



First Aid Training Courses





Why Choose Rose Health and Safety Training Ltd.

10 Reasons

- 1) We offer flexible, blended accredited and non-accredited training courses to suit our customer needs.
- 2) We are a BSEN ISO 9001:2015 Quality accredited training company rated as excellent.
- 3) We believe firmly that learners who enjoy our training courses will learn more and retain more knowledge which will assist the employer with their statutory duties and the learner with their personal competences.
- 4) Our experience of providing quality learning to our clients to include NHS, local authorities, facilities management companies, charities, doctors surgeries, children's services, care facilities, factories and many more individual clients.
- 5) Highly motivated and experienced professional tutors who are competent.
- 6) We are a family company established in 2003.
- 7) Cost effectiveness – compare our prices and training to other training companies.
- 8) We offer our clients a quality customer service.
- 9) We provide an equal opportunities policy for all learners, and assist learners during training to achieve their potential.
- 10) We are here to help our clients throughout our professional caring relationship.

Gordon Rose

Gordon Rose

CMIOSH FIIRSM MIFSM Dip.RSA DipOSH Cert Ed MSET OSCHR RSHP
Director – Rose Health & Safety Training Ltd



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“If the learners enjoy the learning process they will retain more knowledge and skills.”

Gordon Rose



The First Aid Industry Body



Course Brief

This course has been designed to highlight the safe and correct use of (AED) Automated External Defibrillator, the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulations 1981. The course is facilitated and enhanced with information and practical assessment.

Course Aims

The course aims are to train an (AED) operator the vital skills required in a cardiac arrest situation. The (AED) operator will develop the skills and confidence to know how to respond competently in an emergency situation.

Statistical Information - Every two minutes someone suffers a cardiac arrest in the UK, of these one will die every fifteen minutes.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the main causes and treatment of unconsciousness
- 2) State the basic function of the heart
- 3) Recognise the signs and symptoms of a heart attack
- 4) Demonstrate the safe use and operation of (AED) Automated External Defibrillator
- 5) Discuss the treatment for a heart attack
- 6) Cardio-pulmonary-resuscitation for (Adult, Child and infant)
- 7) Explain the action to be taken in an emergency

Course Price

3 Hour Course – Max 12 Candidates £325 + VAT.

All learners receive a comprehensive handbook and certificate.



Accredited Paediatric First Aid Training (Including AED Training)



Course Brief

This 2 day course can be offered on an accredited or non-accredited basis to clients covering all aspects of Ofsted requirements in childcare settings will enable staff working with children and infants to manage medical conditions and accidents involving children and infants. Staff will learn what to do in an emergency situation and how to perform cardio pulmonary resuscitation to specific age groups. This course has been very well received by local authorities, schools, child minders, nursery nurses and child care staff.

Course Aims

The paediatric first aid training 2 day course will enable those working within childcare establishments to gain the knowledge and feel competent to deal with an adult, child or infant emergency situation. Students will recognise childhood medical conditions and be able to give the correct emergency treatment necessary until medical assistance arrives.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency within childcare establishments
- 2) Demonstrate cardio pulmonary resuscitation (Adult, Child and Infant)
- 3) Explain first aid procedures for the unconscious casualty (Adult, Child and Infant)
- 4) Discuss and demonstrate the treatment for specific medical conditions affecting (Adult, Child and Infant) within the working environment.
- 5) Demonstrate first aid procedure for wounds and bleeding
- 6) State the main causes of unconsciousness
- 7) Describe the role of childcare in relation to paediatric first aid.

Course Price

2 Day Course Group Price – up to 16 candidates in group £1200.00 + VAT. All learners receive a comprehensive handbook and certificate. (Level 2 Accredited Course add £15 per learner).



Federation Of First Aid Training Organisations



The First Aid Industry Body



Centre No. 02061608

Course Brief

This 2 day blended learning course (**1 day reading the course booklet and completing the online element in learners own time and 1 day practical on site training**) can be offered on an accredited or non-accredited basis to clients covering all aspects of Ofsted requirements in childcare settings will enable staff working with children and infants to manage medical conditions and accidents involving children and infants. Staff will learn what to do in an emergency situation and how to perform cardio pulmonary resuscitation to specific age groups. This course has been very well received by local authorities, schools, child minders, nursery nurses and child care staff

