



SkillBaseTM
First Aid

PHYSICAL FIRST AID TRAINING

For Organisations & Individuals

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98%

**of our 125,000
first aiders rate us
as excellent**

We LOVE turning people into...

HEROES

EMERGENCIES HAPPEN

On ordinary days, for ordinary people, life can change in a heartbeat.

In a heartbeat, it's three o'clock in the morning and your neighbour is frantically knocking on your door because their toddler has stopped breathing and is turning blue.

In a heartbeat, you're driving home from work, a cyclist has been knocked over and may have life-changing injuries; he's someone's Dad, and someone's partner.

In a heartbeat, a teacher in a classroom has a child who is having a seizure and has knocked their head on the way down. They are drooling, blood coming from their mouth, and their eyes are rolling back.

Imagine being that neighbour, driver, or teacher.

Imagine that you had absolutely no idea of what to do, never did first aid training, or let it go out of date. That is unthinkable to us. We believe that no one should ever feel anything less than confident in dealing with an emergency. We will all have times in our lives when we are called upon to be a hero. We're on a mission to turn ordinary into extraordinary. To fill the UK with superheroes-on-standby, trained in a way that empowers them to help someone in need.

*Our team of dedicated and passionate trainers are hero-makers.
They teach skills and coach confidence, not just competence.*

We'd like to welcome you onto our mission!

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: [skillbasefirstaid.com](https://www.skillbasefirstaid.com)



OUR HERO MAKER'S TOOLS

Realistic, engaging and relaxed courses

By providing a relaxed training environment, delegates are more likely to interact and ask questions. This ensures that delegates go away feeling more confident and are therefore more prepared to help and assist with emergencies both inside and outside the workplace.

Defib included as standard on every course

With an increasing amount of defibs (AEDs) in workplaces and the community, we train everyone to feel confident in using them. Together we are working towards reducing the 250 people that die every day of sudden cardiac arrest in the UK.

Baby and child first aid covered as standard

Even if workplaces don't have children in the workplace, delegates will be more engaged during courses knowing that this could help a family member, which increases their confidence.

Tests banished to concentrate on the practical

You won't find any stressful tests on our courses, so we can concentrate on the important stuff - practicing confidence building,

Over 98% of our First Aiders rate us as excellent

We're pretty proud of that. Our unique, realistic, and engaging methods are designed all around first aider confidence.

Health & Safety Executive (HSE) and UK Resuscitation Council compliant

You can be assured that your training meets all the necessary guidelines and regulations. So first aiders always know how to act appropriately in an emergency.

Our friendly team make booking easy-peasy

It's really simple to book with us. We'll confirm your booking on email straight away, and of course, send you everything you need to know. Our team love making things super-easy for you!

Our Confidence Guarantee!

We guarantee that everyone who trains with us will leave as a confident first aider, OR we will refund and retrain. So, you can be assured that we are committed to the confidence of your workplace first aiders.

T&Cs apply



CHOOSING YOUR PERFECT COURSE!

You, Your workplace, FIRST AID

(& JUST A FEW BORING BITS)

One day? Three days? Paediatric? We admit that it can be a pain to choose the perfect course – but no fear, because helping people choose is one of our favourite things!

The formal bit that you need to know is that the **'Health and Safety (First-Aid) Regulations require employers to enable first aid to be given to employees if they are injured or become ill at work.**

Every employer should carry out an assessment of first aid needs, which should be reviewed at least annually. All staff must be informed of the arrangements.

To make this super easy for you we have a Risk Assessment guide that will allow you to answer some quick and simple questions to make sure that you've thought of everything you need to – **it's yours for free.**

Just give us a call and we will send you a blank template, or we'll be happy to go through and complete it on the phone with you. It's what we do.

Contact us to book your course

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TO KEEP THINGS SIMPLE...

HERE ARE FEW

PRO-TIPS

TO HELP YOU **CHOOSE**



Have a think if there are any special dangers like machinery, or if any of your team have medical conditions. Check the table on the next page to make sure that the course you think might be will teach what you need it to.



Accidents and illness happen on ordinary days. So cover for all shifts, holidays and sickness too. Most workplaces would need to have more than one first aider to have consistent cover.



If you need training for a childcare environment, skip straight to our Paediatric courses – but don't forget that all of our courses cover some bits of child first aid. We'd hate anyone to ever leave not knowing what to do if something happened at home.



