Greater Manchester

Training for the workplace

2008

First aid
Health and safety
Welcome

Saving lives is our business. Here’s how we can help yours.

Every year, we train over half a million people in first aid and health and safety related training courses across the UK. In fact, we train more people in this discipline than any other provider. We’ll give your people the skills, knowledge – and crucially, the confidence – they need to deal with and prevent a range of medical emergencies and safety issues on your premises. And what’s more, we’ll do our best to make sure they have a good time too.

It isn’t always a matter of life and death. But if it ever should be, you’ll be glad you came to us.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
St John Ambulance means professional training

We've been involved in training for a long time - since 1877, in fact. Obviously, the world has changed since then, and our training has evolved too. As well as being the UK's leading first aid charity, we're now also one of the country's most respected health and safety training providers.

All our trainers are fully qualified professionals, and bring a wealth of personal experience and understanding to our courses. The sessions themselves always have a highly practical focus, with plenty of opportunities for hands-on learning and interaction, backed up by a set of clear, easy-to-read course notes for future reference.

We're proud that all our training services comply with the ISO 9001:2000 quality standard, satisfying some of the toughest assessors in the business. But the real test for our training is whether people would come back for more. And for well over 90%, the answer's a definite 'yes'.

Trainer profile

Name: Roger Conroy
Occupation: Trainer/Assessor

"I have been involved in training (since 2000) with first aid for least 18 years and decided to combine the two by working for St John Ambulance in Greater Manchester. St John give backing and support, which makes it a great environment to work in. It gives me great satisfaction to be part of a team, which provides essential First Aid skills to local businesses and the community."

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030

Take your first aid trainer with you by downloading first aid advice onto your mobile phone, iPod or computer with iFIRSTAID®. More details at www.sja.org.uk/ifirstaid
The benefits of choosing St John Ambulance

At St John Ambulance, first aid isn’t simply part of our portfolio. It’s what we do. Why we exist. Our combination of daily, hands-on expertise and proven, professional training techniques is something you won’t find anywhere else. That’s the main reason so many people come to us. And here are some more:

- More training opportunities than any other provider, with more than 17,000 scheduled courses every year through our nationwide network of 250 training centres
- Many courses can also be delivered on your premises, or at a suitable alternative venue, to match your requirements and working patterns
- We have been setting standards in first aid since 1877 and are approved by the Health and Safety Executive (HSE) to deliver first aid in the workplace training. Many other courses are approved by or have close connections to leading industry bodies
- Our fully qualified, professional trainers combine the latest medical techniques with real-world experience to ensure your people come away with relevant practical skills, not just theory
- All our training services comply with ISO 9001:2000 so you’re guaranteed a consistently high standard of training wherever you are in the country
- By completing a First aid at work, Emergency aid for appointed persons or AED course with us, you will automatically be covered by our Associate Membership Insurance
- Most of our courses correspond with National Vocational Qualification (NVQ) learning outcomes, giving them an NVQ level equivalency as stated in each course’s details. Many of these are at Level 2, which can contribute toward the achievement of a range of qualifications.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
A locally based, national organisation

- St John Ambulance operates across England through its network of county branches. Each branch has a number of dedicated training facilities, which means you’ll never have to travel far to find us.
- We run more than 17,000 training courses every year: one phone number covers them all. For details of courses in your area, simply call 08700 10 49 50 and we’ll let you know where, when, how much and how many people you can send. You can also get information online at www.sja.org.uk/training.

National Accounts
If you’re managing first aid training for a large national organisation, our National Accounts scheme can take away much of the hassle. You’ll be assigned a dedicated St John Ambulance account administrator, who’ll provide a single point of contact for all enquiries, bookings and invoices. We already have more than 250 National Account holders; if you’d like to join them, please call 020 7324 4000 or email national-contracts@nhq.sja.org.uk.

Please note that training outside of England is provided as follows:

- **Wales** – St John Ambulance Wales – 0845 678 5646
- **Northern Ireland** – St John Ambulance Northern Ireland – 028 9079 9393
- **Scotland** – St Andrew’s Ambulance Association – 0141 332 4031

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030.
Training on your premises

We know that for all sorts of practical or commercial reasons, it's not always possible to take people off-site for training, however important. In which case, there's a simple solution: we'll come to you.

If you have a group of 10 to 12 people, and a room large enough for them to take part in practical exercises that can involve kneeling or lying down, we can arrange training on your premises at a time that suits you. And if space is a problem, we'll meet up with you at an alternative location of your choice: your local St John Ambulance office will be happy to advise on suitable venues in your area.

Our priority is to make sure you get the training you need, so we're flexible regarding numbers, days and times. Where we'll never compromise, though, is in the quality of the training we provide. Please contact us to discuss your specific requirements.

"I found the course to be a really good experience. It was both helpful and involving. I found the practical exam interesting – I feel more confident having received practical training, rather than multiple choice questions."