Course Aims

The blended paediatric first aid training 2 day course will enable those working within childcare establishments to gain the knowledge and feel competent to deal with an adult, child or infant emergency situation. Students will recognise childhood medical conditions and be able to give the correct emergency treatment necessary until medical assistance arrives.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency within childcare establishments
- 2) Demonstrate cardio pulmonary resuscitation (Adult, Child and Infant)
- 3) Explain first aid procedures for the unconscious casualty (Adult, Child and Infant)
- 4) Discuss and demonstrate the treatment for specific medical conditions affecting (Adult, Child and Infant) within the working environment.
- 5) Demonstrate first aid procedure for wounds and bleeding
- 6) State the main causes of unconsciousness
- 7) Describe the role of childcare in relation to paediatric first aid.

Course Price

2 Day Course Group Price – up to 16 candidates in group £800.00 + VAT. All learners receive a comprehensive handbook and certificate when online and practical training are complete. (Level 2 Accredited Course add £15 per learner).

Emergency First Aid Course (Including AED Training)



Course Brief

This course has been designed to address the role of the appointed person in first aid, the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulation 1981 and specific guidance from the British Resuscitation Council. The course is facilitated and enhanced with information and practical assessment which can include bespoke elements, which are essential for different cases and personnel with different medical conditions.

Course Aims

The lesson aims are to ensure the learner is competent to carry out the role of the appointed person and to facilitate their role within the working environment.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency
- 2) Demonstrate cardio pulmonary resuscitation
- 3) Explain first aid procedures for the unconscious casualty
- 4) Demonstrate first aid procedure for bleeding
- 5) State the main causes of unconsciousness
- 6) Describe the role of an appointed person

Full syllabus details on request

Course Price

1 Day – Group Price £425 + VAT for a Maximum 12 Candidates. All learners receive a comprehensive handbook and certificate.



FEDERATION OF FIRST AID TRAINING ORGANISATIONS



The First Aid Industry Body



Centre No. 0906889



Course Brief

This course has been designed to refresh the knowledge of the first aider, the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulations 1981. The course is facilitated and enhanced with information and practical assessment which can include bespoke elements, which are essential for different cases and personnel with different medical conditions.

Course Aims

The lesson aims are to ensure the candidate receives a structured refresher course with updated information on new changes and an update and refreshment of prior learning to ensure the candidate is competent as a first aider to facilitate their role within the working environment.

The candidate will also receive updates on the use of new first aid tools and equipment and the importance of accurate first aid recording.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency
- 2) Demonstrate cardio pulmonary resuscitation
- 3) Explain first aid procedures for the unconscious casualty
- 4) Demonstrate first aid procedure for wounds and bleeding
- 5) State the main causes of unconsciousness
- 6) Describe the role of the first aider



Full syllabus details on request

Course Price

3 Hour Course – Max 12 Candidates £375 + VAT.

First Aid at Work 2 Day Refresher Course (Including AED Training)



Course Brief

This course has been designed to refresh the knowledge of the first aider, the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulations 1981. The course is facilitated and enhanced with information and practical assessment which can include bespoke elements, which are essential for different cases and personnel with different medical conditions.

Course Aims

The lesson aims are to ensure the candidate receives a structured refresher course with updated information on new changes and an update and refreshment of prior learning to ensure the candidate is competent as a first aider to facilitate their role within the working environment.

The candidate will also receive updates on the use of new first aid tools and equipment and the importance of accurate first aid recording.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency
- 2) Demonstrate cardio pulmonary resuscitation
- 3) Explain first aid procedures for the unconscious casualty
- 4) Demonstrate first aid procedure for wounds and bleeding
- 5) State the main causes of unconsciousness
- 6) Describe the role of the first aider

Full syllabus details on request



Course Price

2 Day Course – Max 12 Candidates only £1200 + VAT. All learners receive a comprehensive handbook and certificate.



3 Day First Aid at Work Course (Including AED Training)

Course Brief

This course has been designed to highlight the role of the first aider, the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulations 1981. The course is facilitated and enhanced with information and practical assessment which can include bespoke elements, which are essential for different cases and personnel with different medical conditions.

Course Aims

The lesson aims are to ensure the candidate receives a structured course with updated information on new changes and to ensure the candidate is competent as a first aider to facilitate their role within the working environment.