If you are choosing a course for your own interest, or a voluntary reason then the choice is yours! Look through the course pages and see which one best meets what you had in mind.



We have included detailed descriptions on each course page, so you can see exactly who they are suitable for and what's covered. Don't forget, if you are unsure just call us on 0330 335 1234, because we love this stuff!

What's covered on your course

	First Aid at Work	First Aid at Work Requalification	Emergency First Aid	Emergency First Aid at Schools	Emergency First Aid for Pharmacists	Emergency First Aid for Professional Drivers	Paediatric First Aid	Emergency Paediatric First Aid	Foundation First Aid	Basic Life Support	Action for Anaphylaxis	Activity First Aid	Forestry First Aid (*+ Additional Upskilling)
Learning Hours	18	12	6	6	7	7	12	6	4	2.5	3	12	2
Emergency Plan	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Getting Help Effectively	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Adult Basic Life Support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Baby & Child Basic Life Support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Baby & Child CPR (Further Modifications)				✓			✓	✓		✓	✓		
Hygiene	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Head, Neck & Back Injuries	✓	✓	✓		✓	✓	✓					✓	
Breathing Problems	✓	✓					✓					✓	
Choking Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Choking Baby & Child	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Using a Defib (AED)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Asthma	✓	✓		✓	✓		✓	✓				✓	
Panic Attack	✓	✓			✓		✓					✓	
Drowning	✓	✓					✓					✓	
Smoke / Fume Inhalation	✓	✓					✓					✓	
Anaphylaxis & Using an AAI (Epipen)	✓	✓		✓	✓		✓	✓			✓	✓	
Unconsciousness & Seizures	✓	✓	✓	✓	✓	✓	✓	✓				✓	
Recovery Position	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
Multiple Casualty Incidents	✓												
Heart Attacks & Angina	✓	✓			✓	✓						✓	
Shock & Fainting	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	
Hypovolemic Shock	✓	✓				✓	✓					✓	✓
Electric Shock	✓	✓			✓		✓					✓	
Minor Wounds	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
Major Wounds & Amputations	✓	✓										✓	✓
Catastrophic Bleeding													✓
Internal Bleeding	✓												
Crushing Injuries	✓	✓										✓	✓
Burns	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	
Bones, Muscles & Joints	✓	✓	✓	✓	✓	✓	✓	✓				✓	
Concussion & Compression	✓	✓			✓	✓	✓					✓	
Strokes	✓	✓											
Minor & Major Seizures	✓	✓					✓					✓	
Febrile Convulsions							✓						
Sudden Poisoning	✓	✓			✓		✓					✓	
Sepsis	✓	✓					✓						
Meningitis	✓	✓					✓						
Diabetes	✓	✓			✓		✓						
Effects of Temperature	✓	✓					✓					✓	✓
First Aid Kits	✓	✓	✓	✓	✓		✓	✓				✓	
Accident Reporting	✓	✓	✓	✓	✓	✓	✓	✓				✓	
Croup & Sickle Cell							✓						
Insect Stings & Bites	✓	✓					✓					✓	✓
Snake, Spider, Tick Bites & Lyme Disease													✓

OUR PLACE OR YOURS?



If you have a group of people to train, we can come to you at your preferred location for up to 12 delegates.

Additionally, when you train at your own venue, you'll also benefit from:

- **Great value for money!** Usually, if you have more than 4 people to train an 'in-house' course works out better value.
- **No additional travelling or travel costs for your team.**
- **Times and dates can be tailored to suit you.**



If you have only a handful of people to train, or it's easier to train people throughout the year then you'll be given a warm welcome on one of our scheduled courses at one of our training centres.

Plus - and you won't see this often - we also provide **free annual** refresher courses, on ALL of the courses run at our centres. No catches, but because we are absolutely committed to keeping first aiders confident. It's also very handy that it meets the 'strong recommendations' of the HSE too!



All courses available at your venue are marked with the **Your Place** icon.

All the courses available at our centers are marked with the **Our Place** icon.

Courses available at both are marked with a dual **Yours or Ours** icon.

THE PROGRESS OF OUR MISSION IN NUMBERS

Over
125,000

first aiders (heroes on standby as we call them) have trained with us using our unique confidence building formula!

A massive
98%

of our delegates rate our courses as excellent!

Trusted by
1000s

of organisations across the UK, from schools to construction & logistics to the NHS and retail, we've got you covered!