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
Your support makes a difference

There are plenty of training organisations out there, all of whom will be more than happy to take your money. We’re one of the very few who’ll use it to make a difference, not a profit.

The money we receive from our commercial training courses goes straight back into our first aid services, equipment and other community programmes. So the benefits of training with us extend way beyond your own organisation. You’ll be helping to make lots of other workplaces, public spaces and events safer, too – and supporting our vital work with young people and some of the most vulnerable members of society. And that’s something anyone can feel good about.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
Our work in the community

You’ll have seen our volunteers providing first aid at everything from sporting events and rock concerts to county shows and village fêtes. It’s a big part of what we do. But it’s not all we do.

As the UK’s leading first aid charity, St John Ambulance believes that everyone who needs it should receive first aid from those around them and that no one should suffer for the lack of trained first aiders.

The skill and professionalism of our people at high-profile national as well as local events belies the fact that most of them are actually volunteers. That the ‘blue-light’ services rely heavily on our support, especially in times of emergency, speaks for itself; as does the fact that we deal with around 130,000 casualties a year, saving many lives in the process.

We have a range of volunteering opportunities from our Neighbourhood First Responder scheme to youth leadership, all of which make an immediate and real difference in the community. And as one of our volunteers, you’ll be helping us provide the best possible medical care using the latest techniques – something we’ve done for almost 1,000 years.

To join the 45,000 St John Ambulance volunteers call your local county office on 08700 10 49 50.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
The importance of health and safety at work

"Everyone who works for you, including self-employed people, needs to know how to work safely and without risks to health. So you need to train them so they know what hazards and risks they may face and how to deal with them."

Not our words: that’s the HSE talking. We’re here to help employers meet their legal obligations, with courses covering everything from risk assessment and manual handling to defibrillator training and fire safety. But this is much more than just a box-ticking exercise. Our courses help you manage health and safety on a practical, day-to-day level, so you can spot potential problems and resolve them. Because as we know better than most, prevention is always better than cure.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
What you need to know about health and safety

In 2006, the UK lost six million days to workplace injuries, and another 30 million to work-related illnesses*. Even our stringent health and safety laws weren’t enough to prevent more than half a million serious injuries; worse, more than 200 people lost their lives.

• If you employ five or more people, you must have a written health and safety policy in place
• The law requires you to ensure you provide adequate health and safety training for all full-time, part-time, temporary, permanent, self-employed and contract staff, apprentices, charity, mobile and homeworkers, and those on work experience
• You must carry out a risk assessment to identify potential problems before they happen
• To comply with the Regulatory Reform (Fire Safety) Order 2005, you must have the appropriate number of trained fire marshals on your premises
• Every employer has a duty under the manual handling regulations to reduce the potential injury from moving and handling operations
• The HSE has the power to issue unlimited fines for failing to comply with regulations
• Insurance companies may withdraw their employer liability insurance if they consider an organisation’s health and safety measures to be inadequate – and if there’s a claim, they’ll take the health and safety policies and procedures in place at the time of the incident into account.

Our training courses will help you comply with the latest legislation and regulations. Because you literally can’t afford to take chances.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
Health and safety at work

Please select a course from the menu on the right>

All our courses are designed to comply with current Health and Safety Executive regulations, and meet the ISO 9001:2000 quality standards.

Courses available

• Fire marshal
• British Safety Council Level 1 – Health and Safety at Work
• British Safety Council Level 2 – Supervising Staff Safely
• Moving and handling principles

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
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.

How will this help?
The Regulatory Reform (Fire Safety) Order 2005 requires the ‘responsible person’ for the premises to carry out a fire risk assessment and nominate a sufficient number of competent persons, or fire marshals, to assist in implementing the emergency procedures identified in the fire risk assessment.

Who should attend?
This course is suitable for those who are responsible for overseeing fire safety, designated fire marshals and anyone who needs to know how to use a fire extinguisher.

What you will learn
The course will present an insight into fire regulations and general fire precautions. The course aims to provide you with the knowledge to become a fire marshal.

Course content
- the role of the fire marshal
- action on discovering a fire
- the chemistry of fire
- fire safety precautions
- how to use fire extinguishers
- liaison with the fire service
- fire safety legislation
- common causes of fire
- fire drills and evacuation.

Course duration
Half day - afternoon session.

Assessment and certification
All delegates will receive a certificate of attendance, approved by the Institution of Fire Engineers. NVQ Level 2 equivalency.

Cost
£80 + VAT.

Our Fire marshal course is approved by the Institution of Fire Engineers (IFE) and contains materials supplied by the Fire Protection Association.

