provider in the UK, it's easy to find the right course in the right place at the right time. To find out more, visit sja.org.uk/courses

...or yours

If you have a group which requires training, bespoke on-site training is often more practical, and sometimes the most effective place to learn first aid is where the skills are most likely to be used. In this case, we can bring our training to you.

To find out more, visit sja.org.uk/onsite

Quality assured

All our services comply with the ISO 9001:2000 quality standard and are SAFEContractor approved too, satisfying some of the toughest assessors in the business.



Fully supported

- National training accounts with exclusive discounted pricing structures for businesses with a national presence. Visit sja.org.uk/nationalaccounts
- Free associate membership insurance on selected first aid courses. Visit sja.org.uk/insurance

Look for these symbols:



On-site training available



Includes associate membership insurance



3: Equip your workplace

All the equipment you need to create a safer working environment

As essential support to our training, our quality products provide the best value for money while performing to our high standards and making health and safety and first aid easier and safer. Ordering and payment is simple via our online shop or by calling our customer service team.

- **Widest range** – We offer a complete range of over 6,000 health and safety products, from first aid kits to automated external defibrillators

- **Highest quality** – The products we provide are used by our own first aid and medical services, ensuring the most rigorous testing in the industry
- **Price promise** – Find an identical product for less elsewhere and we'll match the price.*

For information regarding equipping your workplace, visit sja.org.uk/equip or call **020 7278 7888**.

*Conditions apply



For more information on courses, prices, venues, times, availability and to book, visit sja.org.uk

Health and safety courses

Health and safety is often misunderstood, but it's an essential element of first aid, so teaching people how to identify risks and prevent accidents is the key benefit of our bespoke health and safety courses. Foresight is always better than hindsight.

Courses include:

Fire marshal

Page 6

This course covers the prevention and combat of fire. It also gives you the opportunity to learn about the different types of fire extinguisher and how to use them correctly.

Course content:

- The role of the fire marshal
- Action on discovering a fire
- Fire safety legislation
- The chemistry of fire
- Common causes of fire
- Fire safety precautions
- Fire drills and evacuation
- How to use fire extinguishers.

Moving and handling principles

Page 8

This course is essential support for all employees and can be tailored to suit your specific needs.

Course content:

- Relevant health and safety information
- Spinal anatomy, relevant structure and function
- Causes of back pain
- Risk assessment
- Base positions and movements leading to more complex moves including moving and lifting objects.

IOSH Managing safely

Page 7

Presented in association with the Institution of Occupational Safety and Health (IOSH) this course provides staff at management and supervisor level with the knowledge to fulfil their responsibilities in handling resources and risk.

Course content:

- Assessing risks
- Controlling risks
- Understanding your responsibilities
- Identifying hazards
- Investigating accidents and incidents
- Measuring performance
- Protecting our environment.

BSC Level 2 certificate in risk assessment

Page 9

This course is designed to give employees the skills to assess risks within their workplace and to give them a British Safety Council Level 2 certificate in risk assessment.

Course content:

- The need for risk assessment
- Regulations
- The competent person
- What is a hazard
- The five steps of risk assessment
- Keeping records.

IOSH Working safely

Page 7

This course provides staff at any level a grounding in the essentials of health and safety.

Course content:

- Defining hazard and risk
- Identify common hazards
- Improving safety performance
- Protecting our environment.

Health and safety basics

Page 10

This British Safety Council (BSC) accredited course is designed specifically for small and medium-size enterprises (SMEs) that need an understanding of their health and safety requirements.

Course content:

- Health and safety legislation
- Overview of what a company needs to do to remain compliant
- Overview of risk assessments and basic procedures
- Introduction to the language of health and safety
- How to stay informed of latest changes.

Can't find the course you require?

We can tailor courses to meet your individual needs. Call your local advisor on **0844 770 4800**



First aid courses

Should the worst happen, it's important that first aid is delivered with confidence. Our training courses are designed for hands-on learning and have a highly practical focus – meaning that what is learnt is more effective when put into practice.

Courses include:

First aid at work

Page 12

This course covers the practical skills needed by a first aider in the modern workplace. The course will give you the confidence and knowledge to deal with first aid emergencies and is legally compliant with Health and Safety (First Aid) Regulations.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Health and safety (first aid) regulations
- Treatment of an unconscious casualty
- Heart attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar
- Fainting.

First aid at work requalification

Page 14

This course updates the First aid skills of those who need to renew their statutory First aid at work certificate and whose existing certificate is still valid. First aiders whose certificates have expired beyond 28 days must attend the full three-day First aid at work course.

Annual refresher

Page 15

This refresher course provides you with an opportunity to practise and update your skills at any time during your three year period as a qualified first aider. This is strongly recommended by the Health and Safety Executive (HSE).

Emergency first aid at work

Page 16

This course is developed in line with the HSE's changes to the first aid at work regulations. It is designed for lower-risk businesses, where a risk assessment has indicated that a lower level of first aid cover is sufficient.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Health and safety (first aid) regulations
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding.

Medical gas administration

Page 16

This course develops a comprehensive range of skills in the administration of oxygen and analgesic gas. Students must have a valid certificate from a course which includes CPR.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Safety and storage of cylinders
- Preparation of cylinders
- Administration of oxygen and analgesic gas
- Resuscitation equipment.

Early years first aid (paediatric)

Page 17

This paediatric first aid course focuses on emergency scenarios that are faced by professionals, including teachers, au pairs and playgroup leaders, looking after young children. It meets the standards required by Ofsted and the Approved Carers Scheme.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Treatment of an unconscious casualty
- Resuscitation
- Choking
- Asthma and diabetic emergencies
- Head injuries
- Seizures
- Bleeding
- Burns
- Sprains, strains and fractures
- Poisoning, bites and stings
- Foreign objects
- Childhood conditions (e.g. measles, meningitis, croup).

Anaphylaxis first aid

Page 17

This course is for anyone who needs training in how and when to use an auto-injector in the treatment of severe allergic reaction.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Allergic reaction
- Communication and casualty care
- Treatment of an unconscious casualty
- Auto-injector – Anapen® and EpiPen®
- Resuscitation – all ages.

