

**“A caring  
company  
for a caring  
industry”**

# Health & Social Care Training Courses

## 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

# CONTENTS



Moving and Handling Course (People).....	3
Management of Moving and Handling Course (People) .....	4
Moving and Handling Instructors Certificate (People) & Update Course .....	5
Manual Handling (Objects) .....	6
Wheelchair Instructor Training Course .....	7
Sling Prescription Awareness.....	8
Safe Handling of Medication Course .....	9
Infection Control Course .....	10
Person Centered Planning Course.....	11
Diabetes Awareness Course .....	12
Communication Awareness Training Course .....	13
Falls Prevention Training Awareness Course .....	14
Stroke Awareness Course.....	15
Epilepsy Awareness and Buccal Midazolam Administration Course.....	16
Bedrails Management Awareness Course .....	17
Dementia Awareness Course .....	18
Safeguarding Adults.....	19
Mental Capacity Act & Liberty Protection Safeguards (LPS) .....	20
Equality, Diversity and Inclusion Training – Level 2 Accredited .....	21
Management of Violence and Aggression .....	22
Health and Social Care Induction Training.....	23
Qualsafe Level 2 Food Hygiene Course.....	24
Qualsafe Level 3 Awards in Food Safety .....	25
Qualsafe Level 4 Awards in Food Safety .....	26
HACCP – Hazard Analysis of Critical Control Point Awareness Course.....	27
Nutrition Awareness Course.....	28

Stress Management Resilience Awareness Course.....	29
Personal Safety Training.....	30
Wheelchair Awareness Training Course.....	31
Fire Awareness.....	32
Fire Warden Course.....	33
Evacuation Chair Training Course.....	34
Compartment Evacuation Training Course (2 hours) .....	35
Control of Substances Hazardous to Health Awareness Course .....	36
Emergency First Aid Course.....	37
Risk Assessment Course Levels 2 & 3.....	38
Qualsafe Level 2 Certificate in Health and Safety in Health and Social Care .....	39
Qualsafe Level 3 Certificate in Supervising Health and Safety in the Workplace .....	40
Qualsafe Level 4 Certificate in Health and Safety in the Workplace .....	41
Managing Health and Safety in Health and Social Care – Level 4 Accredited .....	42
(NEW) IOSH Managing Safely (3 day Course).....	43
IOSH Re Qualification Course (1 Day Course) .....	44
Qualsafe Level 3 Award in TSP - Training Skills and Practice .....	45
Qualsafe Level 3 Certificate in Education .....	46
Open Courses .....	47
Online Training Courses .....	49

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

# Moving and Handling Course (People)



## Course Brief

This course has been designed especially for workers within the care industry as a mandatory training element, Rose Health and Safety are members of the National Back Exchange and professional members of back care and accredited training provider of this very informative course and use only OCN & OCR-Oxford, Cambridge and RSA examinations qualified Instructors.

## Course Aims

The lesson aims are to raise awareness with regards to correct moving and handling techniques and to facilitate safe working procedures within the working environment to reduce the risk of injury to the carer, service user and others.

## Course Objectives

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

- 1) Identify their legal responsibilities with regards to moving and handling of people.
- 2) Understand the requirement for maintaining a good posture.
- 3) Demonstrate effective and safe moving and handling techniques.
- 4) Explain the importance of risk assessment and its relationship with moving and handling.
- 5) Identify unsafe systems of work and unsafe techniques.
- 6) State the functions of the spine.
- 7) Use moving and handling aids correctly.

## Course Price

1 Day Full Course  
£425.00 + VAT  
for 12 Learners

3 Hour Update Course  
£325.00 + VAT  
for 12 Learners

Level 2 Accredited Course available just add £15.00 per learner certificate\*

**“Let us find the ergonomic solutions to your practical problems”**



# Management of Moving and Handling (People) Level 3 Accredited

## Course Brief

This course has been designed especially for managers, senior care staff, moving and handling coordinators in the care industry with the operational responsibility for supervising / monitoring moving and handling practice and assessing moving & handling practice, Rose Health and Safety are members of the National Back Exchange and an accredited training provider of this very informative level 3 course and use only OCN & OCR-Oxford and Cambridge and RSA examinations qualified instructors.

## Course Aims

The lesson aims are to provide competence to management and senior persons with operational responsibilities with the advice, guidance, tools and ability to actively monitor moving and handling practice in accordance with health and safety law and the guide to the handling of people 6th edition to ensure correct moving and handling techniques are facilitated in the working environment to reduce the risk of injury to the carer, service user and others.

## Course Objectives

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

- 1) Identify their legal responsibilities with regards to moving and handling of people.
- 2) Understand the requirement for maintaining a good posture.
- 3) Demonstrate effective and safe moving and handling techniques.
- 4) Explain the importance of risk assessment and its relationship with moving and handling.
- 5) Complete a moving and handling risk assessment.
- 6) Use rapid entire body assessment tools.
- 7) Identify unsafe systems of work and unsafe techniques.
- 8) Participate in problem solving exercises.
- 9) Identify sling prescription techniques.
- 10) State the functions of the spine.
- 11) Use moving and handling aids correctly.



2 Day (12 hour) Course

£295.00 + VAT

per person

**“Let us find the Ergonomic Solutions  
 to your Practical Problems”**

# Moving and Handling Instructors Course (People) Level 4 Accredited



## Course Brief

The moving and handling instructors course for people has been designed to equip nurses, senior care staff, managers and moving and handling coordinators to deliver safe effective moving and handling training to health and social care staff for induction or mandatory training. Rose Health and Safety are members of the National Back Exchange and an accredited training provider of this very informative course and use only OCN / OCR Accredited instructors to deliver this course who are competent within their field.

## Course Aims

The course aims are to provide the instructor with the essential skills required to deliver safe, and effective moving and handling training using the tools and aids provided as part of the course package in accordance with legal requirements and good practice following the Guide to the Handling of People 7th Edition.

## Course Objectives

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

- 1) Identify their legal responsibilities with regards to moving and handling of people.
- 2) Understand the requirement for maintaining a good posture.
- 3) Demonstrate effective and safe moving and handling techniques.
- 4) Explain the importance of risk assessment and its relationship with moving and handling.
- 5) Identify unsafe systems of work and unsafe techniques.
- 6) State the functions of the spine.
- 7) Use moving and handling aids correctly.
- 8) Demonstrate teaching theory and practice in development of a short training session on moving and handling to be delivered on the final day.
- 9) Develop as a moving and handling instructor.