Course dates

<table>
<thead>
<tr>
<th></th>
<th>Wednes</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 11</td>
<td>18</td>
<td>14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 18</td>
<td>25</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 12</td>
<td>28</td>
<td>15</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Mar 17</td>
<td>20</td>
<td>7</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Mar 20</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 22</td>
<td>11</td>
<td>14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 1</td>
<td>16</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 23</td>
<td></td>
<td></td>
<td>10</td>
<td>13</td>
</tr>
<tr>
<td>Jun 6</td>
<td>13</td>
<td>20</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Jul 3</td>
<td>18</td>
<td>21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug 8</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 9</td>
<td>18</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct 14</td>
<td>20</td>
<td>27</td>
<td>10</td>
<td>13</td>
</tr>
<tr>
<td>Nov 11</td>
<td>14</td>
<td>17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dec 5</td>
<td>12</td>
<td>15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
British Safety Council Level 1 – Health and Safety at Work

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

How will this help?
Under the Health and Safety at Work Act 1974, employees must take reasonable care for themselves and their colleagues in the workplace.

Who should attend?
This course is for employees from any industry sector who have no supervisory or managerial responsibilities.

What you will learn
This course covers the responsibilities when handling resources, risk in the workplace and how safety can be improved.

Course content
- defining hazards and risks
- hazards – general and organisation specific
- improving the organisation’s safety performance
- protecting our environment.

Course duration
Six hours + exam.

Assessment and certification
By final examination, successful candidates receive a British Safety Council accredited certificate.

Cost
£175 + VAT.

Course dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Stockport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td></td>
</tr>
<tr>
<td>Feb</td>
<td>11</td>
</tr>
<tr>
<td>Mar</td>
<td></td>
</tr>
<tr>
<td>Apr</td>
<td>21</td>
</tr>
<tr>
<td>May</td>
<td></td>
</tr>
<tr>
<td>Jun</td>
<td>4</td>
</tr>
<tr>
<td>Jul</td>
<td></td>
</tr>
<tr>
<td>Aug</td>
<td>8</td>
</tr>
<tr>
<td>Sep</td>
<td></td>
</tr>
<tr>
<td>Oct</td>
<td>10</td>
</tr>
<tr>
<td>Nov</td>
<td></td>
</tr>
<tr>
<td>Dec</td>
<td></td>
</tr>
</tbody>
</table>

The British Safety Council is one of the world’s leading occupational health, safety and environmental organisations. Founded in 1957 its mission is to support a healthier, safer and more sustainable society.
The British Safety Council is one of the world's leading occupational health, safety and environmental organisations. Founded in 1957, its mission is to support a healthier, safer and more sustainable society.

**British Safety Council Level 2 – Supervising Staff Safely**

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

**How will this help?**
Under the Health and Safety at Work Act 1974, employers have a legal obligation to their employees to have in place policies, procedures and trained personnel in order to meet legal requirements.

**Who should attend?**
Managers and supervisors in any sector, and any organisation. This course is for people who are responsible for managing resources and risk in compliance with their organisation’s policy and best practice in health and safety.

**What you will learn**
The course covers safety and risk management in the workplace.

**Course content**
- safety management
- active and reactive monitoring
- risk assessment and risk control
- protecting our environment
- health and safety legislation
- hazards: general and organisation specific
- reviewing and auditing
- stress in the workplace

**Course duration**
18 hours plus assessment time.

**Assessment and certification**
Assessment is based on project work and a final assessment online. Successful candidates receive a British Safety Council accredited certificate.

**Cost**
£550 + VAT.

Find your nearest available course at [www.sja.org.uk/gman](http://www.sja.org.uk/gman) or call 0871 423 6030

**Course dates**

| Jan  | Feb 25-27  |
| May  | 9-11       |
| Jun  | 15-17      |
| Sep  | 17-19      |
| Nov  |            |
| Dec  |            |

Click here for further information on training venues.
Moving and handling principles

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

How will this help?
The manual handling regulations place a duty on every employer to reduce potential injury from moving and handling operations.

Who should attend?
We recommend that all employers consider training in moving and handling as part of each new employee’s induction.

What you will learn
The course covers how to move objects safely, so that manual handling risks are reduced.

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 and people (if appropriate).

Course duration
Half day - morning session.

Assessment and certification
All students will receive a certificate of attendance.

NVQ Level 2 equivalency.

Cost
£50 + VAT.

Course dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>12</td>
</tr>
<tr>
<td>Feb</td>
<td>28</td>
</tr>
<tr>
<td>Mar</td>
<td>25</td>
</tr>
<tr>
<td>Apr</td>
<td>22</td>
</tr>
<tr>
<td>May</td>
<td>16</td>
</tr>
<tr>
<td>Jun</td>
<td>13</td>
</tr>
<tr>
<td>Jul</td>
<td>3</td>
</tr>
<tr>
<td>Aug</td>
<td>1</td>
</tr>
<tr>
<td>Sep</td>
<td>9</td>
</tr>
<tr>
<td>Oct</td>
<td>18</td>
</tr>
<tr>
<td>Nov</td>
<td>11</td>
</tr>
<tr>
<td>Dec</td>
<td>15</td>
</tr>
</tbody>
</table>

St John Ambulance Supplies

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030

The trainer was fantastic, helping calm nerves and going through various scenarios. I feel I have learnt a great deal and it will not only help at work, but home too. I would recommend the course to everyone.
The importance of first aid at work

If you’re an employer, you need trained first aiders or appointed persons on the premises. No ifs, no buts. What’s more, your first aiders must be trained on a course approved by the HSE. One of ours, for example.