Schools first aid

Page 18

This course focuses on emergency situations typical to school environments and covers both adult and child first aid protocols. It does not qualify someone to provide First aid at work or Emergency first aid at work treatment.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Burns and scalds
- Bleeding
- Resuscitation - as appropriate for age group
- Miscellaneous conditions
- Treatment of an unconscious casualty
- Asthma
- Choking
- Head injury
- Poisoning.

Automated external defibrillation (AED)

Page 18

This course teaches the essential skills required by an AED operator. No previous first aid knowledge is necessary to attend an AED course.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Treatment of an unconscious casualty
- Resuscitation
- Heart attacks
- Getting to know the AED (any type)
- Operating the AED.

Automated external defibrillation (AED) requalification

Page 19

This course gives delegates practice to refresh AED operation skills before re-assessment.

Sports first aid

Page 19

This course will give you all the necessary first aid skills to deal with a wide range of sporting injuries.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Asthma
- Bleeding
- Bone, muscle and joint injuries
- Burns and scalds
- Chest pains
- Choking
- Head injury
- Extremes of heat and cold
- Resuscitation
- Treatment of an unconscious casualty.

Basic first aid - education

Page 19

This course is ideal for all members of school support staff. It gives an insight into important first aid skills, which are invaluable when accidents happen in the school environment. This training provides supplementary support to the qualified school first aiders.

Course content:

- Managing an emergency
- The role of the first aider
- Caring for a casualty
- Minor bleeding
- Minor burns
- Fainting
- Bites and stings
- Resuscitation - as appropriate for age group
- Treatment of an unconscious casualty
- Choking
- Sprains and strains.

Health and safety courses

Health and safety and first aid work seamlessly together, so we teach a wide range of complementary skills, working to Health and Safety Executive (HSE) regulatory guidelines.

Health and safety: Fire marshal visit sja.org.uk/fire

This course covers the role of the designated fire marshal. It also gives you the opportunity to learn about the different types of fire extinguisher and how to use them correctly.

Certification: Successful students receive a St John Ambulance certificate, valid for three years. Approved by the Institution of Fire Engineers (IFE).

Course duration: 4 hours **Course price (not including VAT):** £88.00 **Course availability:** As below



Avon

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bath	11	8	6	31	11	7	11	16	2
Bristol, Aztec West	12	23		27	21	17	28	13	20
Bristol, Bedminster	7	12	9	10	1, 15	1, 25	1, 15	6, 18	3, 22

Cornwall

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Helston						7			
Launceston							18		
Par	18	17	7	31	21	24	4	12	14

Devon

	Oct	Nov	Jan	Feb	Mar	Apr	May	Jun
Barnstaple					16			
Exeter	26	25	19	3	3	1, 20	16	22
Plymouth			31		8	4, 18	12	

Dorset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Dorchester		12	10	17		10	1		6
Poole	14	10	6	19	11	9	7	6	8, 24

Gloucestershire

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Coleford									2
Staverton	8	1	3	13	4, 17	23	6, 20	18	17
Stroud							8		

Somerset

	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bridgwater, Woodlands Court			13	3	29		25	17
Taunton	1							
Wells		9	10		18		12	
Yeovil	25				7			9

Wiltshire

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Chippenham						18			16
Devizes		17	6	18	18	11	7		24
Salisbury		24		17		23		13	
Swindon	7		3	12	2	4		5	8

The benefits of an experienced partner



Online support

Do you know how many trained first aiders your business needs? Or fire marshals? Enter just a few details in our online guides and we'll point you in the right direction.

sja.org.uk/yourguide



On-site training

If you have a group of employees to train on the same course then we can come to you. On-site training can be tailored to your needs and is both time and cost effective.

sja.org.uk/onsite



Equip your workplace

Is your workplace equipped with everything you need to make it as safe as possible? We supply over 6,000 health and safety products from first aid kits to defibrillators.

sja.org.uk/equip

Health and safety: IOSH Managing safely visit sja.org.uk/ms



On-site training available



This Institution of Occupational Safety and Health course gives staff at management and supervisor level the knowledge to fulfil their responsibilities in handling resources and risk.

Certification: Successful students receive an IOSH certificate.
Course price (not including VAT): £695.00 (unless stated)

Course duration: Four days (24 hours plus assessment)
Course availability: As below

Avon **Course price (not including VAT):** £750.00

	Oct	Mar	May
Bristol, Aztec West			3-6
Bristol, Bedminster	1, 8, 15&22	28-31	

Cornwall

	Nov
Par	3, 10, 17&24

Devon

	Dec	May
Exeter	7-10	16-19

Dorset

	Oct	Jan	May
Dorchester		13, 20, 27 & 3Feb	
Poole	21, 28 4Nov & 11Nov		9-12

Gloucestershire **Course price (not including VAT):** £750.00

	Nov	Feb
Stroud	15-18	7-10

Somerset

	Nov
Bridgwater, Woodlands Court	5, 12, 19&26

Wiltshire **Course price (not including VAT):** £750.00

	Oct	Mar
Devizes		7, 14, 21&28
Swindon	11-14	

Health and safety: IOSH Working safely visit sja.org.uk/ws



On-site training available



This Institution of Occupational Safety and Health course gives staff at any level a grounding in the essentials of health and safety.

Certification: Successful students receive an IOSH certificate. **Course duration:** One day (6 hours)
Course price (not including VAT): £140.00 **Course availability:** As below

Avon

	Oct	Jan	Apr
Bristol, Aztec West			11
Bristol, Bedminster	14	24	

Cornwall

	Oct	Mar
Par	6	21

Devon

	Oct	Dec	Feb
Exeter	7	6	24

Dorset

	Oct	Feb	Apr
Dorchester			14
Poole	20	18	

Gloucestershire

	Nov	Feb
Staverton	23	
Stroud		16

Somerset

	Nov	Feb	Mar
Bridgwater, Woodlands Court			30
Wells	16		
Yeovil		25	

Wiltshire

	Nov	May
Devizes	1	
Swindon		9

This course is essential support for all employees and can be tailored to suit your specific needs.