The candidate will also receive updates on the use of new first aid tools and equipment and the importance of accurate first aid recording.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency
- 2) Demonstrate cardio pulmonary resuscitation
- 3) Explain first aid procedures for the unconscious casualty
- 4) Demonstrate first aid procedure for wounds and bleeding
- 5) State the main causes of unconsciousness
- 6) Describe the role of the first aider
- 7) Demonstrate safe use of an Automated External Defibrillator

Full syllabus details on request

Course Price

3 Day Course – Max 12 Candidates only £1350 + VAT. All learners receive a comprehensive handbook and certificate.



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Federation Of First Aid Training Organisations



The First Aid Industry Body



First Aid Instructor / Assessor Training – Level 3 Accredited

Course Brief

The course has been designed to provide first aid instructors with the knowledge and ability to provide first aid training in all industries following the assessment criteria being successfully attained the learner will be awarded a first aid instructor certificate to deliver the training in accordance with The First Aid Regulations 1981.

Each learner will attend 5 days of instructor training in order to achieve this credit.

The course is delivered in the context of The First Aid Regulations 1981 and The Health and Safety Executive guidance.

The learning activities will be a blend of theory, practical, group activities, role play, research, written work (ongoing teaching and learning in their working environment).

Course Aims

The course aims are to provide the candidate with the knowledge, skills and tools to enable effective delivery of first aid training in the workplace in accordance with The First Aid at Work Regulations 1981.

Course Objectives

- 1) Recognise their responsibilities with regards to being a first aid instructor.
- 2) Describe the role of emergency first aid and the role of the first aider.
- 3) Administer first aid to a casualty with: injuries to bones, muscles and joints including suspected spinal injuries; chest injuries; burns and scalds; eye injuries; sudden poisoning; anaphylactic shock.
- 4) Recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma and diabetes).
- 5) Describe the important role of the first aider.
- 6) Administer first aid to a casualty who is unconscious.
- 7) Administer first aid for a casualty who is experiencing a seizure.
- 8) Administer Cardio Pulmonary Resuscitation for an Adult, Child and Baby.
- 9) Administer first aid to an Adult, Child and Baby who is choking.
- 10) Administer first aid for a casualty who is wounded and bleeding.
- 11) Administer first aid for a casualty suffering from shock.
- 12) Administer first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).
- 13) Deliver a short training session and casualty assessment (50 minutes).

Course Price

5 Day Course – £800 + VAT Per Candidate (Accredited).

NOTE – Successful Candidates have the opportunity to deliver accredited and approved training via our centre to their employees following the course, therefore, keeping their skills up to date and completing quality controlled training in accordance with our accreditations.

Course Brief

This course has been designed as a specific CPR first aid training session; the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulation 1981 and specific guidance from the British Resuscitation Council. The course has been delivered to various clients as an additional unit to first aid in the workplace.

The course is facilitated and enhanced with information and practical assessment which can include bespoke elements, which are essential for different cases and personnel with different medical conditions.

Course Aims

The lesson aims are to ensure the learner has an introduction to cardio pulmonary resuscitation, the importance of first aid procedures and the role of the first aider.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency
- 2) Demonstrate cardio pulmonary resuscitation of adult, child and infant.
- 3) Explain first aid procedures for the unconscious casualty
- 4) Describe the role of first aid in relation to the workplace

Course Price

3 Hour Course – Group Price £325 + VAT Max 12 Candidates.



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Anaphylaxis Training Course



Course Brief

This course has been designed and utilised within the NHS and healthcare clinics where health care professionals, health nurses, district nurses, practice nurses, podiatrists, sexual health nurses and children's services practitioners require training to understand anaphylaxis and the treatment required in accordance with The British Resuscitation Guidelines / Algorithm. The course covers the use of Epi-Pens.

Course Aims

The session aims are to ensure the learner will understand the possible causes of allergic reactions. The learner will recognise the signs and symptoms and treatments for this condition.

Course Objectives

At the end of the session the learner will be able to:

- 1) Identify the main causes of anaphylaxis and the exact definition of anaphylaxis
- 2) Describe the mechanics of anaphylaxis
- 3) Recognise the signs and symptoms of anaphylaxis
- 4) Describe the treatment for anaphylaxis
- 5) Identify certain risk groups and factors for anaphylaxis
- 6) Demonstrate the safe use and operation of an Epi-pen Auto Injector
- 7) Recall previous training on CPR Relating to the unconscious non-breathing casualty.