Our fantastic
100%

Money Back Guarantee on all courses!

For the latest availability, check online or drop us a line on 0330 335 1234.

First Aid at Work

Yours
OR
Ours?



FIRST AID AT WORK 3 DAY COURSE HSE COMPLIANT

The 'big daddy' of first aid courses, First Aid at Work is a nationally recognised certificate. Packed with practical, we'll get you super confident to deal with emergencies both in and out of the workplace. We'll have loads of time to look at specific injuries, illnesses and conditions so that you're super prepped - just in case!

LOVED BY!

Super suitable for high risk and large workplaces, especially those with machinery or lots of manual work.

However, people with a personal interest in first aid always really enjoy this course too!

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Asthma, Panic Attacks, Drowning & Fumes
- Unconsciousness & Recovery Position
- Heart Attacks, Shock, Electrical Shock & Anaphylaxis
- Bleeding, Wounds & Burns
- Injuries to the Bones, Muscles & Joints
- Concussion, Seizures/Fitting & Diabetes
- Meningitis
- First Aider Responsibilities

GREAT TO KNOW...

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free workbook, and a copy of our user-friendly manual **The Good First Aid Guide** to keep.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests, we'll assess the course in a relaxed and non-threatening way!
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: skillbasefirstaid.com



First Aid at Work - Requalification



FIRST AID AT WORK REQUALIFICATION 2 DAY COURSE HSE COMPLIANT

Once first aiders have completed an initial Three Day First Aid at Work course, they'll always have a good base knowledge of first aid. When their certificate is close to expiring, this two-day course is a fast track through everything we covered the first time around. It's still packed with plenty of practical, so we can renew confidence across a range of scenarios, injuries, illnesses and conditions.



LOVED BY!

First Aider's whose certificate is about to expire, and still have a good understanding of first aid - but need to fine-tune their knowledge and re-boost their confidence!

Even if we didn't provide the initial training, we can still requalify you on this course as long as your certificate is valid.

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Asthma, Panic Attacks, Drowning & Fumes
- Unconsciousness & Recovery Position
- Heart Attacks, Shock, Electrical Shock & Anaphylaxis
- Bleeding, Wounds & Burns
- Injuries to the Bones, Muscles & Joints
- Concussion, Seizures/Fitting & Diabetes
- First Aider Responsibilities

GREAT TO KNOW...

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free workbook, and a copy of our user-friendly manual **The Good First Aid Guide** to keep.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests, we'll assess the course in a relaxed and non-threatening way!
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Emergency First Aid



EMERGENCY FIRST AID 1 DAY COURSE HSE COMPLIANT

If there's one thing this course is it's popular! Our most used course is super-charged with activities. It takes a no-nonsense approach, meaning that delegates get to know, what they need to know - without the waffle. It'll well prepare you for an emergency situation both in and out of work - and centers around building an emergency plan, ready to quickly kick in should an emergency arise!



LOVED BY!

Being the swiss-army knife of first aid courses, Emergency First Aid is great for both low-risk small workplaces and larger ones wanting additional backup.

It's also incredibly popular for those looking for community and home peace of mind, fitness instructors, charities, and health and social care – the list goes on and on!

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Unconsciousness & Recovery Position
- Bleeding & Burns
- Injuries to the Bones, Muscles & Joints
- Seizures & Fitting
- First Aider Responsibilities
- Plus lots more!

GREAT TO KNOW...

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free copy of our user-friendly quick first aid guide **Your Emergency First Aid Plan** to keep.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests, we'll assess the course in a relaxed and non-threatening way!
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Contact us to book your course

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Annual First Aid Skills Update

Yours
OR
Ours?



ANNUAL FIRST AID SKILLS UPDATE 3 HOUR COURSE HSE COMPLIANT

When people leave our courses they are brimming with confidence, ready to take action in an emergency. True standby-superheroes. As time goes on, some of that confidence in their skills naturally fades. This is why **the HSE 'strongly recommend'** that everyone completes a skills refresher course at 12 & 24 months. In this short workshop style course we have loads of confidence building practice, so that you leave ready to take on the world again!



LOVED BY!

Ideal for meeting the strong recommendations of the HSE for anyone that has attended HSE compliant courses.

However, this course is also perfect for anyone who has completed any first aid training, and still has a valid certificate.