Certification: Successful students receive a St John Ambulance certificate, valid for three years. **Course duration:** 3 hours
Course price (not including VAT): £56.00 **Course availability:** As below

Avon

	Oct	Feb	Mar	Jun
Bristol, Aztec West	12	4		
Bristol, Bedminster			4	10

Cornwall

	Nov	Feb	Apr
Par	18	18	15

Devon

	Nov	Jun
Exeter	24	14

Dorset

	Oct	Dec	Feb
Poole	29	3	9

Gloucestershire

	Oct	Nov	Dec	Feb	Apr
Staverton	4	4	6	11	15

Somerset

	Oct	Nov	Feb	Mar	May
Bridgwater, Woodlands Court			28		
Taunton		24			
Wells				30	
Yeovil	4				13

Wiltshire

	Oct	Nov	Jan	Feb	Mar
Devizes					3
Salisbury		8		9	
Swindon	1		28		

It's easy to book training online...

Getting the right training is straightforward online.

- Assess your needs and confirm your requirements
- Find the right course on a date and time that suits you at any one of our 230 training centres across the country
- Book and pay. We'll send the course details straight to your inbox.

sja.org.uk



Health and safety: BSC Level 2 certificate in risk assessment visit sja.org.uk/risk



On-site training available



This course is designed to give employees the skills to assess risks within their workplace and to give them a British Safety Council Level 2 certificate in risk assessment.

Certification: Successful students receive a BSC Level 2 certificate. **Course duration:** One day (6 hours)

Course price (not including VAT): £170.00 (unless stated) Course costs include £30 p/p assessment and certification fee from BSC

Course availability: As below

Avon Course price (not including VAT): £180.00

	Oct	Jan	Feb
Bristol, Aztec West	18	20	
Bristol, Bedminster			21

Cornwall

	Nov	Feb
Par	12	11

Devon

	Apr
Exeter	14

Dorset

	Oct	Mar
Poole	19	24

Gloucestershire Course price (not including VAT): £180.00

	Nov	Feb
Staverton	8	3

Somerset

	Nov	Feb	Mar
Bridgwater, Woodlands Court		4	
Wells	17		
Yeovil			17

Wiltshire Course price (not including VAT): £180.00

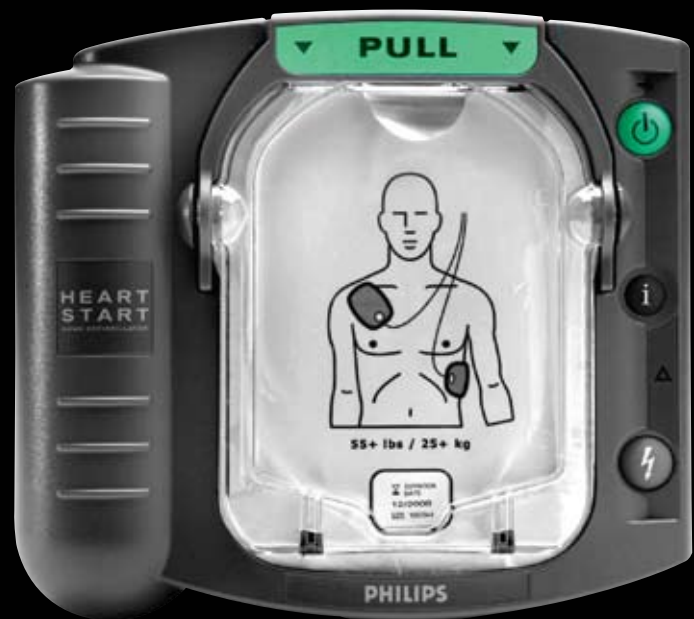
	Jun
Devizes	21

...and equip your premises as well

Our online shop includes our full range of over 6,000 health and safety products.

- Quality assured – the products we provide are used by our own first aid and medical services, ensuring the most rigorous testing in the industry
- Price promise – if you find an identical item for less elsewhere, we'll match the price*
- Free AED training – buy an automated external defibrillator and we'll provide a free place on an AED training course.

sja.org.uk/equip



*Conditions apply



On-site training available



This British Safety Council (BSC) accredited course is designed specifically for small and medium size enterprises (SMEs) that need an understanding of their health and safety requirements. Exclusive ongoing email support from a St John Ambulance health and safety expert will be available for all students.

Certification: Successful students receive a BSC Level 2 certificate. **Course duration:** Two days (12 hours)
Course price (not including VAT): £270.00 **Course availability:** As below

Avon

	Nov	Mar
Bristol, Aztec West	11-12	9-10

Devon

	Nov	Apr
Exeter	22-23	
Plymouth		12-13

Dorset

	Nov	Feb
Poole	9-10	16-17

Gloucestershire

	Oct	Jun
Staverton	7-8	21-22

Wiltshire

	Dec
Swindon	9-10



First aid courses

Trained first aiders are more than just a legal requirement: they're an asset to your business with increased confidence and loyalty. Free Associate membership insurance with selected first aid courses means your employees will have the confidence to use their skills in the wider community.

First aid course comparison

	First aid at work	First aid at work requalification	Emergency first aid at work	Annual refresher	Early years first aid (paediatric)	Schools first aid	Sports first aid	Anaphylaxis first aid	Automated external defibrillation (AED)
Page	12	14	16	15	17	18	19	16	18
Duration	Three days (18 hours)	Two days (12 hours)	One day (6 hours)	3 hours	Two days (12 hours)	One day (6 hours)	One day (6 hours)	3 hours	4 hours
Assessment	Practical assessment	Practical assessment	None	None	None	None	None	None	None
Certification	3 years	3 years	3 years	None	3 years	3 years	3 years	3 years	1 year
Allergic reaction	•	•			•	•		•	
Asthma	•	•			•	•	•		
Auto-injector								•	
Bites and stings					•				
Bleeding (minor)	•	•	•		•	•	•		
Bleeding (severe)	•	•	•	•	•		•		
Bone, muscle and joint injuries	•	•			•	•	•		
Burns (minor)	•	•	•		•	•	•		
Burns (severe)	•	•							
Casualty movement	•	•	•				•		
Chest pains	•	•					•		•
Childhood conditions					•				
Choking (adult)	•	•	•		•	•	•		
Choking (child & infant)					•	•			
CPR (adult)	•	•	•	•	•	•	•	•	•
CPR (child & infant)					•	•		•	
Defibrillation									•
Electric shock	•	•	•		•				
Eye injuries	•	•			•				
Fainting	•	•	•						
Foreign objects					•				
Head injuries	•	•			•	•	•		
Heat and cold extreme					•		•		
Low blood sugar	•	•			•				
Poisons (ingested)	•	•			•	•			
Poisons (inhaled)	•	•			•				
Primary survey	•	•	•	•	•	•	•	•	•
Seizures (adult)	•	•	•	•	•				
Seizures (child)					•				
Shock	•	•	•	•	•		•		
Spinal injuries	•	•			•				
Sprains and strains					•				
Stroke	•	•							
Unconscious casualty	•	•	•	•	•	•	•	•	

First aid: **First aid at work** visit sja.org.uk/faw

This course covers the practical skills needed by a first aider in the modern workplace. The course will give you the confidence and knowledge to deal with first aid emergencies and is legally compliant with Health and Safety (First Aid) Regulations.