Course Price

1.5 Hour Course – Max 12 Candidates £250 + VAT.



Course Brief

This course has been designed and utilised within the NHS and healthcare clinics where health care professionals, health nurses, district nurses, practice nurses, podiatrists, sexual health nurses and children's services practitioners require refresher training in accordance with The British Resuscitation Guidelines / Algorithm.

Course Aims – Session 1

The lesson aims are to ensure the learner has an introduction to cardio pulmonary resuscitation, the importance of first aid procedures and the role of the first aider.

Course Aims – Session 2

The session aims are to ensure the learner will understand the possible causes of allergic reactions. The learner will recognise the signs and symptoms and treatments for this condition.

Course Aims – Session 3

The session aims are to ensure the learner will understand the possible causes of cardiac arrest. The learner will recognise the signs, symptoms and treatment for this condition and how to use an automated external defibrillator safely.

Course Price

3 Hour Course – Max 12 Candidates £325 + VAT.



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Bariatric Emergency First Aid Course



Course Brief

This course has been designed to address the role of the appointed person in relation to Bariatric First Aid, the course is developed with up-to-date changes in first aid training and the requirements of The Health and Safety (First Aid) Regulation 1981 and specific guidance from the British Resuscitation Council. The course is facilitated and enhanced with information and practical assessment which can include bespoke elements, which are essential for different cases and personnel with different medical conditions.

Course Aims

The lesson aims are to ensure the learner is competent to carry out the role of the appointed person and to facilitate their role within the working environment. The learner will be provided with the knowledge and skills to assist a Bariatric casualty in a first aid situation.

Course Objectives

At the end of the session the learner will be able to:

- 1) Describe the action to be taken in an emergency for a Bariatric casualty
- 2) Demonstrate cardio pulmonary resuscitation for a Bariatric casualty
- 3) Explain first aid procedures for the bleeding and minor injuries
- 4) Demonstrate first aid procedure for bleeding
- 5) State the main causes of unconsciousness
- 6) Describe the role of an appointed person
- 7) Demonstrate first aid for a Bariatric casualty who is choking (with amendments)
- 8) Demonstrate recovery position for a Bariatric casualty (with amendments)

Full syllabus details on request

Course Price

1 Day – Group Price £450 + VAT for a Maximum 12 Candidates, all learners receive a comprehensive handbook and certificate.



Federation Of First Aid Training Organisations



The First Aid Industry Body



QUALSAFE AWARDS
REGISTERED CENTRE
Centre No: 0906689



Course Brief

Mental health first aiders have an important part to play in the wellbeing of staff in the workplace. Learners will gain an insight into what mental health is and the key factors affecting wellbeing. The mental health first aid course provides candidates with skills to identify the signs of mental health crisis and provide support and a pathway for a person who requires support and further assistance from qualified health care professionals.

Course Aim

Learners will develop an appreciation of common mental health conditions and will have the confidence to promote mental health and wellbeing in the workplace. Learners will gain the ability to identify signs of mental ill-health and the skills to support and signpost a person who requires support and further assistance from qualified health care professionals.

Course Objectives

- Define mental health
- List possible causes of mental ill health in the workplace
- Describe stigma and discrimination around mental health
- Identify different mental health conditions
- Identify early warning signs of mental ill health
- List other mental health issues including eating disorders, self-harm & Psychosis
- Discuss alcohol and drugs related mental health issues
- Describe possible options when suicide is threatened
- Design an action plan for support and provision of pathways

Course Price

£450 + VAT – Max 12 Staff

Accredited Level 2 Certificate – £15 per Candidate.

Accredited Annual First Aid Refresher Course – Half Day Course

Course Brief

This half day refresher course provides first aiders with an opportunity to practice and update their skills as a qualified first aider, at any time while their first aid certificate is valid. The HSE recommend that first aiders / paediatric first aiders attend a refresher session once every year during this three year period.

Thankfully accidents and incidents do not happen every day, however, the annual refresher will keep the knowledge and skills fresh for all learners.

Course Aims

The course aims are to refresh the knowledge and understanding of the first aider to enable them to continue with confidence within their current role.

Course Objectives

- Identify the responsibilities of the first aider
- Discuss the Role of the first aider
- Conduct a primary survey
- Conduct a secondary survey
- Practice the recovery position
- Carry out CPR
- Discuss burns recognition and treatment
- Identify wounds and bleeding recognition and treatment (practical application)
- Discuss the importance of hygiene during first aid

Course Price

3 Hour Course – £325 + VAT – Max 12 Staff
 Accredited Certificate Included.

Open courses available – see back page of booklet.