Every year, we train more than 250,000 people to provide emergency first aid, preparing them to deal with anything from a cut finger to cardiac arrest. And this is about much more than simply fulfilling your legal duty of care. By preventing minor injuries and illnesses becoming major ones, trained first aiders help reduce lost time, and cut costs. They also save lives.

Even if you’re a smaller organisation, which may not require fully qualified first aiders, it’s reassuring to know that your appointed person or persons know what they’re doing when they open your first aid box. So we’ll train them, too. One day, you’ll be glad we did.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
What you need to know about first aid at work

Trained first aiders are more than simply a legal requirement: they’re a genuine business asset. Our training courses are grounded in current medical thinking and real-world hands-on experience, so your first aiders and appointed persons really will know what they’re doing. And as the UK’s leading first aid charity, the St John Ambulance name will be recognised and respected by everyone with a stake in your organisation, from directors and shareholders to employees and their families.

- The Health and Safety (First Aid) Regulations 1981 require employers to have adequate and appropriate equipment, facilities and personnel to provide first aid to employees or visitors to the premises injured or taken ill at work.
- You’re legally required to have the appropriate number of HSE certificate qualified first aiders in place as determined by your risk assessment.
- The HSE says that: “Employees have an expectation that first aid will be provided in the workplace by employers.”
- Research shows that first aiders who don’t use their skills regularly become less effective over time. We recommend a practice session every 9-12 months to keep people sharp and update their skills.
- You’re legally required to provide adequate first aid cover to allow for sickness and absence within your organisation.
- If your site has separate areas or multiple floors, or you operate shifts, you’ll need additional first aiders to ensure full coverage.
- You must have a fully stocked and up-to-date HSE-approved first aid kit on your premises at all times.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030.
# How many first aiders do you need?

<table>
<thead>
<tr>
<th>Suggested minimum</th>
<th>Low risk</th>
<th>Medium risk</th>
<th>High risk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stores/Hotels</td>
<td>Light engineering/warehouse</td>
<td>Construction/chemical manufacture</td>
</tr>
<tr>
<td>1+ Appointed person</td>
<td>less than 50</td>
<td>less than 20</td>
<td>less than 5</td>
</tr>
<tr>
<td>1+ First aider</td>
<td>50-100</td>
<td>20-49</td>
<td>5-50</td>
</tr>
<tr>
<td>2+ First aider</td>
<td></td>
<td>50-100</td>
<td></td>
</tr>
<tr>
<td>1 Additional first aider per 50 employees</td>
<td></td>
<td></td>
<td>more than 50</td>
</tr>
<tr>
<td>1 Additional first aider per 100 employees</td>
<td></td>
<td>more than 100</td>
<td></td>
</tr>
</tbody>
</table>

Source: HSE ACOP L74 issued March 1997

Find your nearest available course at [www.sja.org.uk/gman](http://www.sja.org.uk/gman) or call 0871 423 6030
First aid at work

Courses available

- First aid at work
- First aid at work requalification
- Emergency aid for appointed persons
- Early years first aid
- Trainer training

Gill brought her undoubted wealth of experience and sense of humour to the fore in her training and I think everyone benefited from her friendly and professional teaching style.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
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.

How will this help?
It is a legal requirement for all employers to have in place the sufficient number of HSE certificate qualified first aiders as determined by your risk assessment.

Who should attend?
Nominated workplace first aiders, or anyone wanting a comprehensive introduction to first aid.

What you will learn
The course will give you the knowledge and confidence to deal with a first aid emergency in the workplace.

Course content
- Accidents and illness
- Simple record keeping
- Heart attacks
- Shock
- Bleeding
- Poisoning
- Using a first aid kit
- Treatment of an unconscious casualty
- Resuscitation
- Choking
- Burns and scalds
- Fractures.

Course duration
Four days.

Assessment and certification
After completing a final assessment successful candidates receive an HSE-approved certificate.