Certification: Successful students receive a HSE-approved St John Ambulance certificate, valid for three years.

Course duration: Three days (18 hours) **Course price (not including VAT):** £242.00 (unless stated) **Course availability:** As below

Avon Course price (not including VAT): £260.00

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bath	5-7 19-21	9-11	7-9	18-20	8-10	1-3 22-24	12-14	17-19	7-9
Bristol, Aztec West	6-8 19-21	3-5 15-17		5-7 24-26	14-16 28- 1Mar	14-16 29-31	6-8 18-20	9-11 24-26	6-8 27-29
Bristol, Bedminster	4-6 11-13 18-20 25-27	1-3 8-10 15-17 22-24 29- 1Dec	6-8 13-15	4-6 12-14 17-19 26-28 31- 2Feb	7-9 16-18 21-23	2-4 7-9 16-18 21-23 28-30	4-6 13-15 18-20 27-29	3-5 11-13 16-18 23-25 31- 2Jun	8-10 13-15 20-22 29- 1Jul
Nailsea		2-4				14-16			
Weston-Super-Mare	5-7				21-23				14-16

Cornwall

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Helston	5-7		1-3	19-21	9-11	1-3 23-25		16-18	7-9
Launceston							6-8		
Par	11-13 26-28	3-5 8-10 24-26	7-9 15-17	10-12 17-19 26-28	1-3 14-16 23-25	7-9 15-17 28-30	4-6 11-13 26-28	9-11 24-26	6-8 15-17 27-29

Devon

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Barnstaple	13-15	15-17 29- 1Dec		17-19	1-3	8-10	11-13		13-15
Exeter	6-8 18-20	2-4 10-12 17-19	1-3 13-15	10-12 17-19 26-28	7-9 14-16 21-23	7-9 14-16 22-24	4-6 11-13 18-20	3-5 9-11 17-19 24-26	8-10 15-17 20-22 27-29
Paignton	4-6	24-26	6-8	19-21	9-11	1-3		4-6	
Plymouth	4-6 25-27	3-5 8-10 24-26	6-8	12-14 24-26	7-9	2-4 15-17	5-7 26-28	9-11 24-26	13-15 27-29
Torquay	25-27	8-10		26-28	15-17	28-30	12-14	16-18	8-10

Dorset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Dorchester	4-6 19-21	3-5 8, 15 &22 23-25	6-8	10-12 24-26	7-9	1-3 22-24	4-6 18-20	9-11 23-25	7-9 20-22
Poole	4-6 12-14 18-20 20-22 26-28	1, 8 &15 2-4 9-11 17-19 22-24	1-3 7-9 13-15 15-17	5-7 10-12 11-13 17-19	2-4 7-9 14-16 21-23 28- 2Mar	2-4 7-9 14-16 16-18 21-23 18-20 27-29 29-31	4-6 5-7 11-13 12-14 17-19 25-27	4-6 9-11 16-18 17-19 23-25	1-3 6-8 14-16 20-22 28-30
Shaftesbury	11-13					9-11			6-8
Weymouth							5-7		

Gloucestershire Course price (not including VAT): £260.00

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bourton-on-the-Water	12-14				15-17				7-9
Coleford	19-21	16-18	14-16	18-20		22-24	5-7	10-12	14-16
Staverton	4-6 11-13 18-20 25-27	1-3 5, 12 &19 8-10 15-17 22-24 29- 1Dec	6-8 13-15 20-22	10-12 17-19 24-26 2Feb	7-9 14-16 21-23 28- 2Mar	7-9 14-16 21-23 28-30	4-6 12-14 18-20 26-28	3-5 9-11 16-18 23-25	1-3 6-8 13-15 21-23 27-29
Stroud		23-25		11-13			13-15		22-24
Tewkesbury						15-17			7-9

FREE Annual refresher

- Book a First aid at work course and get the first Annual refresher FREE
- Book Emergency first aid at work and get 50% off the first Annual refresher

It's simple. After your training we'll write to you to confirm you have passed your First aid at work or Emergency first aid at work course. Then before your Annual refresher is due we'll remind you to book and give you all the details to take up this offer.

We'll give your business seamless administration...

Many of the country's largest and most-respected businesses are among our national accounts. As large national companies tend to have specific requirements, we offer:

sja.org.uk/nationalaccounts

- Exclusive, discounted pricing structures for training and equipment
- Payment terms tailored to your requirements
- Regular contact to ensure your requirements are always met.



Includes associate membership insurance



On-site training available

Somerset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bridgwater, Woodlands Court	4-6 13-15 19-21 25-27	2-4 17-19 22-24	6-8 14-16	10-12 17-19 26-28	7-9 14-16 23-25	7-9 16-18 21-23	4-6 26-28	10-12 24-26	1-3 13-15 28-30
Frome		3-5				21-23	6-8		13-15
Taunton	6-8 15, 22 &29	17-19	1-3	18-20			11-13	16-18	20-22
Wells	27-29	8, 15 &22 23-25	15-17	5-7	2-4	15-17	4-6	9-11	6-8 29- 1Jul
Yeovil	5-7 18-20	8-10	8-10	11-13 24-26	9-11 28- 2Mar	14-16 28-30	11-13	9-11	6-8

Wiltshire

Course price (not including VAT): £260.00

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Chippenham		10-12				14-16			13-15
Corsley					7-9				
Devizes	13-15 26-28	8-10 23-25	7-9	10-12 24-26	14-16	8-10 22-24	4-6 18-20	3-5 23-25	6-8
Salisbury	5-7 18-20	2-4 16-18	1-3	10-12 18-20	1-3 21-23	14-16 29-31	11-13	9-11	13-15
Swindon	4-6 12-14 20-22 27-29	1-3 9-11 17-19 22-24	6-8 13-15	5-7 11-13 17-19 25-27	2-4 7-9 16-18 21-23	1-3 7-9 16-18 21-23 28-30	4-6 12-14 18-20 27-29	3-5 9-11 17-19 25-27	1-3 6-8 14-16 21-23 27-29

St John Ambulance compliance recommendations

What level of first aid cover is appropriate for your business?