Full syllabus on request.

4 Day Full Course  
£800.00+VAT  
per person

1 Day  
Instructor Annual Update  
£275.00+VAT  
per person

# Manual Handling (Objects)

## Course Brief

The manual handling objects course has been designed for any worker within the care industry who is involved in duties which require any transportation or supporting of a load including, lifting, lowering, putting down, pulling, pushing, or moving thereof by hand or bodily force.

The individual tasks performed by carers / maintenance / hygiene operatives are considered during the session.

## Course Aims

The course aims are to raise awareness to correct manual handling techniques using kinetic lifting practices to reduce the risk of injury whilst carrying out manual handling tasks within the workplace.

## Course Objectives

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

- 1) Identify their legal responsibilities whilst carrying out manual handling tasks.
- 2) State the importance of maintaining the correct posture.
- 3) List the main parts of the spine.
- 4) Identify the anatomy / physiology of the spine and its functions.
- 5) Explain how the body can be injured from incorrect manual handling activities.
- 6) Demonstrate a safe kinetic lifting technique to the course tutor.

3 Hour Course  
 £325.00+VAT  
 for 12 Learners





# Level 3 – OCN Wheelchair Instructors Training Course



## Course Brief

The Level 3 OCN course is designed to provide the wheelchair instructor with the knowledge and skills to provide training to care staff to ensure the safety of the operator and the service user. Rose health and safety are members of the National Back Exchange and only use OCN / OCR Oxford Cambridge and RSA examinations qualified manual handling / moving and handling instructors for this very informative course.

## Course Aims

The course aims to provide the instructor with the essential skills required to deliver safe, and effective wheelchair training using the tools and aids provided as part of the course package in accordance with legal requirements and good practice following the Guide to the Handling of People 6th Edition.

## Course Objectives

- Identify their legal responsibilities with regards to using wheelchairs.
- Understand the requirement for maintaining a good posture.
- Demonstrate effective wheelchair techniques.
- Explain the importance of risk assessment and its relationship with wheelchair use.
- Identify unsafe systems of work and unsafe techniques.
- Demonstrate teaching theory and practice in development of a short training session on moving and handling to be delivered on the final day.
- Develop as a wheelchair instructor.
- Conduct a pre-user check of the equipment
- Demonstrate safe transfer techniques
- Deliver a 20 minute session to peers



2 Day (12 Hour) Course

£395.00+VAT

per person

# Sling Prescription Awareness Course

## Course Brief

This course has been designed especially for seniors, supervisors, team leaders and managers within the care industry as an aid to carrying out assessments on sling prescription for clients. Rose health and safety are members of The National Back Exchange and only use OCN / OCR Oxford Cambridge and RSA examinations qualified manual handling / moving and handling instructors for this very informative course

## Course Aims

The lesson aims are to raise awareness with regards to sling prescription selection including risk assessment technique using different types of sling and deciding which sling is suitable for clients. This will assist responsible persons to identify the correct selection of slings.

**With Reference to The Guide to The Handling of People 6th Edition.**

## Course Objectives

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

- 1) Identify different slings available for clients, their benefits and limitations.
- 2) Discuss the main requirements of The Manual Handling Operations Regulations 1992 amended 2002 and reference to The Health and Safety Guidance on Manual Handling document L23.
- 3) Participate in group tasks to identify the correct selection of slings.
- 4) Identify their legal responsibilities with regards to moving and handling of (People). (Reference to The Human Rights Act).
- 5) Explain the importance of risk assessment and its relationship with moving and handling.
- 6) Identify unsafe systems of work and unsafe techniques.



1 Day (6 Hour) Course  
 £395.00+VAT  
 for 12 Learners

# Safe Handling of Medication Course – Level 2 Accredited



## Course Aims

This course is primarily aimed at care staff that are responsible for administering medication in a care setting or in a domiciliary capacity. They will be expected to utilise their current background knowledge and experience in the care setting – be it within their own workplace or the home care or domiciliary care environment.

## Course Brief

This course follows best practice guidelines from The Royal Pharmaceutical Society and Skills for Care Learning Outcomes for Medication at Level 2. This course is designed to enable the learner to safely administer medication to those individuals in their caring environment. It is aimed at those staff that have no formal nursing experience or registration. E.g., domiciliary care staff, support staff or health care assistants. Course materials will include such items as medication pots, spoons, syringes, blister packs, MAR sheets & medication policy.

## Course Objectives

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

1. Discuss the key areas of legislation that govern the safe use, handling and storage of medications in the workplace.
2. Show how the company's policy complies with current legislation.
3. Discuss the 8 core principles relating to the safe handling of medication as stated by the Royal Pharmaceutical Society of Great Britain.
4. Discuss the various abbreviations used within medication administration.
5. Explain the need for consent and understand what is meant by the term 'covert administration' and where to look for guidance on this subject.
6. Discuss the overall procedure for the administration of medication.
7. Explain the need for keeping records of administration of medication.
8. Explain the audit process and its importance.
9. Recognise possible or common side effects from medication.
10. Discuss the various presentations that medicines are produced in.
11. Explain how to administer various types of medication.
12. Identify the term 'secondary dispensing'.
13. Discuss the 7 rights of the service user when administering medication.
14. Demonstrate the correct procedure for administering medication within the candidates own workplace.
15. Explain the correct procedure for dealing with any errors in administration of any medication.

1 Day (6 Hour) Course  
£425.00+VAT  
for 15 Learners

Half Day Update  
£325.00+VAT

Level 2 Accredited Course  
available just add £15.00  
per learner certificate\*



## Course Brief

This course has been designed for any worker within the care industry who has a responsibility to reduce the risk of infections and infectious diseases / communicable diseases as part of their duties. The course focuses on raising the awareness of the candidate using up to date statistics and a professional training package, which concludes with a short test.

## Course Aims

The course aims are to raise awareness to infection control and infection control policies which protect the service user, staff and anyone else who may be exposed to the risk of infection, thus enabling the carer to work safely to prevent the spread of infection using standard and transmission based precautions.

## Course Objectives

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

- 1) State what a pathogen is in relation to infection control.
- 2) State which bodily fluids may be infectious.
- 3) Understand the main aims of infection control.
- 4) Explain the importance of good personal hygiene.
- 5) Describe how clinical waste should be managed.
- 6) Demonstrate correct hand washing procedures.
- 7) Identify how infections / disease can enter the body / routes of entry.
- 8) Discuss the importance of environmental hygiene in reducing infections.