Course Brief

This course is an HSE, EFAW + F forestry first aid at work course. It tailors the standard first aid content for forestry workers and covers the additional topics required by the Forestry Commission i.e. severe bleeding, crush injuries, hypothermia and Lyme's disease.

Course Covers

- Incident Management
- Basic Life Support Procedures
- Dealing with an unconscious casualty
- Heart Disease and CPR
- Common medical problems such as asthma, diabetes and epilepsy
- Dealing with severe bleeding (i.e. chainsaw injury)
- Burns and wounds
- Head and spinal injuries
- Managing fractures, sprains and soft tissue injuries
- Accident Reporting
- Hypothermia
- Crush injuries
- Lyme's Disease

The Forestry Commission recommends those who work in the Forestry industry attend EFAW + F training which includes additional topics relevant to the risks and nature of their work.

Our forestry first aid course includes the Forestry Commission recommend topics:

- Severe bleeding (i.e. chainsaw injury)
- Crush injury
- Hypothermia
- Lyme's Disease

Course Price

£450 + VAT Max 12 Staff
Accredited Certificate Included.

Students First Aid Training in the School Setting – 2 hour session



Course Brief

This session has been developed to give young school children the skills to act safely in an emergency where someone requires First Aid. The course is linked to the National Curriculum and delivered by an accredited organisation with trainers who are experienced in delivery for school, nursery and university settings.

Aim

This session will enable the child to attend an incident and provide basic first aid to a casualty until professional help arrives.

Outcomes

At the end of the session the learner shall,

- 1) Identify priorities of first aid
- 2) Discuss how to contact Emergency Services
- 3) Demonstrate Cardio Pulmonary Resuscitation and use of an Automatic External Defibrillator
- 4) State the principles of the primary and secondary survey
- 5) Demonstrate placing a casualty into the Recovery Position
- 6) List types of wounds and bleeds
- 7) Demonstrate how to control a bleed

Course Cost

£325 + VAT – Max 12 learners

All trainers are fully DBS checked*



First Aid Courses 2026

OPEN Course – Course Name	Dates	Cost per Learner
Accredited - First Aid at Work Course (3 days) (09.00-16.00) Monday to Wednesdays unless otherwise stated QA Level 3 certificate also available New - Blended QA L3 FA@W & Paediatric First Aid	19th – 21st January 23rd – 25th February 23rd – 25th March 20th – 22nd April 18th – 20th May 22nd – 24th June 13th – 15th July AUGUST No Training 21st – 23rd September	19th – 21st October 16th – 18th November 07th – 09th December £225.00 + VAT L3 Cert + £15.00
Accredited - First Aid at Work Requalification (2 days) (09.00-16.00) Mondays & Tuesdays unless otherwise stated	19th & 20th January 23rd & 24th February 23rd & 24th March 20th & 21st April 18th & 19th May 22nd & 23rd June 13th & 14th July	AUGUST No Training 21st & 22nd September 19th & 20th October 16th & 17th November 07th & 08th December £175.00 + VAT
Accredited - Paediatric First Aid Course (2 days) 09.00-16.00 Thursday & Friday unless otherwise stated	22nd & 23rd January 26th & 27th March 21st & 22nd May 16th & 17th July AUGUST No Training	24th & 25th September 19th & 20th November £175.00 + VAT
Accredited – Emergency First Aid Course (1 day) (09.00 - 16.00) Monday unless otherwise stated.	19th January 23rd February 23rd March 20th April 18th May 22nd June	13th July AUGUST No Training 21st September 19th October 16th November 07th December £125.00 + VAT
OCN Level 3 First Aid Instructor Training (5 Days) 09.00 - 16.00. Includes Full QA Level 3 FA@W 3 Day Certificate.	On Request	£800.00 + VAT
Blended Accredited - Paediatric First Aid course (2 days) 1 x day (online learning and course book reading) & (1 x attendance on practical training day). The online training module must be completed before the practical training day*.	Thursday 26th February Monday 23rd April Thursday 25th June August No Training Monday 12th October Thursday 10th December	£125.00 + VAT

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...and many more individual valued clients!



**15A Front Street, Hetton-le-Hole
Tyne and Wear, DH5 9PF
Tel: +44 (0)191 526 6498**
E-mail: gordon@rosetrainer.co.uk Website: www.rosetrainer.co.uk