

**St John**  
Ambulance



St John Ambulance training


# **Health and safety** and **first aid** for the workplace

**Course schedule:** October 2009 – June 2010

**London**



## On-site training

 Let us bring our training to you.

It's not always practical to take staff off-site for training. Sometimes, the most effective place to learn is where you'll actually be using your new-found skills and knowledge. In which case, we'll bring our training to you.

Our priority is that you get the training you need, so we make it as simple as possible by arranging training at a time, day and location to suit you. It's good for our highly skilled trainers, too, who enjoy the opportunity to get out of the classroom and teach in a working environment.

### All we need to set up a course for you:

- You need a group of people on the same course
- A room large enough for the group to work in safely and comfortably. If you don't have one, we'll happily advise on a suitable venue nearby
- Details of dates and times that suit you.

To find out more visit [www.sja.org.uk/onsite](http://www.sja.org.uk/onsite) or call 08700 10 49 50



## Online support – information at your fingertips, anytime

We're delighted to announce the launch of our enhanced training website so now you can either phone or go online and book your training course.

Designed for maximum usability, our website makes finding the information you want to assess your needs and book your training course as seamless as possible. Benefits of our website 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 to suit you. We'll also give you a list of options if your preferred choice is already full
- **Online booking** – No need to phone us unless you want to. You can book your course directly from the website
- **Regular updates** – Sign up for our regular eNews and we'll keep you informed of your responsibilities and requirements throughout the year.

As well as these interactive tools, there's a wealth of useful information and other features on the site. Rather than list them all here, though, we'd like to invite you to visit [www.sja.org.uk/training](http://www.sja.org.uk/training) and see for yourself.

## Course prices may vary

You may notice some courses vary in price between regions. We'd like to reassure you this does not reflect on the quality of a course, merely on the cost of providing the course and venue in certain areas. The cost for each course is indicated above each county's course availability table. Please check carefully.

## Contents

### Health and safety courses

|   |   |
|---|---|
| IOSH Working safely.....                        | 3 |
| IOSH Managing safely.....                       | 3 |
| BSC Level 2 certificate in risk assessment..... | 3 |
| Fire marshal.....                               | 3 |
| Stress awareness.....                           | 4 |
| Moving and handling principles.....             | 4 |

### First aid courses

|  |   |
|--|---|
| First aid at work.....                       | 5 |
| First aid at work requalification.....       | 5 |
| Emergency first aid at work.....             | 6 |
| Annual refresher.....                        | 6 |
| Anaphylaxis first aid.....                   | 6 |
| Sports first aid.....                        | 6 |
| Early years first aid.....                   | 7 |
| Schools first aid.....                       | 7 |
| Automated external defibrillation (AED)..... | 7 |
| AED requalification.....                     | 7 |
| Healthcare professional resuscitation.....   | 7 |

For more information on courses, prices, venues, times, availability and to book visit [www.sja.org.uk/training](http://www.sja.org.uk/training)

## Health and safety: IOSH Working safely



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

**Course duration:** One day (6 hours)

**Course price (not including VAT):** £160.00

**Course availability:**

|            | Oct   | Nov | Dec | Jan   | Feb   | Mar   | Apr   | May   | Jun   |
|------------|-------|-----|-----|-------|-------|-------|-------|-------|-------|
| Marylebone | 2, 30 | 17  | 11  | 8, 25 | 2, 19 | 3, 31 | 6, 22 | 6, 12 | 3, 15 |

## Health and safety: IOSH Managing safely



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.

**Course duration:** Minimum four days (24 hours plus assessment)

**Course price (not including VAT):** £875.00

**Course availability:**

|            | Oct   | Nov  | Dec  | Jan            | Feb           | Mar           | Apr            | May            | Jun           |
|------------|-------|------|------|----------------|---------------|---------------|----------------|----------------|---------------|
| Marylebone | 12-15 | 9-12 | 7-10 | 11-14<br>26-29 | 8-11<br>22-25 | 8-11<br>22-25 | 12-15<br>26-29 | 17-20<br>24-27 | 7-10<br>21-24 |

## Health and safety: BSC Level 2 certificate in risk assessment



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 duration:** One day (6 hours)

**Course price (not including VAT):** £205.00

Course costs include £30 p/p assessment and certification fee from BSC

**Course availability:**

|            | Oct | Nov | Dec | Jan   | Feb   | Mar   | Apr   | May   | Jun    |
|------------|-----|-----|-----|-------|-------|-------|-------|-------|--------|
| Marylebone | 12  | 5   | 1   | 7, 15 | 4, 26 | 1, 30 | 9, 23 | 5, 11 | 14, 29 |

## Health and safety: Fire marshal

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.

**Course duration:** 4 hours

**Course price (not including VAT):** £93.00

**Course availability:**

|            | Oct              | Nov                     | Dec    | Jan                             | Feb                            | Mar                                 | Apr                             | May                              | Jun                                   |
|------------|------------------|-------------------------|--------|---------------------------------|--------------------------------|-------------------------------------|---------------------------------|----------------------------------|---------------------------------------|
| Croydon    | 16               | 13                      | 4      | 22                              | 19                             | 22                                  | 13                              | 12                               | 16                                    |
| Enfield    | 29               | 11                      | 8      | 11, 29                          | 2, 18                          | 5, 23                               | 6, 23                           | 17, 25                           | 17, 28                                |
| Feltham    | 22               | 9                       | 7      | 8, 19                           | 12                             | 12, 22                              | 6, 22                           | 7, 18                            | 10, 22                                |
| Harrow     |                  |                         |        | 22                              | 10                             | 17                                  | 19                              | 7                                | 8                                     |
| Kingston   |                  |                         |        | 11                              | 9                              | 12                                  | 6                               | 28                               | 14                                    |
| Marylebone | 8, 22,<br>23, 28 | 4, 5, 16,<br>19, 20, 30 | 16, 17 | 7, 8, 13, 15,<br>18, 21, 26, 29 | 1, 4, 8, 12, 16,<br>18, 22, 25 | 1, 3, 10, 11, 16,<br>19, 23, 26, 29 | 1, 9, 16, 19,<br>20, 26, 28, 29 | 7, 10, 11, 12,<br>17, 19, 26, 28 | 1, 4, 8, 9, 15, 17,<br>22, 25, 28, 30 |
| Romford    |                  |                         |        | 11, 21                          | 23                             | 8                                   | 29                              | 21                               | 22                                    |

## Health and safety: Stress awareness

This course looks at the reasons for stress, the effects of stress and ways of controlling stress both in the workplace and at home.

**Course duration:** 3 hours

**Course price (not including VAT):** £90.00

**Course availability:**

|            | Oct | Nov | Dec | Jan   | Feb   | Mar   | Apr   | May   | Jun   |
|------------|-----|-----|-----|-------|-------|-------|-------|-------|-------|
| Marylebone |     |     |     | 7, 15 | 5, 17 | 4, 26 | 1, 21 | 4, 10 | 4, 28 |

## Health and safety: Moving and handling principles

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

**Course duration:** 3 hours

**Course price (not including VAT):** £78.00

**Course availability:**

|            | Oct | Nov    | Dec   | Jan  | Feb   | Mar   | Apr   | May   | Jun   |
|------------|-----|--------|-------|------|-------|-------|-------|-------|-------|
| Marylebone | 1   | 11, 27 | 7, 16 | 6, 8 | 3, 18 | 5, 29 | 7, 20 | 4, 10 | 2, 16 |



## First aid: First aid at work

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 duration:** Three days (18 hours)

**Course price (not including VAT):** £305.00

**Course availability:**

|             | Oct                             | Nov                              | Dec              | Jan   | Feb   | Mar  | Apr  | May   | Jun  |
|-------------|---------------------------------|----------------------------------|------------------|---|---|--|--|---|--|
| Archway     | 6-8, 13-15, 20-22               | 3-5, 10-12, 24-26                | 8-10, 15-17      | 12-14, 18-20                                  | 9-11, 24-26                                       | 8-10, 24-26  | 14-16, 26-28                                       | 17-19, 25-27                                | 14-16, 23-25   |
| Croydon     | 13-15, 20-22                    | 2-4, 10-12                       | 8-10             | 11-13, 19-21, 27-29                           | 8-10, 16-18, 24-26                                | 2-4, 15-17, 29-31  | 6-8, 14-16, 27-29                                  | 4-6, 18-20, 26-28                           | 1-3, 9-11, 22-24                                       |
| Ealing      | 27-29                           | 24-26                            | 15-17            | 11-13   | 10-12   | 8-10   | 12-14  | 17-19                                       | 7-9  |
| Enfield     | 6-8, 12-14, 21-23, 26-28        | 4-6, 18-20                       | 2-4, 9-11        | 6-8, 20-22, 26-28                             | 3-5, 15-17, 23-25                                 | 2-4, 8-10, 24-26   | 7-9, 20-22, 26-28                                  | 10-12, 19-21, 26-28                         | 1-3, 8-10, 23-25                                       |
| Feltham     | 13-15, 27-29                    | 10-12, 24-26                     | 14-16            | 11-13, 27-29                                  | 9-11, 22-24                                       | 8-10, 23-25  | 7-9, 19-21   | 4-6, 24-26                                  | 7-9, 23-25   |
| Hammersmith | 7-9, 14-16, 21-23, 28-30        | 11-13, 18-20, 25-27              | 2-4, 9-11        | 6-8, 12-14, 25-27                             | 3-5, 15-17, 23-25                                 | 1-3, 22-24, 29-31  | 6-8, 14-16, 27-29                                  | 4-6, 18-20, 24-26                           | 2-4, 15-17, 21-23                                      |
| Harrow      | 13-15                           | 17-19                            | 8-10             | 19-21   | 16-18   | 9-11   | 12-14  | 26-28                                       | 9-11   |
| Kingston    | 6-8                             | 17-19                            | 1-3              | 6-8, 12-14, 25-27                             | 1-3, 15-17, 22-24                                 | 8-10, 17-19, 23-25                                       | 7-9, 19-21, 26-28                                  | 5-7, 10-12, 24-26                           | 7-9, 15-17, 28-30                                      |
| Leytonstone | 6-8, 19-21, 26-28               | 16-18                            | 1-3              | 12-14, 19-21                                  | 10-12, 16-18                                      | 1-3, 15-17   | 13-15, 21-23                                       | 18-20, 25-27                                | 15-17, 21-23   |
| Limehouse   | 12-14, 19-21                    | 16-18, 23-25                     | 7-9              | 11-13, 20-22                                  | 8-10, 23-25                                       | 1-3, 10-12   | 12-14, 19-21                                       | 10-12, 25-27                                | 7-9, 22-24   |
| Marylebone  | 6-8, 12-14, 14-16, 19-21, 26-28 | 2-4, 9-11, 16-18, 23-25, 30-2Dec | 7-9, 9-11, 14-16 | 6-8, 11-13, 12-14, 18-20, 20-22, 25-27, 26-28 | 1-3, 2-4, 8-10, 10-12, 15-17, 16-18, 22-24, 24-26 | 1-3, 2-4, 8-10, 10-12, 15-17, 16-18, 22-24, 24-26, 29-31 | 6-8, 7-9, 12-14, 13-15, 19-21, 21-23, 26-28, 28-30 | 4-6, 5-7, 10-12, 17-19, 18-20, 24-26, 26-28 | 1-3, 2-4, 7-9, 9-11, 14-16, 16-18, 21-23, 23-25, 28-30 |
| Romford     | 6-8, 28-30                      | 4-6, 25-27                       | 2-4              | 11-13, 18-20                                  | 8-10, 23-25                                       | 9-11, 16-18  | 6-8, 19-21   | 4-6, 17-19                                  | 9-11, 16-18  |
| Sidcup      | 6-8, 12-14, 20-22, 27-29        | 10-12, 17-19, 24-26              | 8-10, 15-17      | 13-15, 18-20, 26-28                           | 2-4, 10-12, 23-25                                 | 1-3, 15-17, 22-24  | 13-15, 21-23, 27-29                                | 4-6, 17-19, 25-27                           | 2-4, 9-11, 21-23                                       |
| Walthamstow | 27-29                           | 10-12, 24-26                     | 8-10, 14-16      | 13-15, 27-29                                  | 1-3, 22-24  | 10-12, 22-24   | 12-14, 28-30                                       | 10-12, 24-26                                | 2-4, 22-24   |

## First aid: First aid at work requalification

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.