3 Hour Course  
 £325.00+VAT  
 for 15 Learners



Level 2 Accredited Course available just  
 add £15.00 per learner certificate\*

# Person Centered Planning Course



## Course Brief

This very informative course has been designed especially for staff within the health and social care industry as an essential training element. Person centred planning is a process in which people gain control over their own lives and make informed decisions about the way they want to live now and in the future.

## Course Aims

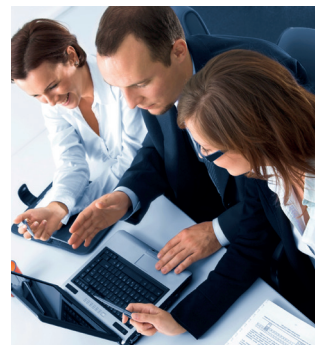
The lesson aims are to raise awareness with regards to person centered planning techniques and to facilitate planning procedures within the working environment to enhance the wellbeing and future lives of clients.

## Course Objectives

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

- 1) Identify the definition of person centered planning.
- 2) State the importance of person centered planning in relation to client decisions.
- 3) Conduct a short assessment of the clients needs.
- 4) State how services can understand what people want and how to support them.
- 5) Develop a life style map to assist the client to plan for their future.
- 6) Discuss advocacy and assistance in preparation in person centered planning. (Advice and assistance which may be required from professional bodies, families).

1 Day (6 Hour) Course  
£395.00+VAT  
for 12 Learners



## Course Brief

This course has been designed especially for workers within the care industry as an essential training element, the course highlights the importance of understanding the different types of diabetes, treatment, monitoring of diabetes and the action required during medical emergencies.

## Course Aims

The lesson aims are to raise awareness with regards to diabetes, safe working procedures within the working environment and recognition of different types and causes of diabetes.

## Course Objectives

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

- 1) Identify different types of diabetes.
- 2) State the importance of blood glucose monitoring and hygiene of equipment.
- 3) Discuss different treatments for diabetes and the importance of the treatments.
- 4) List early recognition symptoms for diabetic emergencies.
- 5) Explain the action to be taken during diabetic emergencies.
- 6) State the difference between Hyperglycaemia and Hypoglycaemia with regards to diabetes.
- 7) Discuss research into diabetes.

3 Hour Course

**£325.00+VAT**

for 12 Learners



# Communication Awareness Course

## Course Brief

This course has been designed to highlight the importance of effective communication and the measures necessary to overcome barriers to effective communication within health and social care.

## Course Aims

The lesson aims are to raise awareness to the principles of effective communication in providing care to clients within health and social care settings.

## Course Objectives

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

- 1) Define communication.
- 2) State reasons for difficulties during communication.
- 3) Discuss techniques of non-verbal communication.
- 4) List measures to improve communication.
- 5) Explain different ways of communicating.
- 6) Examine body language.
- 7) Promote effective communication within their care setting.

3 Hour Course  
£325.00+VAT  
for 12 Learners



# Falls Prevention Training Awareness Course

## Course Brief

Falling in older age can lead to increased anxiety and depression, reduced activity, mobility and social contact, higher use of medication and greater dependence on medical and social services and other forms of care.

## Course Aims

The course aims are to highlight the importance of the reasons why falls in the elderly occur and raise awareness of the prevention strategies and emergency treatment for falls.

## Course Objectives

- Identify the Duty of Care to the service user.
- Discuss what constitutes a fall.
- Identify risk factors which relate to falls (Intrinsic / Extrinsic).
- Discuss statistical information on falls.
- State the correct methods to prevent falls in service user homes / environments.
- Highlight risk assessment controls for falls.
- Discuss the routes of referral for service users to health care professionals.
- Recognise emergency action treatment for falls and dealing with falls incidents.

3 Hour Course  
 £325.00+VAT  
 for 12 Learners





# Stroke Awareness Course



## Course Brief

The stroke awareness course is designed especially for the care industry with reference to The Stroke Association to enable care sector workers to understand the nature of this condition.

## Course Aims

The course aims are to ensure that candidates will have a heightened awareness of this condition and how it effects the person being cared for which will enable the learner to understand different stroke types and effects. The candidate will also understand the action to be taken in an emergency following stroke recognition.

## Course Objectives

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

- 1) Gain an understanding of what a stroke is (causes and effects).
- 2) Discuss the difference between TIA and stroke.
- 3) State 4 signs / symptoms identified during a stroke.
- 4) Identify different stroke types.
- 5) Explain how to manage a stroke (Emergency first aid).
- 6) Discuss post stroke treatment and care for clients.

3 Hour Course  
£325.00+VAT  
for 12 Learners



# Epilepsy Awareness and Buccal Midazolam Administration Course

## Course Brief

The epilepsy awareness course is designed especially for the care industry with reference to the National Society for Epilepsy / Epilepsy Action to enable care sector workers to understand the nature of this condition, which affects 1 in every 200 adults and 1 in every 100 children in the United Kingdom.

## Course Aims

The course aims are to ensure that all candidates will have a heightened awareness of this condition and how it effects the person being cared for which will enable the learner to understand different seizure types and effects. The candidate will also understand the action to be taken in an emergency.

## Course Objectives

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

- 1) Gain an understanding of what epilepsy is.
- 2) State 4 triggers for epileptic seizures.
- 3) Identify 5 different seizure types.
- 4) Discuss the various misconceptions relating to epilepsy.
- 5) Explain how to manage a convulsive epileptic seizure / first aid for epilepsy.
- 6) Describe what status epilepticus means.
- 7) Identify the information to record on a seizure observation chart.
- 8) Safely administer Buccal Midazolam.

3 Hour Course  
 £395.00+VAT  
 for 12 Learners

Level 2 Accredited Course available  
 just add £15.00 per learner certificate\*



**epilepsy action**

# Bedrails Management Awareness Training Course (1.5 Hours)

## Course Brief

The use of bed rails is associated with several direct and indirect risks to bed occupants, as well as the possible benefits from reducing the risk of falls. Direct hazards include entrapment and entanglement, either within gaps in the rails themselves, between the rails and the mattress or between the rails and the bed frame. In the most serious cases, this has led to asphyxiation and death of bed occupants. Bed occupants may have trapped their head between rails or been unable to free themselves from a position and suffered postural asphyxiation. Severe limb damage has also been reported in cases where someone has become entangled in bed rails.