1 From your risk assessment, what degree of hazard is associated with your work activities?

Low hazard
eg. offices, shops, libraries

Higher hazard
eg. light engineering and assembly work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture

2 How many employees do you have?

<25

25-50

>50

<5

5-50

>50

3 What first aid personnel do you need?

The regulations require at least one appointed person. We recommend **EFAW** training

The regulations require at least one first aider trained in **EFAW**

The regulations require at least one first aider trained in **FAW** for every 100 employed (or part thereof)

The regulations require at least one appointed person. We recommend **EFAW** training.

The regulations require at least one first aider trained in **EFAW** or **FAW** depending on the type of injuries that might occur

The regulations require at least one first aider trained in **FAW** for every 50 employed (or part thereof)

Remember – you must have substitute cover when trained first aiders are off-site.

EFAW – Emergency first aid at work 1-day course (page 16), FAW – First aid at work 3-day course (page 12)

...and a personalised service

Larger businesses need to know that your training and supplies needs are being looked after. St John Ambulance offers National Account holders:

- A dedicated account administrator, who'll be your single point of contact for all training enquiries, bookings and invoices
- A personalised online bookings portal.

sja.org.uk/nationalaccounts

First aid: First aid at work requalification visit sja.org.uk/requal



Includes associate membership insurance



On-site training available

This course updates the first aid skills of those who need to renew their statutory First aid at work certificate and whose existing certificate is still valid. First aiders whose certificates have expired beyond 28 days must attend the full three-day First aid at work course.

Certification: Successful students receive a HSE-approved St John Ambulance certificate, valid for three years.

Course duration: Two days (12 hours) **Course price (not including VAT):** £165.00 (unless stated) **Course availability:** As below

Avon Course price (not including VAT): £185.00

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bath	13-14	17-18		12-13	2-3 16-17	9-10	6-7	4-5 25-26	15-16
Bristol, Aztec West	4-5	8-9		11-12	7-8	7-8	12-13	16-17	1-2
Bristol, Bedminster	5-6 12-13 19-20 26-27	2-3 9-10 16-17 23-24 30-1Dec	7-8 14-15	6-7 10-11 20-21 24-25	3-4 10-11 14-15 24-25 28-1Mar	10-11 14-15 24-25	7-8 11-12 18-19 26-27 31-Apr	5-6 9-10 19-20 23-24	2-3 6-7 16-17 22-23 27-28

Cornwall

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Helston	14-15		9-10	17-18	14-15	17-18		9-10	13-14
Launceston		23-24							6-7
Par	7-8 19-20	1-2 15-16 29-30	13-14 20-21	6-7 13-14 20-21 24-25	1-2 7-8 17-18 28-1Mar	10-11 14-15 21-22 28-29	7-8 14-15 19-20	4-5 16-17 24-25	1-2 9-10 20-21

Devon

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Barnstaple	18-19	4-5	15-16		7-8	14-15	18-19	16-17	6-7
Exeter	4-5 21-22 28-29	8-9 22-23 29-30	6-7 13-14 16-17	6-7 13-14 24-25	1-2 17-18 28-1Mar	8-9 15-16 23-24 28-29	7-8 14-15 26-27	5-6 12-13 24-25	2-3 13-14 23-24
Paignton	14-15		1-2		7-8	7-8	4-5		15-16
Plymouth	14-15 21-22	18-19	9-10	10-11 27-28	10-11 21-22	10-11	20-21	3-4 16-17	9-10 20-21
Torquay		15-16			21-22	14-15		9-10	1-2

Dorset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Dorchester	7-8 13-14 25-26	9-10 29-30	1-2 16-17	5-6 18-19 31-1Feb	10-11 14-15 21-22	7-8 16-17 28-29	11-12 27-28	3-4 16-17	1-2 23-24
Poole	6-7 12-13 18-19 21-22 25-26 28-29	4-5 9-10 15-16 22-23 29-30	1-2 6-7 9-10 16-17 20-21	6-7 13-14 20-21 27-28	3-4 10-11 17-18 24-25 28-1Mar	3-4 10-11 17-18 21-22 28-29	7-8 14-15 18-19 27-28	3-4 9-10 12-13 16-17 23-24	1-2 9-10 13-14 16-17 20-21 28-29
Shaftesbury		1-2			17-18				
Weymouth		1-2					18-19		

Gloucestershire Course price (not including VAT): £185.00

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Coleford		3-4		24-25		30-31		18-19	
Staverton	5-6 12-13 19-20 26-27	2-3 9-10 16-17 23-24 30-1Dec	7-8 14-15 21-22	6-7 13-14 18-19 25-26	1-2 8-9 15-16 22-23	1-2 10-11 15-16 24-25 29-30	4-5 12-13 18-19 26-27	3-4 12-13 19-20 25-26	1-2 9-10 16-17 23-24 29-30
Stroud			6-7		14-15		20-21		27-28
Tewkesbury	27-28							25-26	

Somerset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bridgwater, Woodlands Court	7-8 18-19	10-11 15-16	20-21	6-7 13-14 24-25	1-2 17-18	1-2 9-10 21-22	7-8 18-19	5-6 16-17 31-1Jun	9-10 21-22
Frome			13-14			3-4		16-17	20-21
Taunton	27-28	25-26	9-10		3-4			12-13	
Wells	14-15	4-5	2-3	17-18	23-24	28-29	11-12	18-19	13-14
Yeovil	11-12	1-2 30-1Dec		20-21	14-15	9-10	4-5 18-19	5-6	1-2

Wiltshire Course price (not including VAT): £185.00

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Devizes	4-5 21-22	15-16 29-30	13-14 16-17	13-14 19-20	2-3 21-22	1-2 16-17	11-12	9-10 18-19	13-14 28-29
Salisbury	11-12 25-26	22-23	6-7	6-7	7-8 24-25	7-8 21-22	4-5	16-17	1-2
Swindon	7-8 18-19	4-5 15-16	1-2 15-16	10-11 20-21 31-1Feb	10-11 14-15 23-24	10-11 24-25	7-8 14-15 27-28	12-13 16-17 23-24	9-10 21-22

First aid: Annual refresher visit sja.org.uk/refresher



The HSE strongly recommends that first aiders attend this course every 12 months to avoid skills fade. This refresher course provides you with an opportunity to practise and update your skills at any time during your three-year period as a qualified first aider.

Course duration: 3 hours **Course price (not including VAT):** £55.00 **Course availability:** As below

Avon

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bath		22			18	8		6	
Bristol, Aztec West	1			17	2	28	26	23	14
Bristol, Bedminster	11	19	10	14	1	11	6	20	15

Cornwall

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Helston		8	20				12		
Par	5, 25	23	6	14, 25	10	11	18	19	3

Devon

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Barnstaple	1	3	7	21				20	
Exeter	15	5	10	7	9	29	21		3
Plymouth	12	2	3		28	14		19	

Dorset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Dorchester		18	14	14			13		3
Poole	6, 20	11, 30	2, 15	18, 28	8, 25	23	8, 28	13	3, 17
Shaftesbury						8			

Gloucestershire

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Coleford									17
Staverton	25	29	13	14, 27	17	9	14	19	15

Somerset

	Oct	Nov	Dec	Jan	Feb	Mar	May	Jun
Bridgwater, Woodlands Court	18	1	7	19	15	11, 24	17	16
Taunton	18	15						
Wells		11					20	
Yeovil	25		6		17			3

Wiltshire

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Devizes			2		24	25		27	
Salisbury		1					19		10
Swindon	15	8		13		22	21		

Save on Annual refresher

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- Book Emergency first aid at work and get 50% off the first Annual refresher

It's simple. After your training we'll write to you to confirm you have passed your First aid at work or Emergency first aid at work course. Then before your Annual refresher is due we'll remind you to book and give you all the details to take up this offer.

Learn how to save a life for just £2.39

Combining the latest first aid advice with step-by-step illustrations, this could be the most crucial app you ever download.

Anyone can be the difference between a life lost and a life saved.

Best lifesaver award

CNET UK Home Screen awards

First aid: Emergency first aid at work visit sja.org.uk/efaw



Includes associate membership insurance



On-site training available

This new course is developed in line with the Health and Safety Executive's (HSE's) changes to the First aid at work regulations. It is designed for lower-risk businesses, where a risk assessment has indicated that a lower level of first aid cover is sufficient.

Certification: Successful students receive an HSE-approved St John Ambulance certificate, valid for three years.

Course duration: One day (6 hours) **Course price (not including VAT):** £105.00 **Course availability:** As below

Avon

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bath	8, 18	16	10	11, 21	1, 15, 28	11, 21	5, 19	3	1, 14
Bristol, Aztec West	11, 26	10, 22		18, 31	9, 24	4, 22	4, 29	12, 20	3, 13
Bristol, Bedminster	4, 14, 21, 28	1, 8, 18, 25	6, 13, 16	7, 13, 17, 27, 31	7, 11, 14, 24, 28	3, 10, 14, 17, 21, 24	1, 7, 12, 18, 28	4, 9, 16, 26, 31	6, 14, 20, 30
Nailsea		5				17			
Weston-Super-Mare	8				24				17

Cornwall

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Helston		1	15	14	16	4, 16	11	20	10
Launceston	13					22		13	
Par	4, 15, 21, 29	11, 19, 22	2, 10	10, 20, 31	9, 14, 22	2, 10, 14, 23, 30	5, 14, 28	6, 18, 31	6, 13, 22, 27

Devon

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Barnstaple	29	26	6	20	9	7	14	18	8, 23
Exeter	11, 14, 25	1, 15, 26	9	6, 20, 31	10, 17, 25	2, 10, 21, 30	11, 19, 28	4, 9, 20, 27, 31	7, 15, 21, 27
Paignton	18	29	10	18	14		6, 28	19	17
Plymouth	8, 11, 29	12, 22, 29	13	7, 21	1, 14, 23	1, 9, 18	1, 15	5, 18, 31	8, 17, 22
Torquay	1	12	13	25	18	16	18	11	3

Dorset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Dorchester	15, 27	11, 19	3, 15	7, 28	4, 16, 28	9, 21, 30	7, 29	13, 26	10, 28
Poole	1, 5, 11, 21, 25	1, 5, 12, 17, 25, 30	3, 8, 13, 20	10, 14, 17, 24, 26, 31	7, 10, 14, 17, 21, 24, 28, 31	4, 7, 14, 25, 28, 31	1, 4, 8, 11, 15, 20, 21, 29	5, 12, 16, 26, 31	6, 13, 15, 23, 30
Shaftesbury					16			19	
Weymouth						1	20		

Gloucestershire

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Coleford	8		6		7		8		3, 13
Staverton	1, 7, 14, 18, 28	5, 11, 15, 25	2, 9, 16, 20	5, 10, 20, 27, 31	3, 10, 18, 21, 24	3, 7, 10, 17, 21, 24, 28	1, 7, 15, 21, 29	6, 11, 16, 23, 26	8, 14, 21, 27, 30
Stroud		22		10		7	18	9	
Tewkesbury			3		11			24	

Somerset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bridgwater, Woodlands Court	7, 15, 22, 28	1, 16, 22, 30	13, 22	5, 14, 21, 24	2, 10, 16, 21	3, 10, 15, 23, 28	1, 14, 20, 29	9, 20, 31	6, 13, 20, 27
Frome	8	26		27	22	11		5	
Minehead			2				4		2
Taunton	11	10	8, 13			21	15	11	17
Wells	4, 20	9	1	11	25	24	13		9, 17
Yeovil	1, 22	3, 19	7	19, 31	8, 18, 24	8, 31		12, 23	

Wiltshire

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Chippenham		9				17			17
Devizes	8, 25	12, 30	10	7, 21	4, 23	15, 29	14, 27	16, 31	15, 30
Salisbury	4, 21	5, 19	8	14, 27	4, 18	1, 17, 28	6, 18	12, 18, 23	3, 16
Swindon	5, 11, 26	8, 18, 22, 30	9, 16	7, 14, 24	9, 14, 22, 28	8, 14, 21, 31	6, 15, 19, 29	6, 10, 16, 20, 24, 30	6, 13, 25

50% off Annual refresher

- Book a First aid at work course and get the first Annual refresher FREE
- Book Emergency first aid at work and get 50% off the first Annual refresher

It's simple. After your training we'll write to you to confirm you have passed your First aid at work or Emergency first aid at work course. Then before your Annual refresher is due we'll remind you to book and give you all the details to take up this offer.

First aid: Medical gas administration visit sja.org.uk/medgas

This course develops a comprehensive range of skills in the administration of oxygen and analgesic gas. Students must have a valid certificate from a course which includes CPR.

Certification: Students complete a practical assessment at the end of the course. Successful students receive a St John Ambulance certificate, valid for one year.

Course duration: One day (6 hours) **Course price & availability:** Call 0844 770 4800 for more information



On-site training available

First aid: Early years first aid (paediatric) visit sja.org.uk/eyfa



On-site training available

This paediatric first aid course focuses on emergency scenarios that are faced by professionals, including teachers, au pairs and playgroup leaders, looking after young children. It meets the standards required by Ofsted and the Approved Carers Scheme.

Certification: Successful students receive a St John Ambulance certificate, valid for three years.

Course duration: Two days / *Three days / †Four evenings / ‡Six evenings (12 hours) **Course price (not including VAT):** £95.00 **Course availability:** As below

Avon

	Oct	Jan	Feb	Mar	Jun
Bristol, Aztec West	27-28		22-23		
Bristol, Bedminster	9&16	22&29		19&26	11&18

Cornwall

	Oct	Nov	Jan	Feb	Apr	May	Jun
Helston		27&4Dec				14&21	
Par	9&16	†2, 9, 16&23	22&29	21-22	7-8	7&14	†2, 9, 16&23

Devon

	Oct	Nov	Jan	Feb	Mar	Apr	May	Jun
Barnstaple	23&30	13&20			19&26	9&16	7&14	18&25
Exeter	9&16	20&27	15&22	12&19	5&12	2&9	26-27	4&11
Paignton	2&9		22&29			2&9		18&25
Plymouth	23&30	13&20		5&12	12&19	9&16		23-24
Torquay		20&27	20-21	19&26	5&12		14&21	

Dorset

	Oct	Nov	Jan	Feb	Mar	May	Jun
Dorchester	11-12			23-24	14-15		
Poole		8-9	20-21		10-11	18-19	9-10

Gloucestershire

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bourton-on-the-Water		†9, 16, 23, 30, 7Dec &14Dec			5&12		2&9	21-22	
Coleford		27&4Dec		22&29			2&9		11&18 25 &2Jul
Staverton	2&9 15&22	†6, 13, 20&27 26&3Dec	4&11	†15, 22 21&28	†11, 18 12&19	3-4 18&25	1&8 28 &5May	†7, 14, 20&27	†9, 16, 11&18 *23, 30 &7Jul 24 &1Jul 25 &2Jul
Stroud	2&9	4&5	4&11	8&15	17-18	5&12	26-27	7&14	†10, 17 25, &2Jul
Tewkesbury	9&16				12&19				11&18

Somerset

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Bridgwater, Woodlands Court	21-22	8-9 20&27	2-3	17-18 22&29 27-28	7-8 19&26 21-22	7-8 14-15 24-25	11-12	3-4 18-19	7-8 18&25
Frome	2&9	15-16					9&16 27-28		16-17
Minehead	4-5								
Taunton	13-14		4&11 16-17						13-14
Wells		20&27	7-8	8&15	16-17		7-8	16-17	15-16
Yeovil	9&16	23-24					2&9	25-26	20-21

Wiltshire

	Oct	Nov	Jan	Feb	Mar	May	Jun
Devizes	16&23	2-3		5&12	30-31	12-13	
Salisbury		13&20		12&19	10-11		20-21
Swindon	18-19	6&13	15&22		5&12	3-4	13-14

First aid: Anaphylaxis first aid visit sja.org.uk/anaphylaxisfa



Includes associate membership insurance



On-site training available

This course is for anyone who needs training in how and when to use an auto-injector in the treatment of severe allergic reaction.

Certification: Successful students receive a St John Ambulance certificate, valid for three years.

Course duration: 3 hours **Course price & availability:** Call 0844 770 4800 for more information

We have 34 training venues in the South West

You can search available courses at all venues, book and pay online sja.org.uk

First aid: Schools first aid visit sja.org.uk/schoolsfa



On-site training available

This course focuses on emergency situations typical to school environments and covers both adult and child first aid protocols. It does not qualify someone to provide First aid at work or Emergency first aid at work treatment.

Certification: Successful students receive a St John Ambulance certificate, valid for three years. **Course duration:** One day (6 hours)
Course price (not including VAT): £90.00 (unless stated) **Course availability:** As below

Avon Course price (not including VAT): £100.00

	Jan	May
Bristol, Aztec West	19	
Bristol, Bedminster	21	13

Cornwall

	Oct	Dec	Jan	Feb	Mar	May
Par	22	1	28	28	18	20

Devon

	Nov
Exeter	16

Dorset

	Oct	Nov	Jan	Feb	Mar	May
Dorchester	1		21	18		
Poole	27	2, 25	27		24	19

Gloucestershire Course price (not including VAT): £100.00

	Nov	Jan	Mar	Apr	Jun
Staverton	22	21	4	8	6

Somerset

	Oct	Nov	Dec	Feb	May	Jun
Bridgwater, Woodlands Court	20	24		14	13	
Minehead	11					
Wells			6			10

Wiltshire Course price (not including VAT): £100.00

	Oct	Dec	Jan	Feb	May	Jun
Devizes		1		11		
Salisbury	15				19	
Swindon			28			17

First aid: Automated external defibrillation (AED)

visit sja.org.uk/aed



Includes associate membership insurance



On-site training available

For each minute that passes without defibrillation after the heart stops, the chances of survival fall by about 7-10%*. This course teaches the essential skills required by an AED operator. No previous first aid knowledge is necessary to attend an AED course. *Resuscitation Council (UK) (2002)

Certification: Successful students receive a St John Ambulance certificate, valid for one year.
Course duration: 4 hours **Course price (not including VAT):** £85.00 **Course availability:** As below

Avon

	Nov	Feb	May
Bristol, Bedminster	25	10	17

Cornwall

	Oct	Feb	Jun
Par	14	25	24

Devon

	Nov	May
Exeter	25	6

Dorset

	Feb	Mar
Dorchester	17	
Poole		2

Gloucestershire

	Oct	Nov	Dec	Mar	Apr	May	Jun
Staverton	15	12	10	11	29	17	13

Somerset

	Mar
Bridgwater, Woodlands Court	14

Wiltshire

	Jan	Feb	Mar
Devizes		10	18
Salisbury	28		
Swindon		4	

First aid: Automated external defibrillation (AED) requalification

visit sja.org.uk/aedrequal



Includes associate membership insurance



On-site training available

This course gives delegates practice to refresh AED operation skills before re-assessment.

Certification: Successful students receive a St John Ambulance certificate, valid for one year.

Course duration: 2 hours **Course price (not including VAT):** £50.00 **Course availability:** As below

Avon

	Nov	Feb	May
Bristol, Bedminster	25	10	17

Cornwall

	Nov	Jan	Jun
Par	18	12	24

Devon

	May
Exeter	6

Dorset

	Nov	Feb	Jun
Poole	18	16	22

Gloucestershire

	Oct	Nov	Dec	Apr	May	Jun
Staverton	25	29	13	21	24	28

Somerset

	Jan
Bridgwater, Woodlands Court	10

Wiltshire

	Feb
Devizes	28

First aid: Sports first aid

visit sja.org.uk/sportsfa



Includes associate membership insurance



On-site training available

This course will give you all the necessary first aid skills to deal with a whole range of sporting injuries.

Certification: Successful students receive a St John Ambulance certificate, valid for three years.

Course duration: One day (6 hours)

Course price (not including VAT): £90.00 (unless stated) **Course availability:** As below

Avon

Course price (not including VAT): £100.00

	Jan
Bristol, Bedminster	20

Cornwall

	Oct	Mar	May
Par	12, 19	25	13

Devon

	Nov	Apr
Exeter	16	21

Dorset

	Oct	Nov	Feb	Apr
Dorchester		16		8
Poole	15		15	

Gloucestershire

Course price (not including VAT): £100.00

	Dec
Staverton	11

Somerset

	Oct	Nov	Feb
Bridgwater, Woodlands Court			11
Wells	6		
Yeovil		16	

Wiltshire

Course price (not including VAT): £100.00

	May
Swindon	20

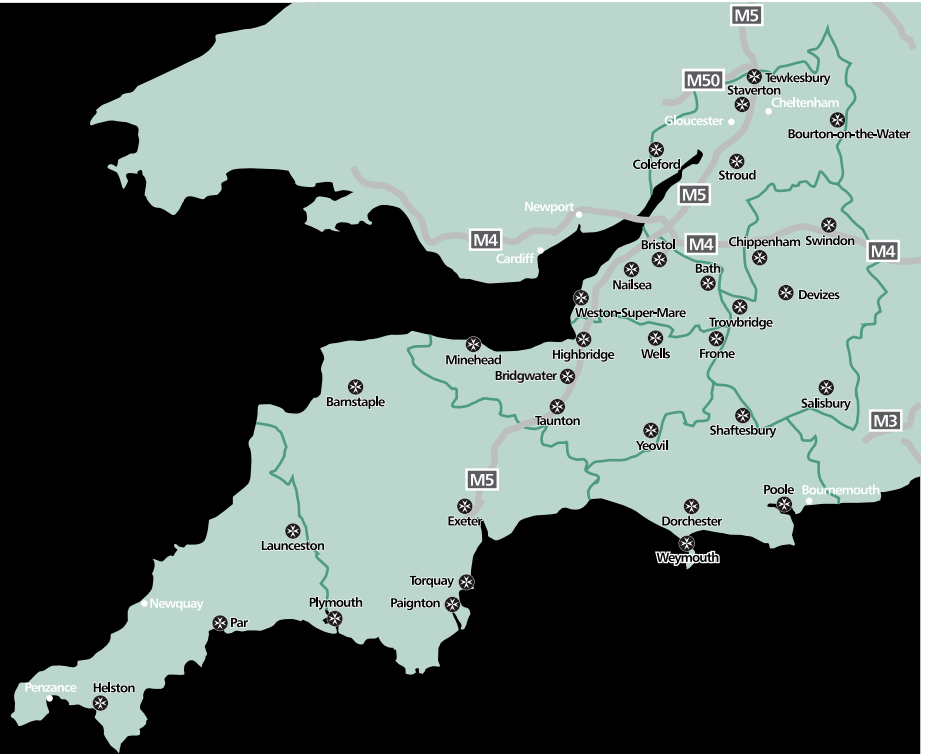
First aid: Basic first aid – education

This course is ideal for all members of school support staff. It gives an insight into important first aid skills, which are invaluable when accidents happen in the school environment. This training provides supplementary support to the qualified school first aiders.

Course duration: 4 hours **Course price & availability:** Call 0844 770 4800 for more information



On-site training available



Your local, national organisation

South West training venues:

Avon

Bath
Bristol
Nailsea
Weston-Super-Mare

Devon

Barnstaple
Exeter
Paignton
Plymouth
Torquay

Gloucestershire

Bourton-on-the-Water
Coleford
Staverton
Stroud
Tewkesbury

Wiltshire

Chippenham
Devizes
Salsbury
Swindon
Trowbridge

Cornwall

Helston
Launceston
Par

Dorset

Dorchester
Poole
Shaftesbury
Weymouth

Somerset

Bridgwater
Frome
Highbridge
Minehead
Taunton
Wells
Yeovil

Be the difference

0844 770 4800

southwest-region@sja.org.uk

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