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Bleeding, Burns & Shock
- Unconsciousness & Recovery Position

GREAT TO KNOW...

- This HSE compliant course is suitable for those with a current first aid certificate. It does not re-qualify the delegate, and is aimed to boost their skills and confidence.
- While this course is a strong recommendation by the HSE, it is not mandatory to keep a certificate valid.
- When the original certificate expires, the delegate will need to re-qualify by attending a course again.

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: skillbasefirstaid.com



PAEDIATRIC FIRST AID 2 DAY COURSE OFSTED COMPLIANT

Our trainers (or hero-makers as we call them) absolutely love running this course! It's specifically written for childcare settings to comply with the Early Years Foundation Stage Statutory Framework. It's a relaxed workshop absolutely packed with plenty of practice and loads of time to ask questions and share stories. Covering childhood illnesses and conditions in-depth, it also covers some adult first aid for big kids that get into scrapes too!



LOVED BY!

This course is written to be especially suitable for those working in childcare settings, and is therefore also ideal for; Nannies / Au pairs / Foster carers / Primary schools / Nursery staff / Parents and carers

This course also meets the criteria for Millie's Mark.

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Asthma, Panic Attacks, Drowning & Fumes
- Unconsciousness & Recovery Position
- Shock, Electrical Shock & Anaphylaxis
- Bleeding, Wounds & Burns
- Injuries to the Bones, Muscles & Joints
- Concussion, Seizures/Fitting & Diabetes
- Meningitis, Croup & Sickle Cell
- First Aider Responsibilities

GREAT TO KNOW...

- This course is OFSTED compliant and complies with the Early Years Foundation Stage Statutory Framework.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free workbook and a copy of our user-friendly manual **The Good First Aid Guide** to keep.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests, we'll assess the course in a relaxed and non-threatening way!
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**



EMERGENCY PAEDIATRIC FIRST AID 1 DAY COURSE HSE COMPLIANT

This course is fantastic for childcare settings - especially those applying for Millie's Mark. Childcare settings that need to comply with the Early Year Foundation Stage Statutory Framework should assess their needs and should consider training their team on the 2 day full Paediatric First Aid Course.



LOVED BY!

This course is written to be especially suitable for those working in childcare settings, and is therefore also ideal for; Nannies / Au pairs /Nursery staff / Parents and carers

This course also meets the criteria for Millie's Mark.

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Asthma & Inhalers
- Anaphylaxis
- Unconsciousness & Recovery Position
- Seizures & Fitting
- Bleeding, Burns & Fractures
- Fainting
- First Aider Responsibilities

GREAT TO KNOW...

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests.
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Contact us to book your course

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EMERGENCY FIRST AID IN SCHOOLS 1 DAY COURSE HSE COMPLIANT

This course is fantastic for KS1 & KS2 Schools, giving confidence with often worrying topics such as Anaphylaxis and Asthma. It'll well prepare you for an emergency situation both in and out of school - and centers around building an emergency plan, ready to quickly kick in should an emergency arrive!



LOVED BY!

This course is available for groups at your school and covers all the essentials you need for Emergency First Aid.

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Asthma
- Anaphylaxis & Adrenaline Auto-Injectors (including Epipens)
- Unconsciousness & Recovery Position
- Bleeding & Burns
- Seizures & Fitting
- First Aider Responsibilities

GREAT TO KNOW...

- Settings that need to comply with the Early Years Foundation Stage Statutory Framework should assess their needs and should consider training their team on the 2 day full Paediatric First Aid Course.
- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests.
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Contact us to book your course

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FOUNDATION FIRST AID 4 HOUR COURSE HSE COMPLIANT

The 'baby of the family', Foundation First Aid is a shorter course for those with limited time, or just needing an overview of first aid. While a bit on the short side, Foundation First Aid still packs a punch, and you can still expect the same SkillBase First Aid training and a good boost in first aider confidence.



LOVED BY!

Those short of time or wanting a great confidence boosting session covering essential first aid.

Workplaces that are really small and have very low risks, who don't need to have a HSE compliant first aider on site.

Also, workplaces looking for additional backup cover to assist workplace first aiders already fully trained.

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Unconsciousness & Recovery Position
- Bleeding & Burns

GREAT TO KNOW...