## Course Aims

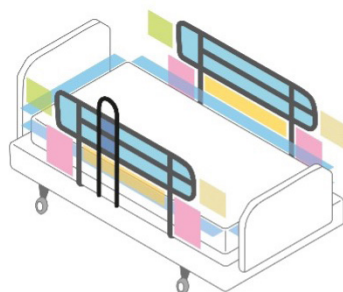
This course will give learners an overview of the current guidance on managing and using bed rails safely, including assessing if a bed rail is necessary and appropriate, and the correct fitting and positioning of bed rails.

## Objectives

At the end of this course, the learner will be able to:

- Identify the laws which relate to bedrail management
- Identify reasons why bed rail incidents occur
- Identify different types of bed rails
- Describe how to check and measure the bedrail correctly
- Complete a bedrail assessment and inspection on site

1½ Hour Course  
£325.00+VAT  
for 12 Learners



- ◆ Within rails
- ◆ Between headboard and rail
- ◆ Between footboard and rail
- ◆ Between bottom of rail and mattress
- ◆ Between rail and bed base
- ◆ Between bed frame and mattress
- ◆ Between rail and other equipment

## Course Brief

The dementia awareness course is an information packed course which identifies this condition in great detail focusing on the service users, the course is a must for anyone working within care / nursing environments. The course concludes with a course assessment.

## Course Aims

The aims of the course are to ensure that the candidates gain a basic understanding and insight into dementia and caring for confused clients, which will enable the carer to achieve greater communication skills and awareness of this condition.

## Course Objectives

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

- 1) Discuss an overview of dementia.
- 2) Identify signs and symptoms for dementia.
- 3) Explain diagnosis and treatment for dementia.
- 4) Discuss different stages of dementia.
- 5) Identify early indicators of dementia.
- 6) Discuss caring for clients with dementia.

3 Hour Course  
 £325.00+VAT  
 for 12 Learners



# Safeguarding Adults

## Course Brief

The Safeguarding of Vulnerable Adults Awareness course has been designed for anyone who has a duty of care for their clients within the Care Industry. The course has been well received by managers, nurses, senior carers, and care staff. The Safeguarding of Vulnerable Adults Awareness course contains all of the information required to raise awareness to vulnerable persons and different types of abuse.

## Course Aims

The lesson aims are to ensure that all of the learners gain a heightened awareness of POVA- The Protection of Vulnerable Adults, The different types of abuse and the use of DBS Disclosure and Barring Scheme and the SOVA List, Whistle Blowing (PIDA Public Interest Disclosure Act). The course will enable the learner to recognise different types of abuse and the action to be taken following an incident.

## Course Objectives

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

- 1) Explain what SOVA means within the care sector.
- 2) Identify 10 different types of Abuse.
- 3) State the reporting requirements for reporting of workplace incidents.
- 4) Describe what a vulnerable person means.
- 5) Explain the DBS Disclosure and Barring Scheme and the SOVA List to the course tutor.
- 6) View footage of different types of Abuse.
- 7) Discuss the role of CQC –The Care Quality Commission and The DOH- Department of Health in relation to Vulnerable Persons.
- 8) Identify the role of the ISA in relation to the protection of vulnerable people. *Also available Safeguarding of Children*

3 Hour Course  
£325.00+VAT  
for 12 Learners

Level 2 Accredited Course available  
just add £15.00 per learner\*



# Mental Capacity Act & Liberty Protection Safeguards (LPS)

## Course Brief

In May 2019, the Mental Capacity (Amendment) Act became law. It replaces the Deprivation of Liberty Safeguards (DoLS) with a new scheme known as the Liberty Protection Safeguards (LPS). The new law seeks to protect the liberty of people who do not have the mental capacity to make decisions about their care, and to simplify the DoLS system.

## Course Aims

The course aims are to raise awareness of The Mental Capacity Act and Liberty Protection Safeguards (LPS) in the workplace. This will enable care staff to highlight any incidents where deprivation of liberty may need to be assessed.

## Course Objectives

- 1) Define what Liberty Protection Safeguards means.
- 2) Discuss the key requirements of The Mental Capacity Act.
- 3) Identify clients whom they care for who have capacity.
- 4) Identify clients whom they care for who do not have capacity.
- 5) Decide what constitutes a deprivation of liberty.
- 6) Describe the key people involved in the care of the client who work in partnership for a client without capacity and discuss their role in person centred care for the client.
- 7) Identify the assessment process required for assessing both mental capacity and the authorisation for deprivation of liberty.
- 8) List the 5 aims of capacity and discuss the tests required to decide if a person has capacity.
- 9) Discuss possible areas where this could be difficult e.g. communication barriers with clients.
- 10) Discuss case law to identify how capacity has been decided.
- 11) Describe the action to be taken when you suspect a deprivation of liberty.
- 12) Discuss the role of the independent mental capacity advocate and the relationship with decision making in relation to a person who does not have capacity.

3 Hour Course  
£325.00+VAT  
for 12 Learners



# Equality, Diversity and Inclusion Training – Level 2 Accredited



## Course Brief

This course aims are to raise awareness of equality, diversity and Inclusion which will encourage candidates to take a proactive approach within the workplace. Equality and diversity can be misconceived by candidates own values, opinions, and prejudices, this course highlights how prejudices develop and how they may influence people. Candidates gain a heightened awareness of discrimination and knowledge on how to promote equal opportunities and inclusion for all and recognise the value of diversity.

## Course Aims

The course aims are to raise awareness of equality, diversity and inclusion. This will enable care staff to identify different ways in which a people may be discriminated against and the action to be taken in the event of an incident in accordance with company policy.

## Course Objectives

- 1) Define what equality, diversity and inclusion means.
- 2) Identify the key requirements of the Equality Act 2010.
- 3) Gain a heightened awareness of the key requirements of the equality and diversity laws.
- 4) Discuss what is meant by protected characteristics.
- 5) Discuss and evaluate case law in discrimination cases.
- 6) Identify different ways in which a person may be discriminated against.
- 7) Discuss different examples of discrimination.
- 8) Define direct and indirect discrimination.
- 9) Know the meaning of stereotyping.
- 10) Identify the correct action to take following policies and procedures during an alleged discrimination incident in the workplace.
- 11) Discuss ways to improve reporting and recording of discrimination.
- 12) Identify the core values of principles of care which relate to potential discrimination.
- 13) List potential barriers to inclusion.
- 14) Discuss ways to encourage inclusion for the clients who are being cared for.

3 Hour Course  
£325.00+VAT  
for 12 Learners

Level 2 Accredited Course available  
just add £15.00 per learner\*



# Management of Violence and Aggression

## Course Brief

Behaviour that Challenges Awareness course has been designed for anyone who has been exposed or is likely to be exposed to behaviour that challenges from his or her clients within the care industry. The course has been well received by managers, nurses, senior carers, and care staff.

This course highlights the actions / responses required by care staff when caring for client exhibiting behaviour that challenges.

## Course Aims

The lesson aims are to ensure that all of the learners gain a heightened awareness of behaviour that challenges, its triggers, causes and effects. The course will enable the learner to recognise behaviour that challenges and gain knowledge of this subject and describe the reporting procedures required following exposure to behaviour that challenges.

## Course Objectives

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

- 1) Explain what Behaviour that Challenges means.
- 2) Identify different behavioural patterns.
- 3) State the reporting requirements for reporting of workplace incidents.
- 4) Explain the warning and danger signs and the importance of understanding the triggers for behaviour that challenges.
- 5) View footage of behaviour that challenges incidents.
- 6) Participate in Role Play exercises involving challenging incidents.
- 7) Describe the general guidelines to be followed to avoid behaviour that challenges.



1 Day Full Course  
 £395.00+VAT  
 for 12 Learners

Half Day Update  
 £325.00+VAT

Level 2 Accredited Course  
 available just add £15.00  
 per learner\*



# Health and Social Care Induction (Common Induction Standards) – Level 1 Accredited



## Course Brief

The common induction standards induction has been designed to suit health and social care induction for new care staff and staff who are changing roles within care.

All new social care staff should undertake an induction programme meeting the specifications of the Common Induction Standards set by Skills for Care.

## Course Aims

The lesson aims are to ensure that all of the learners receive a structured introduction to the health and social care industry in accordance with the common induction standards.

These standards are designed for use not only with new workers but also workers who are changing role or level of responsibility.

## Course Objectives

The Common Induction Standards set out the core knowledge and competence all new workers must have.

There are eight Common Induction Standards:

- Standard 1 Role of the health and social care worker
- Standard 2 Personal development
- Standard 3 Communicate effectively
- Standard 4 Equality and Inclusion
- Standard 5 Principles for implementing duty of care
- Standard 6 Principles of safeguarding in health and social care
- Standard 7 Person-centred support
- Standard 8 Health and safety in an adult social care setting

**Includes  
Mandatory  
Training**

5 Day Full Course  
£395.00+VAT  
per person

Level 2 Accredited Course available  
just add £15.00 per learner\*

## Qualsafe Level 2 Food Safety & Catering Course

### Course Brief

This course has been designed especially for workers within the care industry as a mandatory training element, Rose Health and Safety are an approved training provider of this very informative course and use only Qualsafe / Cert Ed accredited tutors.

### Course Aims

The lesson aims are to raise awareness with regards to correct food handling techniques and to facilitate safe working procedures within the working environment to reduce the risk of contamination, i.e. physical, chemical or bacterial to the food handler and others.

### Course Objectives

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

- 1) Identify the key differences between physical, chemical, and biological contamination.
- 2) State the importance of temperature control in the prevention of bacterial growth.
- 3) List the main problems associated with inadequate pest control.
- 4) Demonstrate effective hand washing techniques to course tutor.
- 5) Identify the importance of personal hygiene within the workplace.
- 6) Demonstrate knowledge of areas in a food preparation area where cleaning and disinfections must be carried out effectively.

1 Day Full Course  
 £395.00+VAT  
 for 12 Learners

Half Day Update  
 £325.00+VAT

Level 2 Accredited Course  
 available just add £15.00  
 per learner\*



# Qualsafe Level 3 Awards in Food Safety



## For those working in all food businesses at a supervisory level

- Level 3 Award in Supervising Food Safety in Catering
- Level 3 Award in Food Safety Supervision for Manufacturing
- Level 3 Award in Food Safety Supervision for Retail

## Overview

Changes in legislation effective from January 2006 have placed greater onus and accountability on anyone in the food business with supervisory responsibility. It is therefore vital they are equipped with both the knowledge and confidence to do their job effectively.

## Outline Programme

The qualification covers the following topics:

- Legislation
- Supervisory management
- Temperature control (chilling, cooking)
- Cleaning
- Contamination control
- Applying and monitoring good hygiene practices
- Implementing good food safety procedures
- Contributing to the safety training of others

## Qualification Information

Designed for managers and supervisors in medium and large manufacturing or catering businesses.

## Course Duration

Three day programme

## Assessment Method

Multiple choice examination

## QCA Accredited

Yes

3 Day Full Course  
£425.00+VAT  
per Learner

Open courses available.



## Qualsafe Level 4 Awards in Food Safety

From food business owners to trainers, from production managers to hygiene auditors, these sector specific qualifications meet industry's need for a high level practical qualification with external accreditation.

- Level 4 Award in Managing Food Safety in Catering
- Level 4 Award in Food Safety Management for Manufacturing

### Outline Programme

The qualifications cover the following topics:

- Bacteriology
- Food-borne illnesses
- Physical contamination of food
- Food storage, temperature control and preservation
- Design and construction of food premises and equipment
- Cleaning and disinfection
- Pest control
- Personal hygiene
- Training strategies
- Legislation
- Management control techniques



### Qualification Information

Designed for managers and supervisors and senior hygiene personnel.

### Course Duration

Five day programme

### Assessment Method

Two assignments and an examination

### QCA Accredited

Yes

5 Day Full Course  
 £495.00+VAT  
 per Learner

Open courses available.

# Accredited HACCP – Hazard Analysis of Critical Control Point Awareness Course



## Course Brief

This course has been designed especially for workers within the care industry as a mandatory training element, Rose Health and Safety is an approved training provider of this very informative course and use only Quasafe / Cert Ed Accredited tutors. The course is suitable for Chef's / Sous chefs, carers and kitchen staff who have operational responsibilities for managing food safety and are required to complete the required documentation regularly.

## Course Aims

The lesson aims are to raise awareness with regards to correct hazard analysis techniques and to facilitate safe working procedures within the working environment to reduce the risk of contamination, i.e. physical, chemical or bacterial to the food handler and others, to ensure the documentation required is used and safe working practices are upheld.

## Course Objectives

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

- 1) Identify the key differences between physical, chemical, and biological contamination.
- 2) Identify the key legislative requirements for HACCP.
- 3) State the importance of temperature control in the prevention of bacterial growth.
- 4) List the main problems associated with inadequate pest control.
- 5) Demonstrate effective hand washing techniques to course tutor.
- 6) Identify the importance of personal hygiene within the workplace.
- 7) Demonstrate knowledge of areas in a food preparation area where cleaning and disinfections must be carried out effectively.
- 8) Demonstrate use of a HACCP Documentation to the course tutor.

1 Day Full Course  
£145.00+VAT  
per Learner



## Nutrition Awareness Course

### Course Brief

This course has been designed especially for workers within the care industry as an essential training element, Rose Health and Safety facilitate qualified tutors to deliver this very informative subject to care staff.

### Course Aims

The lesson aims are to raise awareness with regards to correct nutrition and healthy balances in food to enable care staff to understand the importance of healthy eating and the benefits to the human body from correct healthy eating.

### Course Objectives

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

- 1) Identify the key reasons why nutrition and correct eating improve health.
- 2) State the importance of differentiation in food products to ensure a healthy balance of vitamin intake.
- 3) Identify the benefits of regular changes to food preparations.
- 4) Develop a healthy balanced menu for a 7 day period.
- 5) Identify the reasons why diets will change from one individual to another.
- 6) Explain why carbohydrates, proteins, fats, oils, sweeteners, fibre, artificial products and supplements are used in food products.

3 Hour Course  
 £325.00+VAT  
 for 12 Learners



# Stress Management Resilience Awareness Course



## Course Brief

This course has been designed especially for managers, seniors, supervisory staff and carers within the care industry to highlight this physiological response which has been identified by the HSE and requires identification, assessment and control.

## Course Aims

The lesson aims are to raise awareness with regards to stress, causes, consequences and actions required for persons identified as suffering from stress. The course will highlight test cases which have been decided in civil courts.

## Course Objectives

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

- 1) Define stress / and causes for stress in the workplace.
- 2) Discuss issues which may cause stress.
- 3) Explain the action to be taken when an employee has reported stress to the employer.
- 4) State the ill-health effects caused by stress.
- 5) Participate in role play to identify corrective action for stress sufferers.
- 6) Examine relevant data on stress.

3 Hour Course  
£350.00+VAT  
for 12 Learners



## Course Brief

Personal safety is integral to the role of health and social care workers, whether working in an isolated care facility to working in domiciliary care, care workers require a heightened awareness of personal safety and a heightened awareness of the measures which can be taken to reduce risks to their personal safety. This course has been well received by local authority social workers and healthcare workers.

## Course Aims

The aims of the course are to ensure that the learner gains a heightened awareness of personal safety and the importance of the role in protection of lone workers and workers who work unsociable hours to the dangers present to their personal safety.

## Course Objectives

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

- 1) Explain the importance of personal safety.
- 2) Discuss the requirements of sections 2, 7, and 8 of The Health and Safety at Work Act 1974.
- 3) Define violence and aggression.
- 4) List control measures to reduce risks to personal safety.
- 5) Discuss dynamic risk assessments in relation to personal safety.
- 6) State the legal requirements which relate to personal safety standards at work.

3 Hour Course  
 £350.00+VAT  
 for 12 Learners





# Wheelchair Awareness Training Course

## Course Brief

Wheelchair awareness training is an essential part of every carers working day, many incidents occur due to incorrect use and handling of wheelchairs in the Care Industry every year.

## Course Aims

The course aims are to raise awareness of the correct the safe methods of use whilst working with wheelchairs to reduce the risk of incidents which can cause injury to service users and carers.

## Course Objectives

- Understand the relevant legislation (e.g. Lifting Operations and Lifting Equipment Regulations (LOLER 1998), Provision and use of Work Equipment Regulations (PUWER 1998) and Manual Handling Operations Regulations (MHOR 1992) The Management of Health and Safety at Work Regulations (MHSWR) 1999.
- Understand a range of manual handling techniques when pushing wheelchairs.
- Have an understanding of pre use checks and maintenance of wheelchairs.
- Know procedures surrounding the transportation and securing of wheelchairs (manual, powered and including scooters).
- Understand methods of hazard identification and risk assessment.

3 Hour Course  
£350.00+VAT  
for 12 Learners



## Course Brief

The fire awareness course is designed to meet the needs of any business by providing the employee with an understanding of the importance of fire safety; the course encompasses the legal requirements imposed by health and safety law and the individual responsibilities of persons at work.

## Course Aims

The course aims are to raise the learner's awareness of fire safety within their area of work and to enable the learner to realise the importance of good housekeeping and also the importance of fire precautions and their purpose. Following the course the learners will understand their company specific fire action plan.

## Course Objectives

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

- 1) Identify principle workplace hazards.
- 2) Understand the principles of fire and fire spread.
- 3) State the importance of fire precautions.
- 4) Explain the theory of combustion / fire triangle.
- 5) Understand the importance of fire safety.
- 6) State how fire spreads.
- 7) Recognise different types of fire extinguishers.
- 8) Discuss the correct storage of materials.



## 3 Hour Course

£325.00+VAT

for 12 Learners

# Fire Warden Course

## Course Brief

The fire warden course is designed to meet the requirements of any business that have a legal responsibility under The Regulatory Reform (Fire Safety) Order 2005 and other legislation to ensure that fire risks are identified and the correct fire precautions are utilised to identify and prevent the spread of fire. The role of the fire warden is a very comprehensive responsible role and this course will help develop the competencies required to perform the role within the workplace.

## Course Aims

The aims of the course are to ensure that the learner is trained and is competent to carry out the role of the fire warden, which will enable the learner to facilitate the very important role of the fire warden in the working environment.

## Course Objectives

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

- 1) Identify principle workplace fire hazards.
- 2) Explain the theory of combustion / fire triangle.
- 3) Understand the principles of fire and fire spread.
- 4) State the importance of fire wardens and their roles / responsibilities within the working environment.
- 5) Understand the company specific fire action plan.
- 6) Understand the importance of fire safety law.
- 7) Demonstrate how to use the correct fire extinguisher using the correct extinguishing agent.
- 8) Discuss the importance of recording information in the fire log book.

3 Hour Course  
£375.00+VAT  
for 12 Learners

Level 2 Accredited Course available  
just add £15.00 per learner\*

Ask about our combined fire warden.



# Evacuation Chair Training Course

## Course Brief

Under current legislation it is the responsibility of the employer and other building operators to provide an adequate means of escape for all occupants of the premises. The Evacuation Chair is the ideal solution for the evacuation of mobility impaired persons who may not be able to use stairs on a daily basis. The inclusion of the evacuation chair means that all occupants have an equal opportunity to escape from a building in the event of emergency. Current legislation includes:

- Regulatory Reform (Fire Safety) Order 2005 – Means of escape
- Building Regulations Parts B and M – Building use and access
- BS5588-8:1999 – Providing disabled people with measures to be assisted in an emergency
- Equality Act 2010 – Ensuring that disabled people are not at a disadvantage compared to those that are not disabled

## Course Aims

The course aims are to train the user in the safe operation and use of the evacuation chair. The Evacuation Chair Training Course provides the necessary information and training so that you and your organisation can comply with the above legislation and guidance.

## Course Objectives

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

- 1) Use the evacuation chair safely in the event of an emergency situation following manufacturer's instructions.
- 2) List the key parts of the evacuation chair.
- 3) Demonstrate safe use of the evacuation chair.

## Course Price

2 Hour Course  
 £325.00+VAT  
 (Maximum 08 staff)



# Fire Compartment Evacuation Course (2 hours)

## Course Brief

Suitable compartment evacuation training should include simulating the evacuation of your largest and most difficult bedroom compartments against the clock. The relevant fire safety guidance for Care Homes and Nursing Homes states that staff should be able to evacuate any individual bedroom compartment within 2.5 minutes during normal operating hours.

Fire drills and training in the evacuation equipment are not enough.

## Course Aims

The course aims are to prepare the Residential or Nursing home management for rapid evacuation from a compartment.

## Course Objectives

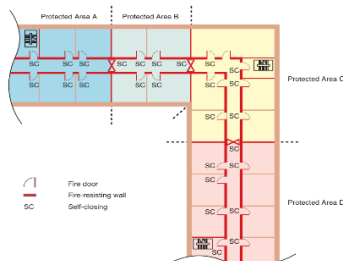
- 1) Identify the correct time for compartment evacuation.
- 2) Discuss the existing fire strategy.
- 3) Identify the equipment available to achieve the compartment evacuation time in accordance with guidance.

## Course Tutor

The course tutor Gordon Rose is a competent health and safety consultant / registered fire risk assessor for 20 years and specialises in fire risk assessments for Care Homes and Nursing Homes.

## Course Price

2 Hour Course  
£325.00+VAT  
for 12 Learners



# Control of Substances Hazardous to Health Awareness Course

## Course Brief

The COSHH Awareness course is designed to meet any company's individual requirements in a bespoke manor, awareness of correct substance handling is imperative to ensure accidents and ill-health effects do not arise in the workplace, and compliance with health and safety law is adhered too.

## Course Aims

The course aims are to raise awareness to hazardous substances used within the workplace to assist employees to work safely and to understand the importance of reading the manufacturers instructions when using a hazardous substance. The candidate will also understand the importance of following safe systems of work and wearing the correct personal protective equipment.

## Course Objectives

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

- 1) Explain what is meant by COSHH Regulations.
- 2) Identify different labels of hazardous substances.
- 3) Identify possible health effects from using hazardous substances.
- 4) State what type of reaction can occur from mixing hazardous substances which are not compatible.
- 5) Describe why good personal hygiene is important in the workplace.
- 6) Participate in a group activity to identify the correct use, handling and storage of hazardous substances.

3 Hour Course  
 £325.00+VAT  
 for 12 Learners



# Emergency First Aid Course



## 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. The course is packed with information and practical assessment and can include bespoke elements, which are essential for different hazards 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.

1 Day Full Course  
£425.00+VAT  
for 12 Learners

Level 3 Accredited Course available  
just add £15.00 per learner\*



## Risk Assessment Course (Care) Levels 2 & 3

### Course Brief

The risk assessment course has been designed for anyone who is responsible for carrying out risk assessments within the Care Industry. The course has been well received by care managers, seniors and health and safety representatives. The risk assessment course contains all of the tools necessary to carry out suitable and sufficient risk assessments in the workplace and can be made bespoke for any business.

### Course Aims

The lesson aims are to ensure that all of the learners can prepare and revise a suitable and sufficient risk assessment as required by The Management of Health and Safety at Work Regulations 1999.

The risk assessment process will enable the learner to eliminate, control or reduce workplace hazards effectively.

### Course Objectives

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

- 1) Prepare a suitable and sufficient risk assessment.
- 2) Understand the health and safety law relating to risk assessment.
- 3) Define hazard and risk.
- 4) Explain the health and safety executives 5 Steps to risk assessment.
- 5) Evaluate workplace risks correctly.
- 6) Explain when a risk assessment should be reviewed.
- 7) Discuss the role of risk assessment and its important role in health and safety.
- 8) State persons who are especially at risk.
- 9) Understand Perception.

1 Day Full Course  
 £395.00+VAT  
 for 12 Learners

Level 2 Accredited Course available  
 just add £15.00 per learner\*





# Qualsafe Level 2 Certificate in Health and Safety in Health and Social Care (With hand hygiene / care component)



## Course Brief

This training programme has been designed to provide essential knowledge and understanding of health and safety for employees working in the health and social care sector. The level 2 certificate in health and safety in health and social care encompasses the mandatory training required by health and social care staff.

## Course Aims

The course aims are to raise the candidate's awareness to health and safety, which will assist employers and employees to work safely and to contribute to the safety of their organisation more effectively.

## Course Objectives

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

- 1) Define what is meant by health and safety at work.
- 2) Discuss the requirements of sections 2,7,and 8 of The Health and Safety at Work Act 1974.
- 3) Explain the roles / powers of HSE Inspectors.
- 4) Identify workplace hazards and their associated risks.
- 5) Understand the importance of risk assessment.
- 6) State the reasons for maintaining good health and safety standards at work.
- 7) Explain the correct hand hygiene and infection control measures required in the workplace.

1 Day Full Course  
£395.00+VAT  
for 12 Learners

Level 3 Accredited Course available just add £15.00 per learner\*



# Qualsafe Level 3 Certificate in Health and Safety in the Workplace

## Course Brief

The requirements for good health and safety practices in the workplace are enshrined in health and safety law, business owners and managers must ensure that policies and procedures are in place to protect not only workers but also visitors to the premises. This qualification is aimed at supervisors, owners of small businesses, team leaders, senior carers and anyone else who has a responsibility for health and safety for others in the workplace.

## Course Aims

- To provide understanding of the main concepts of health and safety.
- To promote the benefits of health and safety culture.
- To clarify the roles and responsibilities of individuals, supervisors and management in health and safety.
- To provide an understanding of health and safety control and improvement strategies available to supervisors.

## Course Objectives

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

- 1) Explain the concepts of health and safety.
- 2) State how accidents happen and how to prevent a reoccurrence.
- 3) Understand how illness and disease can arise from work activities / and routes of entry from agents.
- 4) Understand the law relating to everyone within the workplace and the health and safety powers and action from the Health and Safety Executive.
- 5) Describe how risk assessment can be used as a tool to prevent accidents from occurring and the importance of active monitoring within the workplace.
- 6) Explain the role of the supervisor and the duties to be carried out to achieve effective supervision.

3 Day Full Course

£300.00+VAT

Per Person for 12 Learners

Level 3 Accredited Course available  
just add £25.00 per learner\*



# Qualsafe Level 4 Certificate in Health and Safety in the Workplace



## Course Brief

This course has been designed to provide those with managerial and supervisory positions with appropriate knowledge and understanding of health and safety issues, rigorous enforcement of health and safety legislation is important but it is not, in itself, sufficient to prevent work-related accidents and illness.

## Course Aims

The course aims are to ensure that the successful candidate can manage health and safety within their business, by developing an auditing and monitoring programme and designing safe practices and procedures, liaising with enforcement officers, staff training, interpreting legal requirements and establishing risk assessment projects (subject to further training where applicable).

## Course Objectives

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

- 1) Understand the health and safety law relating to everyone within the workplace and the powers and actions from the Health and Safety Executive Inspectors.
- 2) State how accidents happen and how to prevent a reoccurrence using accident investigation techniques.
- 3) Describe how risk assessment can be used as a tool to prevent accidents from occurring and the importance of active monitoring within the workplace.
- 4) Explain the role of health and safety management and the duties and procedures to be carried out in order to achieve successful health and safety management.
- 5) Understand how illness and disease can arise from work activities/ and routes of entry from agents.
- 6) Recognise the importance of electrical safety with regards to electrical installations and appliances.
- 7) Describe the importance of legal requirements for safe systems of work.
- 8) Describe the importance of legal requirements for effective training and evaluation of training.



**5 Day Full Course**  
**£495.00+VAT**  
**Per Person**

Level 3 Accredited Course available  
just add £25.00 per learner\*



This course is designed specifically for managers / senior staff in the health and social care settings to identify how to manage health and safety in health and social care in compliance with health and safety law to achieve a safe working environment for all.

Following the course the manager / senior person will have an enhanced level of competence to manage day-to-day risks within their areas of responsibility.

The course aims are to raise, improve and enhance the manager / senior persons knowledge and ability to manage health and safety in accordance with health and safety law and agreed company policy to enhance the health and safety management systems of the organisation.

- 1) Recognise their legal responsibilities with regards to managing health and safety in the workplace.
- 2) Describe the main parts of the health and safety management system.
- 3) Know how to organise for health and safety.
- 4) Understand the importance of risk assessment and its relationship with managing health and safety.
- 5) Understand the importance of managing key health and safety risks in the health and social care industry to include:
  - Moving and handling
  - Safeguarding
  - Medication
  - Fire safety
  - Chemical safety
  - Work equipment safety
  - Lone Working
  - Violence and aggression
- 6) Understand the importance of reporting and recording Accidents / Incidents.
- 7) Understand the importance of measuring performance of the health and safety management system.



Open courses available.

## (NEW) IOSH Managing Safely (3 day programme)



### Course Brief

This course accredited by the Institution of Occupational Safety & Health (IOSH) and is a well-recognised and respected programme of training and is ideal for care managers / seniors / coordinators who have operational responsibility for safety, but perhaps do not wish to progress through a structured safety programme for professional development.

Part time Health & Safety staff, Safety Reps and Graduates have all found this course to be invaluable in providing essential skills for turning theory into practice.

#### The course content includes:

- Safety Management
- Reactive Monitoring
- Risk assessment and risk control
- Active monitoring
- Review and audit
- Health and safety legislation
- Hazards – general

This is an intensive program, which concludes on day 4 with a written assessment and a work based project.

An IOSH **Managing Safely** certificate will be awarded to all those who attend and successfully complete both the written and work based assessment.

3 Day Full Course

£395.00+VAT

Per Person

Open courses available.



This course accredited by the Institution of Occupational Safety & Health (IOSH) is the re-certification 1 day course for candidates who have attended an IOSH Managing Safely Course within the last three years.

### Review and Evaluation of:

- Safety Management
- Reactive Monitoring
- Risk assessment and risk control
- Active monitoring
- Review and audit
- Health and safety legislation
- Hazards – general



An IOSH **Managing Safely** Re certification certificate will be awarded to all those who attend and successfully complete an assessment.

1 Day Full Course  
£195.00+VAT  
Per Learner

Open courses available.

# Qualsafe Level 3 Award in TSP – Training Skills and Practice



This qualification replaces the popular Qualsafe Professional Trainer Certificate (PTC).

## Overview

This qualification is aimed at those who want to develop practical training skills and is the minimum requirement for anyone wishing to register to deliver Qualsafe qualifications in food safety, health and safety and environmental protection without public funding – for example, in the workplace. It is also ideal for first-time trainers who need to understand the basics of training skills and practice or those looking to refine their techniques. It encourages a flexible approach to training delivery that takes account of learners' needs and preferences. The Qualsafe TSP covers initial assessment, planning and preparation, training delivery, assessment and evaluation. It is part of the Qualsafe Level 3 Award in Preparing to Teach in the Lifelong Learning Sector.

## Outline programme

- Understand their own role and responsibilities in relation to training
- Understand appropriate training and learning approaches in a specialist area
- