



How our blended learning courses make good sense for employers and for your first aiders too



Your learners go online for the theory modules

We have developed self-directed learning materials that really engage learners, with interactive bitesize learning, built in knowledge quizzes, dedicated inbox support, FAQs and how to guides.

Staff Benefit:

Your colleagues can learn at their own pace, in the workplace or home environment, whichever best suits their learning needs. The animated scenarios provide a step-by-step learning experience helping sustain knowledge and gain confidence.

Workplace Benefit:

Our blended learning option gives the freedom of completing part of the course online, allowing less time away from the learner's place of work, and more flexibility to the learner.



Learners join our face-to-face sessions for essential hands-on practice

Our specialist trainers lead delegates through the hand-on skills required for each qualification level. Learners will be required to join in with a number of practical and physical assignments – engaging with these is critical to becoming certified in life saving skills.

Staff Benefit:

Our face-to-face sessions are held in small groups of learners. The day will be led by a specialist trainer who will teach lifesaving skills and answer any questions you may have.

Workplace Benefit:

There is sure to be a number of St John Ambulance training venues in your area within easy reach for your colleagues, which minimises travel costs and absence from the workplace.

“ A very enjoyable course. Not too heavy or technically challenging. The tutor kept it light and pleasant throughout, but fulfilled the training being given. It gives me confidence in the role allocated to me. ”

Ian, Trustpilot review

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Our courses

Course duration

Who should attend?

Course content and outcomes

First Aid at Work Blended Online

3-days
(1 online + 2 face-to-face days)

This course is designed for people who want to receive our most thorough first aid training. It is most suited to those working in high-risk environments, such as building sites or warehouses.

This course provides a comprehensive set of practical skills needed by first aiders in most workplaces, giving both the ability and knowledge to deal with first aid emergencies. Successful learners will receive a St John Ambulance certificate, valid for three years.

First Aid at Work Requalification Blended Online

2-days
(1 online + 1 face-to-face day)

This course is for people wishing to update their first aid skills, and to renew an existing, valid First Aid at Work certificate.

This course updates the first aid skills of those who need to renew their First Aid at Work certificate. Successful learners will receive a St John Ambulance certificate, valid for three years.

Emergency First Aid At Work Blended Online

1-day
(Half day online + half day face-to-face)

This course is suitable for anyone aged 16+ who is designated as a workplace first aider in a low-risk environment such as an office, retail space, or similar. Previous first aid experience not required.

Training is delivered in two parts—online and face-to-face—and covers key topics including CPR, choking, bleeding, seizures, shock, burns, and the role of the first aider. It also includes defibrillator prompts and how to respond. Successful learners will receive a St John Ambulance certificate, valid for three years. This meets the HSE requirements.

Paediatric First Aid Blended Online

2-days
(1 online + 1 face-to-face day)

Suitable for people working with young children and those working towards an early years educator qualification.

Working in partnership with the Early Years Alliance, this course focuses on emergency scenarios that can happen when looking after young children and infants. It meets the requirements for the Ofsted Early Years and Childcare register. Successful learners will receive a St John Ambulance certificate, valid for three years.