Cost
£225 + VAT.
### First aid at work

<table>
<thead>
<tr>
<th>Month</th>
<th>Bolton</th>
<th>Bury</th>
<th>Oldham</th>
<th>Salford</th>
<th>Tameside</th>
<th>Wigan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>16-17</td>
<td>21-24</td>
<td>28-31</td>
<td>7-10</td>
<td>21-24</td>
<td>7-10</td>
</tr>
<tr>
<td></td>
<td>22-25</td>
<td>22-25</td>
<td>29-31</td>
<td>21-24</td>
<td>29-31</td>
<td>28-31</td>
</tr>
<tr>
<td></td>
<td>29-31</td>
<td>29-31</td>
<td>15-18</td>
<td>15-18</td>
<td>15-18</td>
<td>15-18</td>
</tr>
<tr>
<td>Feb</td>
<td>1-14</td>
<td>18-21</td>
<td>5-8</td>
<td>9,10</td>
<td>15-18</td>
<td>6-7</td>
</tr>
<tr>
<td></td>
<td>29-31</td>
<td>29-31</td>
<td>29-31</td>
<td>29-31</td>
<td>29-31</td>
<td>28-31</td>
</tr>
<tr>
<td>Mar</td>
<td>3-6</td>
<td>17-20</td>
<td>6-7</td>
<td>11-14</td>
<td>25-28</td>
<td>7-10</td>
</tr>
<tr>
<td></td>
<td>17-20</td>
<td>20-28</td>
<td>10-13</td>
<td>20-28</td>
<td>28-31</td>
<td>11-14</td>
</tr>
<tr>
<td>Apr</td>
<td>7-10</td>
<td>16-17</td>
<td>29-31</td>
<td>4,11</td>
<td>16-17</td>
<td>7-10</td>
</tr>
<tr>
<td></td>
<td>29-31</td>
<td>29-31</td>
<td>16-17</td>
<td>16-17</td>
<td>29-31</td>
<td>16-17</td>
</tr>
<tr>
<td></td>
<td>29-31</td>
<td>29-31</td>
<td>16-17</td>
<td>29-31</td>
<td>29-31</td>
<td>16-17</td>
</tr>
<tr>
<td>May</td>
<td>12-15</td>
<td>10-12</td>
<td>20-20</td>
<td>6-12</td>
<td>20-20</td>
<td>7-10</td>
</tr>
<tr>
<td></td>
<td>20-20</td>
<td>20-20</td>
<td>12-12</td>
<td>20-20</td>
<td>20-20</td>
<td>20-20</td>
</tr>
<tr>
<td></td>
<td>20-20</td>
<td>20-20</td>
<td>12-12</td>
<td>20-20</td>
<td>20-20</td>
<td>20-20</td>
</tr>
<tr>
<td>Jun</td>
<td>2-5</td>
<td>16-19</td>
<td>2-5</td>
<td>16-19</td>
<td>2-5</td>
<td>16-19</td>
</tr>
<tr>
<td></td>
<td>16-19</td>
<td>20-23</td>
<td>16-19</td>
<td>20-23</td>
<td>16-19</td>
<td>20-23</td>
</tr>
<tr>
<td></td>
<td>20-23</td>
<td>20-23</td>
<td>16-19</td>
<td>20-23</td>
<td>20-23</td>
<td>20-23</td>
</tr>
<tr>
<td>Jul</td>
<td>7-10</td>
<td>7-10</td>
<td>7-10</td>
<td>7-10</td>
<td>7-10</td>
<td>7-10</td>
</tr>
<tr>
<td>Aug</td>
<td>11-14</td>
<td>13-16</td>
<td>6-7</td>
<td>11-14</td>
<td>13-16</td>
<td>6-7</td>
</tr>
<tr>
<td></td>
<td>18-23</td>
<td>18-23</td>
<td>11-14</td>
<td>18-23</td>
<td>11-14</td>
<td>18-23</td>
</tr>
<tr>
<td></td>
<td>18-23</td>
<td>18-23</td>
<td>11-14</td>
<td>18-23</td>
<td>11-14</td>
<td>18-23</td>
</tr>
<tr>
<td>Sep</td>
<td>1-4</td>
<td>15-18</td>
<td>2-5</td>
<td>1-4</td>
<td>15-18</td>
<td>2-5</td>
</tr>
<tr>
<td></td>
<td>15-18</td>
<td>15-18</td>
<td>8-11</td>
<td>15-18</td>
<td>8-11</td>
<td>8-11</td>
</tr>
<tr>
<td></td>
<td>15-18</td>
<td>15-18</td>
<td>8-11</td>
<td>15-18</td>
<td>8-11</td>
<td>15-18</td>
</tr>
<tr>
<td>Oct</td>
<td>6-7</td>
<td>16-19</td>
<td>7-10</td>
<td>6-7</td>
<td>16-19</td>
<td>7-10</td>
</tr>
<tr>
<td></td>
<td>18-23</td>
<td>18-23</td>
<td>16-19</td>
<td>18-23</td>
<td>16-19</td>
<td>16-19</td>
</tr>
<tr>
<td></td>
<td>18-23</td>
<td>18-23</td>
<td>16-19</td>
<td>18-23</td>
<td>16-19</td>
<td>16-19</td>
</tr>
<tr>
<td>Nov</td>
<td>5-5</td>
<td>17-20</td>
<td>5-5</td>
<td>5-5</td>
<td>17-20</td>
<td>5-5</td>
</tr>
<tr>
<td></td>
<td>20-28</td>
<td>20-28</td>
<td>17-20</td>
<td>20-28</td>
<td>17-20</td>
<td>17-20</td>
</tr>
<tr>
<td></td>
<td>20-28</td>
<td>20-28</td>
<td>17-20</td>
<td>20-28</td>
<td>17-20</td>
<td>17-20</td>
</tr>
<tr>
<td>Dec</td>
<td>1-4</td>
<td>9-12</td>
<td>2-5</td>
<td>1-4</td>
<td>9-12</td>
<td>2-5</td>
</tr>
<tr>
<td></td>
<td>8-11</td>
<td>8-11</td>
<td>8-11</td>
<td>8-11</td>
<td>8-11</td>
<td>8-11</td>
</tr>
</tbody>
</table>