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**



BASIC LIFE SUPPORT **2.5 HOUR COURSE** **RESUSCITATION COUNCIL COMPLIANT**

This is the mini first aid course that packs a punch! A friendly workshop, covering the essentials of what to do if someone is not breathing. Fantastic for primary care settings, and those wanting to know the essentials of what to do in a life-threatening emergency.

LOVED BY!

Great for those who have a need to regularly update their basic life support skills, especially primary care settings such as;

General Practices / Community Healthcare / Dental Practices

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)

If you are looking for a little more first aid, you might consider our 4-hour Foundation First Aid course (see page 14)

GREAT TO KNOW...

- This course is UK Resuscitation Council Compliant.
- Each delegate will get a certificate valid for 3 years.
- This course is suitable for novices and experienced people alike - and can also be used by community groups and organisations.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests.
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Action for Anaphylaxis

Your
Place



ACTION FOR ANAPHYLAXIS

2.5 HOUR COURSE

UK RESUSCITATION COUNCIL COMPLIANT

Anaphylaxis is scary, and this friendly workshop will give delegates the confidence of what to do should an emergency arrive. Fantastic for primary care and childcare settings and those wanting to know the essentials of what to do in a life-threatening emergency.



LOVED BY!

Action for Anaphylaxis is great for those who are in an environment where they need to be really prepared for anaphylactic emergencies, have a need to regularly update their basic life support skills such as;

General Practices / Community Healthcare / Schools & Nurseries / Pharmacies.

WE'LL COVER...

- Recognising Anaphylaxis
- Using Adrenaline Auto-Injectors (AAI's) including Epipens, Jext & Emerades
- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)

GREAT TO KNOW...

- This course is UK Resuscitation Council compliant.
- Each delegate will get a certificate valid for 3 years.
- This course is suitable for novices and experienced people alike - and can also be used by community groups and organisations.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests.
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Emergency First Aid for Pharmacists

Your
Place



EMERGENCY FIRST AID FOR PHARMACISTS 1 DAY COURSE HSE COMPLIANT

Packed with useful content this course is suitable for all working in a pharmacy setting - and also meets the requirement for pre-registration pharmacists. It'll prepare you for an emergency situation both in and out of work - and centers around building an emergency plan, ready to quickly kick in should an emergency arrive!

LOVED BY!

Pharmacy teams and pre-registration pharmacists completing their training.

WE'LL COVER...

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Unconsciousness & Recovery Position
- Bleeding & Burns
- Injuries to the Bones, Muscles & Joints
- Seizures/Fitting
- Anaphylaxis
- Heart Attacks
- Head Injuries & Concussion
- Poisoning
- First Aider Responsibilities

GREAT TO KNOW...

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free copy of user-friendly quick first aid guide **Your Emergency First Aid Plan** to keep.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests.
- Don't forget that all of our courses are backed by our **100% Confidence Guarantee!**

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: skillbasefirstaid.com



LEARNING HOW TO TEACH FIRST AID **3 DAYS PRINCIPLES & PRACTICE COURSE**

If you are looking to become a First Aid Instructor to train independently or for your workplace, this is the ideal course for you. You don't need to have previous experience of teaching first aid, as this course will give you all the skills you need to teach a range of lively and engaging courses. In our experience, we find that embarking on training a new subject (or a familiar subject in a new way) can sometimes be daunting. This course is all about confidence building and ensuring that you feel comfortable to train a range of courses.

LOVED BY!

This course is suitable for everyone wanting to become first aid trainers including;
Self employed people / Existing training companies / In-company & corporate trainers / Community trainers.

You'll also get the opportunity to join our national Instructor Network for free – helping you to keep compliant, and providing you with all the resources you need.

EXPERIENCE...

- You don't have to have previous experience in teaching First Aid, as this course will give you all the skills you need to teach a range of lively and engaging courses.
- You will need to have a current First Aid at Work (3 day) certificate (unless you already have a valid nursing, doctor or paramedic qualification).

If you do not have a current first aid or medical qualification, we can get that sorted for you too.

You'll also need a teaching or training qualification, for example:

- Cert Ed, PGCE, B Ed, M Ed, CTLLS/DTLLS
- Further and Adult Ed Teacher's Certificate
- IHCD Instructional Methods / Instructor Certificate
- Nursing mentorship qualifications
- PTLLS inc. Principles & Practice of Assessment

PREREQUISITES...