**Course duration:** Two days (12 hours)

**Course price (not including VAT):** £185.00

**Course availability:**

|             | Oct               | Nov                | Dec        | Jan                 | Feb                    | Mar                      | Apr                        | May                        | Jun                      |
|-------------|-------------------|--------------------|------------|---------------------|------------------------|--------------------------|----------------------------|----------------------------|--------------------------|
| Archway     | 26-27             | 16-17              | 3-4        | 21-22               | 16-17                  | 15-16                    | 12-13                      | 20-21                      | 9-10                     |
| Croydon     | 26-27             | 19-20              | 1-2        | 14-15               | 2-3                    | 11-12                    | 19-20                      | 10-11                      | 14-15                    |
| Ealing      | 19-20             | 16-17              | 7-8        | 19-20               | 22-23                  | 16-17                    | 21-22                      | 6-7                        | 15-16                    |
| Enfield     | 19-20             | 23-24              | 14-15      | 18-19               | 10-11                  | 17-18                    | 12-13                      | 4-5                        | 21-22                    |
| Feltham     | 20-21             | 17-18              | 8-9        | 25-26               | 4-5, 15-16             | 3-4, 16-17               | 14-15, 26-27               | 10-11, 27-28               | 14-15, 29-30             |
| Hammersmith | 12-13             | 2-3, 9-10, 30-1Dec | 14-15      | 18-19, 21-22        | 9-10, 18-19            | 25-26                    | 12-13, 20-21               | 11-12, 27-28               | 7-8, 24-25               |
| Harrow      | 19-20             | 2-3                | 1-2        | 12-13               | 11-12                  | 18-19                    | 20-21                      | 20-21                      | 21-22                    |
| Kingston    | 12-13             | 5-6                | 7-8        | 18-19               | 4-5, 18-19             | 1-2, 15-16               | 12-13, 22-23               | 17-18, 20-21               | 1-2, 21-22               |
| Leytonstone | 1-2, 22-23        | 9-10, 19-20        | 7-8        | 6-7, 28-29          | 2-3                    | 8-9, 29-30               | 6-7, 28-29                 | 6-7, 11-12                 | 7-8, 28-29               |
| Limehouse   | 6-7, 26-27        | 2-3, 9-10          | 2-3, 14-15 | 7-8, 25-26          | 15-16                  | 17-18, 23-24             | 8-9, 22-23                 | 4-5, 18-19                 | 2-3, 14-15               |
| Marylebone  | 8-9, 19-20, 29-30 | 2-3, 9-10, 23-24   | 3-4, 14-15 | 14-15, 18-19, 28-29 | 4-5, 8-9, 11-12, 25-26 | 8-9, 11-12, 18-19, 22-23 | 19-20, 22-23, 26-27, 29-30 | 10-11, 20-21, 24-25, 27-28 | 7-8, 14-15, 21-22, 28-29 |
| Romford     | 26-27             | 9-10               | 14-15      | 6-7, 14-15          | 1-2                    | 4-5, 23-24               | 15-16, 26-27               | 10-11, 24-25               | 3-4, 14-15               |
| Sidcup      | 15-16             | 5-6, 30-1Dec       | 3-4        | 6-7, 11-12          | 8-9                    | 4-5, 29-30               | 6-7, 19-20                 | 10-11, 20-21               | 15-16, 28-29             |
| Walthamstow | 6-7               | 2-3                | 3-4        | 19-20               | 8-9                    | 15-16                    | 7-8, 19-20                 | 5-8, 17-18                 | 8-9, 17-18               |

## First aid: Emergency first aid at work

This course is ideal for smaller workplaces that present few health and safety risks, where a nominated or appointed person is required to take charge in the event of an illness or accident.

**Course duration:** One day (6 hours)

**Course price (not including VAT):** £140.00

**Course availability:**

|             | Oct               | Nov           | Dec       | Jan  | Feb                                   | Mar  | Apr   | May                         | Jun   |
|-------------|-------------------|---------------|-----------|--|---------------------------------------|--|---|-----------------------------|---|
| Archway     | 9, 12, 16, 23, 28 | 2, 9, 13, 18  | 2, 11, 14 | 11, 25                                       | 8, 23                                 | 11, 17                                     | 9, 29   | 11, 24                      | 7, 17   |
| Croydon     | 19, 28            | 9             | 3         | 8, 18, 26                                    | 4, 11, 15                             | 8, 18, 26                                  | 9, 23, 26   | 7, 17                       | 4, 21   |
| Ealing      | 21                | 13            | 14        | 14, 18                                       | 9, 24                                 | 15, 24                                     | 15, 20  | 5, 20                       | 14  |
| Enfield     | 9, 15, 16, 30     | 3, 17, 25     | 1, 16     | 12, 13, 15, 25                               | 9, 12, 19, 26                         | 1, 11, 19, 29                              | 1, 14, 19, 29                                     | 6, 7, 18, 24                | 4, 11, 18, 29                                   |
| Feltham     | 12, 19            | 13            | 10        | 18, 20                                       | 17                                    | 11   | 23  | 12                          | 16  |
| Hammersmith | 1, 2, 6, 26, 27   | 4, 16, 17, 23 | 7, 16     | 15, 20                                       | 11, 22                                | 4, 5                                       | 9, 26   | 7, 21                       | 18, 28  |
| Harrow      | 16                | 4             | 7         | 14   | 19                                    | 12   | 15  | 6                           | 23  |
| Kingston    | 9                 | 16            | 9         | 15, 28                                       | 8, 25                                 | 3, 22                                      | 14, 29  | 19, 27                      | 23  |
| Leytonstone | 9, 16, 29         | 11, 23        | 4         | 18, 22                                       | 4, 22                                 | 10, 18                                     | 8, 20   | 5, 17                       | 9, 24   |
| Limehouse   | 8, 15, 23         | 4, 19, 26     | 4, 10, 16 | 14, 27, 29                                   | 2, 11, 17                             | 4, 16, 22, 26                              | 7, 15, 26, 28                                     | 6, 17, 20, 28               | 4, 10, 16, 25                                   |
| Marylebone  | 2, 16, 23, 30     | 6, 13, 20, 27 | 4, 11, 18 | 6, 8, 11, 14, 15, 19, 20, 22, 25, 27, 28, 29 | 1, 2, 3, 5, 9, 10, 15, 17, 19, 23, 26 | 1, 2, 5, 9, 12, 15, 17, 19, 22, 24, 30, 31 | 1, 6, 7, 8, 9, 12, 14, 15, 16, 21, 22, 23, 27, 30 | 4, 6, 7, 12, 17, 21, 24, 25 | 1, 2, 4, 10, 11, 14, 16, 18, 21, 23, 24, 29, 30 |
| Romford     | 9, 20             | 3, 23         | 7         | 8  | 11                                    | 3, 15, 25                                  | 9, 22, 28   | 12, 20, 26                  | 2, 21, 23                                       |
| Sidcup      | 9, 19, 26         | 9, 16, 23     | 7, 14     | 8, 21, 22, 25                                | 5, 17, 22                             | 8, 9, 18, 25                               | 1, 8, 12, 26                                      | 7, 12, 24                   | 8, 17, 24                                       |
| Walthamstow | 2, 26, 30         | 13, 27        | 11        | 12, 21                                       | 10, 25                                | 9, 25                                      | 15, 21  | 4, 27                       | 10, 16  |

## First aid: Annual 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):** £75.00

**Course availability:**

|             | Oct   | Nov   | Dec | Jan | Feb   | Mar   | Apr       | May              | Jun    |
|-------------|-------|-------|-----|-----|-------|-------|-----------|------------------|--------|
| Archway     |       |       |     | 26  |       | 23    | 8         | 10               | 8      |
| Croydon     | 12    | 18    | 7   |     | 5     | 19    | 12        | 21               |        |
| Ealing      |       |       |     |     | 8     | 25    | 23        | 21               | 17     |
| Enfield     |       |       |     | 14  |       | 22    | 15        |                  | 16     |
| Feltham     |       |       |     | 14  |       | 26    | 13        | 19               | 28     |
| Hammersmith |       |       |     |     | 26    |       | 19        | 17               | 9      |
| Harrow      |       |       |     |     | 15    | 16    | 22        | 19               | 24     |
| Kingston    |       |       |     |     | 12    | 11    | 15        | 4                | 10     |
| Leytonstone |       |       |     |     |       | 4     | 9         | 24               | 10     |
| Limehouse   |       |       |     |     |       | 19    | 29        | 7                | 17     |
| Marylebone  | 6, 21 | 4, 25 | 8   |     | 12-24 | 4, 25 | 7, 19, 20 | 6, 7, 12, 18, 27 | 18, 25 |
| Romford     |       |       |     |     | 18    | 22    | 23        | 7                | 24     |
| Sidcup      |       |       |     |     | 15    | 10    | 9         |                  | 14     |
| Walthamstow |       |       |     |     |       |       | 22        | 21               | 15     |

## First aid: Anaphylaxis first aid

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 duration:** 3 hours

**Course price (not including VAT):** £78.00

**Course availability:**

|            | Oct    | Nov   | Dec | Jan | Feb | Mar | Apr | May | Jun |
|------------|--------|-------|-----|-----|-----|-----|-----|-----|-----|
| Marylebone | 12, 22 | 5, 11 | 1   | 15  | 17  | 26  | 21  | 10  | 28  |

## First aid: Sports first aid

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

**Course duration:** One day (6 hours)

**Course price (not including VAT):** £120.00

**Course availability:**

|            | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Marylebone |     |     |     | 26  | 15  | 15  | 30  | 21  | 11  |



## First aid: Early years first aid

This 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 DCSF Approved Carers Scheme.

**Course duration:** Two days (12 hours)

**Course price (not including VAT):** £140.00

**Course availability:**

|             | Oct               | Nov        | Dec        | Jan              | Feb                | Mar              | Apr                 | May              | Jun                 |
|-------------|-------------------|------------|------------|------------------|--------------------|------------------|---------------------|------------------|---------------------|
| Archway     | 29-30             | 19-20      |            | 7-8              |                    | 18-19            |                     | 6-7              |                     |
| Croydon     |                   | 16-17      |            | 6-7              | 22-23              | 9-10             | 21-22               | 24-25            | 7-8                 |
| Ealing      |                   |            |            | 21-22            |                    | 18-19            |                     | 11-12            |                     |
| Enfield     |                   | 9-10       |            |                  |                    |                  |                     |                  |                     |
| Hammersmith | 19-20             | 5-6        |            | 28-29            | 1-2                |                  | 22-23               |                  | 10-11, 29-30        |
| Leytonstone |                   |            |            |                  | 23-24              |                  |                     |                  |                     |
| Marylebone  | 6-7, 19-20, 26-27 | 2-3, 23-24 | 3-4, 14-15 | 6-7, 9&16, 21-22 | 6&13, 18-19, 22-23 | 4-5, 6&13, 25-26 | 10&17, 12-13, 15-16 | 4-5, 8&15, 20-21 | 10-11, 12&19, 17-18 |
| Romford     |                   |            |            |                  | 16-17              |                  | 12-13               |                  | 7-8                 |
| Walthamstow |                   |            |            | 25-26            |                    | 17-18            |                     | 19-20            |                     |

## First aid: Schools first aid

This course focuses on emergency situations typical to school environments and covers both adult and child first aid protocols.

**Course duration:** One day (6 hours)

**Course price (not including VAT):** £120.00

**Course availability:**

|            | Oct | Nov | Dec | Jan | Feb   | Mar   | Apr | May | Jun |
|------------|-----|-----|-----|-----|-------|-------|-----|-----|-----|
| Marylebone |     |     |     |     | 5, 19 | 8, 18 | 16  | 28  | 25  |

## First aid: Automated external defibrillation (AED)

For each minute that passes after the heart stops before treatment is received, the chance of survival drops by about 10%. This course teaches the essential skills required by an AED operator. No previous first aid knowledge is necessary to attend an AED course.

**Course duration:** 4 hours

**Course price (not including VAT):** £92.00

**Course availability:**

|            | Oct      | Nov | Dec | Jan   | Feb   | Mar   | Apr   | May   | Jun    |
|------------|----------|-----|-----|-------|-------|-------|-------|-------|--------|
| Marylebone | 1, 9, 29 | 6   | 2   | 6, 25 | 1, 16 | 2, 29 | 8, 19 | 5, 11 | 17, 30 |

## First aid: Automated external defibrillation (AED) requalification

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

**Course duration:** 2 hours

**Course price (not including VAT):** £85.00

**Course availability:**

|            | Oct | Nov | Dec | Jan   | Feb   | Mar   | Apr   | May   | Jun    |
|------------|-----|-----|-----|-------|-------|-------|-------|-------|--------|
| Marylebone | 9   | 6   | 2   | 6, 25 | 1, 16 | 2, 29 | 8, 19 | 5, 11 | 17, 30 |

## First aid: Healthcare professional resuscitation

This short resuscitation course is essential for all state registered healthcare professionals.

**Course duration:** 2 hours

**Course price (not including VAT):** £52.00

**Course availability:**

|            | Oct    | Nov   | Dec | Jan | Feb | Mar | Apr | May | Jun |
|------------|--------|-------|-----|-----|-----|-----|-----|-----|-----|
| Marylebone | 12, 22 | 5, 11 | 1   |     | 15  | 26  | 6   | 14  | 14  |



## Your local, national organisation

### London training venues:

|             |             |
|-------------|-------------|
| Archway     | Kingston    |
| Croydon     | Leytonstone |
| Ealing      | Limehouse   |
| Enfield     | Marylebone  |
| Feltham     | Romford     |
| Hammersmith | Sidcup      |
| Harrow      | Walthamstow |

**Creating a safer working environment**

08700 10 49 50

[www.sja.org.uk/training](http://www.sja.org.uk/training)



**Mixed Sources**  
Product Group from well-managed  
forests and other controlled sources  
Cert no. TT-COC-002456  
[www.fsc.org](http://www.fsc.org)  
© 1996 Forest Stewardship Council