**Click here to return to course details**
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 four day first aid at work course.

How will this help?
First aid at work certificates must be renewed within three years of being awarded otherwise they are invalid.

Who should attend?
This course is for people wishing to renew a valid first aid at work certificate.

What you will learn
The course aims to update and refresh your knowledge of the first aid at work syllabus, while allowing time for revision and practice sessions in preparation for a final assessment.

Course content
The course includes an update of first aid knowledge and skills and a revision of workplaces requirements.

Course duration
Two days.

Assessment and certification
Successful candidates receive the full HSE-approved first aid at work certificate valid for three years after completing a practical skills test. NVQ Level 2 equivalency.

Cost
£150 + VAT.

"The course is good, very informative. The trainers are excellent, they made it interesting and organised group activities to make sure everyone got involved."
# First aid at work requalification

<table>
<thead>
<tr>
<th></th>
<th>Bolton</th>
<th>Bury</th>
<th>Stockport</th>
<th>Oldham</th>
<th>Salford</th>
<th>Tameside</th>
<th>Wigan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>7-8</td>
<td>14-15</td>
<td>14-15</td>
<td>3-4</td>
<td>14-15</td>
<td>7-8</td>
<td>10-11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>21-22</td>
<td>16-17</td>
<td>23-24</td>
<td>7-8</td>
<td>10-11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>28-29</td>
<td>20-31</td>
<td></td>
<td>7-8</td>
<td>10-11</td>
</tr>
<tr>
<td>Feb</td>
<td>25-26</td>
<td>14-15</td>
<td>14-15</td>
<td>4-5</td>
<td>4-5</td>
<td>25-26</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7-8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6-7</td>
<td>19-20</td>
<td>19-20</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>19-20</td>
<td>19-20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr</td>
<td>21-22</td>
<td>14-15</td>
<td>2-3</td>
<td>9-10</td>
<td>4-5</td>
<td>27-28</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9-10</td>
<td>23-24</td>
<td>23-24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May</td>
<td>2-3</td>
<td>9-10</td>
<td>7-8</td>
<td>12-12</td>
<td>12-12</td>
<td>27-28</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>16-19</td>
<td>12-12</td>
<td>12-12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>21-22</td>
<td>12-12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jun</td>
<td>9-10</td>
<td>16-17</td>
<td>4-5</td>
<td>16-17</td>
<td>16-17</td>
<td>12-13</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9-10</td>
<td>19-20</td>
<td>19-20</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25-26</td>
<td>12-13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>21-22</td>
<td>17-18</td>
<td>17-18</td>
<td>10-11</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>28-29</td>
<td>28-29</td>
<td></td>
<td>10-11</td>
<td></td>
</tr>
<tr>
<td>Aug</td>
<td>22-23</td>
<td>28-29</td>
<td>8-9</td>
<td>4-5</td>
<td>4-5</td>
<td>18-19</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>21-22</td>
<td>28-29</td>
<td>28-29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep</td>
<td>22-23</td>
<td>15-16</td>
<td>4-5</td>
<td>10-11</td>
<td>10-11</td>
<td>18-19</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>29-30</td>
<td>24-25</td>
<td>24-25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct</td>
<td>1-2</td>
<td>13-14</td>
<td>7-8</td>
<td>8-9</td>
<td>8-9</td>
<td>29-30</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>16-17</td>
<td>29-30</td>
<td>29-30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>30-31</td>
<td>29-30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov</td>
<td>10-11</td>
<td>3-4</td>
<td>8-9</td>
<td>1-2</td>
<td>1-2</td>
<td>13-14</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>17-18</td>
<td>8-9</td>
<td>8-9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dec</td>
<td>8-9</td>
<td>15-16</td>
<td>6-7</td>
<td>24-25</td>
<td>24-25</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>15-16</td>
<td>24-25</td>
<td>24-25</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Find your nearest available course at [www.sja.org.uk/gman](http://www.sja.org.uk/gman) or call 0871 423 6030
Emergency aid for appointed persons

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.

Who should attend?
This course is ideal for ‘nominated’ persons or for people who provide support to qualified first aiders.

What you will learn
Basic lifesaving first aid and workplace health and safety regulations.

Course content
- Health and Safety (First Aid) Regulations
- managing an incident
- the priorities of first aid
- treatment of an unconscious casualty
- resuscitation
- shock
- bleeding
- common workplace injuries.

Course duration
One day.

Assessment and certification
Continuous assessment by trainer.
NVQ Level 2 equivalency.

Cost
£85 + VAT.

I work in retail and so I need to be trained in first aid should an accident occur involving a customer or a member of staff. After the course I downloaded first aid advice from the website, it was a great reminder of what I had learnt.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
Emergency aid for appointed persons

<table>
<thead>
<tr>
<th>Month</th>
<th>Bolton</th>
<th>Bury</th>
<th>Stockport</th>
<th>Oldham</th>
<th>Salford</th>
<th>Tameside</th>
<th>Wigan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>9</td>
<td>16, 21</td>
<td>4, 7, 18, 25</td>
<td>25</td>
<td>9, 14, 21, 28</td>
<td>7, 23, 28</td>
<td></td>
</tr>
<tr>
<td>Feb</td>
<td>27</td>
<td>4, 20, 25</td>
<td>1, 4, 8, 13, 15, 18, 22, 29</td>
<td>1, 8, 11, 22</td>
<td>6, 11, 18, 25</td>
<td>4, 11, 18, 27</td>
<td></td>
</tr>
<tr>
<td>Mar</td>
<td>12</td>
<td>3, 12, 31</td>
<td>3, 7, 10, 14, 28, 31</td>
<td>3, 16, 17, 28</td>
<td>5, 10, 31</td>
<td>10, 19, 31</td>
<td></td>
</tr>
<tr>
<td>Apr</td>
<td>23</td>
<td>7, 16, 28</td>
<td>11, 18, 23, 25</td>
<td>4, 7, 18, 25</td>
<td>7, 14, 21</td>
<td>7, 21, 30</td>
<td></td>
</tr>
<tr>
<td>May</td>
<td>8, 27</td>
<td>12</td>
<td>2, 6, 9, 16, 19, 23, 27, 30</td>
<td>2, 6, 23</td>
<td>14, 19, 28</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Jun</td>
<td>11</td>
<td>2, 9, 18</td>
<td>2, 5, 6, 12, 13, 16, 22, 23, 27</td>
<td>6, 13, 20, 27, 30</td>
<td>2, 9, 25, 30</td>
<td>11, 23</td>
<td></td>
</tr>
<tr>
<td>Jul</td>
<td>14, 28</td>
<td>4, 7, 11, 14, 18, 21, 25, 28</td>
<td>4, 11, 21, 25</td>
<td>7, 16, 21</td>
<td>9, 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug</td>
<td>18</td>
<td>6, 13, 20, 27</td>
<td>1, 8, 11, 22, 29</td>
<td>6, 11, 27</td>
<td>4, 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep</td>
<td>24</td>
<td>8, 17, 22</td>
<td>1, 5, 8, 10, 12, 15, 19, 23, 26, 29</td>
<td>1, 5, 8, 19, 26</td>
<td>3, 8, 15, 22</td>
<td>10, 23</td>
<td></td>
</tr>
<tr>
<td>Oct</td>
<td>1, 6, 20</td>
<td>6, 10, 13, 17, 20, 24, 27, 31</td>
<td>10, 17, 24, 31</td>
<td>1, 6, 13, 22</td>
<td>1, 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov</td>
<td>12</td>
<td>5, 10, 21, 24</td>
<td>3, 5, 7, 10, 12, 14, 17, 21, 24, 26, 28</td>
<td>7, 17, 21, 24, 28</td>
<td>3, 10, 26</td>
<td>3, 12, 28</td>
<td></td>
</tr>
<tr>
<td>Dec</td>
<td>10</td>
<td>1, 8</td>
<td>1, 5, 8, 12, 16</td>
<td>5, 8, 12</td>
<td>8</td>
<td>1, 10</td>
<td></td>
</tr>
</tbody>
</table>

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
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.

How will this help?

It meets Ofsted requirements for registered childminders and the requirements for nannies under the DfES Approved Carers Scheme. It can also be used as evidence for employees working towards an NVQ in Childcare and Education.

Who should attend?

This course is for people working with younger children – those up to eight years old – or working towards an NVQ in Childcare and Education.

What you will learn

The course covers how to deal with accidents and emergencies involving young children.

Course content

- first aid kit
- resuscitation
- head injuries
- burns
- poisoning, bites and stings
- asthma and diabetic emergencies
- treatment of an unconscious casualty
- childhood conditions (eg measles, meningitis, croup)
- action planning
- choking
- allergic reaction
- bleeding and shock
- sprains, strains and fractures
- foreign objects.

Course duration

12 hours.

Assessment and certification

Continuous assessment by trainer. A skills-based final assessment is available to students working towards a Childminding NVQ.

NVQ Level 2 equivalency.

Cost

£85 + VAT.

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030

Course dates

<table>
<thead>
<tr>
<th></th>
<th>Stockport</th>
<th>Oldham</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>10-11</td>
<td></td>
</tr>
<tr>
<td>Feb</td>
<td>9-10</td>
<td></td>
</tr>
<tr>
<td>Mar</td>
<td>13-14</td>
<td></td>
</tr>
<tr>
<td>Apr</td>
<td>19-20</td>
<td></td>
</tr>
<tr>
<td>May</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jun</td>
<td>23-24</td>
<td></td>
</tr>
<tr>
<td>Jul</td>
<td>16-17</td>
<td></td>
</tr>
<tr>
<td>Aug</td>
<td>23-24</td>
<td></td>
</tr>
<tr>
<td>Sep</td>
<td>11-12</td>
<td></td>
</tr>
<tr>
<td>Oct</td>
<td>23-24</td>
<td></td>
</tr>
<tr>
<td>Nov</td>
<td>29-30</td>
<td></td>
</tr>
<tr>
<td>Dec</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Click here for further information on training venues.

Early years first aid is produced in association with:

St John Ambulance Supplies

Menu

About us

The importance of health and safety at work

Health and safety courses & dates

The importance of first aid

First aid courses & dates

First aid at work

First aid at work requalification

Emergency aid for appointed persons

Early years first aid

Trainer training

St John Ambulance in Greater Manchester

St John Ambulance Supplies

Contact details

Print

Exit
I am a joiner by trade and wanted to be able to share my knowledge with others, so I attended a Trainer Training course with St John Ambulance. There were people on the course who had different working backgrounds but we all found it useful. The course was enjoyable and really gave me the confidence to stand up and deliver training sessions, which I had developed myself.
St John Ambulance in Greater Manchester

Training venues

Bolton
Markland Hill Tennis Club
Victoria Road
Heaton
Bolton BL1 5AN

Bury
St John Ambulance
Sion Street
Radcliffe M26 3SB

Oldham
St John Ambulance
Busk Road
(Off Ellen Street)
Chadderton
Oldham OL9 6QY

Salford
Eccles Masonic Hall
Elm Bank
Half Edge Lane
Eccles M30 9BA

Stockport
St John Ambulance
Crossley Road
Heaton Chapel
Stockport SK6 5BF

Tameside
St John Ambulance
Turner Street
(Off Greenough Street)
Wigan WN1 3SU

Wigan
St John Ambulance
Turner Street
(Off Greenough Street)
Wigan WN1 3SU

Course bookings are subject to terms and conditions. Please see www.sja.org.uk/gman/training
For downloadable maps of the venue locations please visit www.sja.org.uk/training
Enquiries regarding courses at any of these venues or inhouse training should in the first instance be directed to:
St John Ambulance County HQ, St John House, Crossley Road, Heaton Chapel, Stockport SK6 5BF
Tel 0871 423 6030 x233 Fax 0871 423 6032 Email courses@gman.sja.org.uk

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030
St John Ambulance Supplies

Established over 125 years ago, St John Ambulance Supplies is one of the biggest names in the first aid and health and safety market with over 6,000 products to help make your workplace safe for everyone there.

Our comprehensive range includes:
- HSE approved first aid kits
- Accident books
- No smoking signs
- Health and safety posters
- Fire extinguishers
- Evacuation chairs
- Automated external defibrillators.

To find out more, please visit [www.stjohnsupplies.co.uk](http://www.stjohnsupplies.co.uk) or call 020 7278 7888

Find your nearest available course at [www.sja.org.uk/gman](http://www.sja.org.uk/gman) or call 0871 423 6030
Training for the workplace

St John Ambulance Greater Manchester
St John House
Crosley Road
Heaton Chapel
Stockport
SK4 5BF
Call 0871 423 6030 £233 Fax 0871 423 3032
Email courses@gman.sja.org.uk
or visit www.sja.org.uk/gman

National Accounts
call 020 7324 4000
or email national-contracts@nhq.sja.org.uk

St John Ambulance Supplies
call 020 7278 2779
or visit www.stjohnsupplies.co.uk

St John Ambulance National Headquarters
St John’s Lane
London
EC1M 4BU
T 020 7324 4000 F 020 7324 4001

Find your nearest available course at www.sja.org.uk/gman or call 0871 423 6030