- S/NVQ level 3/4 in training & development
- TQFE A22, B22, C21, C23, C24
- Level 3/4 Award in Education & Training
- Level 5 Diploma in Education & Training

No qualification? No problem! We can add the Level 3 Award in Education & Training to the instructor course.

Contact us to become a First Aid Instructor today!

Call our friendly team: 0330 335 1234

Find out more: skillbasefirstaid.com/first-aid-instructor-training/

First Aid Essentials - Shop



KITTING YOU OUT!

Tried and trusted by our trainers, our First Aid Essentials range helps workplaces make sure that their first aiders are fully equipped and ready for an emergency.

The full range, specially selected for quality and value, can be seen at our online shop at

skillbasefirstaid.com/shop

or call us on 0330 335 1234 for more details.



WE ALSO SELL...

Mediana defibs

- Pads attached, ready for use
- Clear voice prompts giving real time guidance
- Easy to use, with or without training



A few testimonials...

You can see lots more on our website!



"Great course. Tutor used a great method of training with visual, writing and practical demonstrations.

Class was a perfect size. Really pleased I attended and would not hesitate in signing up to a SkillBase course again because of this experience"

- Sarah

"I attended the Instructor training at SkillBase. I thought the training was second to none.

The instructors were very knowledgeable and experienced in First Aid. They made you feel at ease, and comfortable to ask questions.

The practical aspects of the course were fun, which made the content easy to remember. I would highly recommend this training to others who wish to become a member of a great training network"

- Rebecca Fuller, Leicestershire County Council

"Made to feel welcome from beginning to end. Professional in every aspect, the set-up, organisation, materials/resources and delivery.

I'd highly recommend SkillBase First Aid, best first aid provider I've experienced"

- Tom

"The great thing about working with SkillBase is just that it's a team with plenty of support.

The course content is simple and fun, easy for all to understand with the ethos learning should be fun"

- Howard Hainsworth-Adams, A G E Nursing Homes LTD

"I thought the course was great - well delivered, very informative, went home and remembered important elements! Book was fantastic and user friendly, will deffo be back!"

- Nina, Tree Tops Day Nursery

"WOW!!! Been on quite a few first aid courses over the years, this one was very different. The trainer was amazing.

The course content was very relevant to what we could encounter in everyday life, it was put over to us in a fun and practical way"

- Martin Cotton

"What a fantastic course! Who knew First Aid could be so much fun to learn! Highly recommended. Learnt a lot thank you!"

- Amanda Bradley

Prices | Groups or Individuals

GREAT TO KNOW...

- Group courses are provided at your premises or a location of your organising.
- All courses are delivered by a SkillBase First Aid Instructor.
- Group course prices are for up to 12 people and are divided into locations, either outside or inside the M25 (for weekend training dates - the 'Inside M25' prices are used).
- Open courses are held at one of our training centres and are priced per person, for more information and upcoming dates, please see our website.
- Our pricing structure is transparent. There are no hidden costs such as mileage or certification. Prices exclude VAT.
- Our First Aid Instructor course is for up to 6 delegates only, however, if you would like this as a group booking at your place, we can train up to 12.

We train confidence, not just competence!

for up to 12 people

Course Title

Price (per course)

Price (per person)

Outside M25

Inside M25

At our place

First Aid at Work

£1,608

£1,943

£277

First Aid at Work Requalification

£1,076

£1,293

£208

Emergency First Aid

£538

£648

£126

Annual First Aid Skills Update

£476

£590

£50

Paediatric First Aid

£1,014

£1,236

£113

Emergency Paediatric First Aid

£538

£648

-

Emergency First Aid in Schools

£538

£648

-

Foundation First Aid

£476

£600

-

Basic Life Support

£469

£550

£94

Action for Anaphylaxis

£476

£590

-

Emergency First Aid for Pharmacists

£628

£690

-

First Aid Instructor Training

Get in touch for a quote

£540

Contact Us!



SkillBaseTM
First Aid
Confidence, not just competence



Call our friendly team to book your course today!

0330 335 1234

Or visit our website to book online.

skillbasefirstaid.com



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LET'S TALK MENTAL HEALTH!

Did you know as well as Physical First Aid courses, we also do a wide range of Mental Health Training for the workplace, including the full suite of Adult & Youth Mental Health First Aid (MHFA).

To book a **FREE** phone consultation with one of our mental health training team specialists - **Click [here!](#)**

You can also download the Mental Health Training brochure **[here!](#)**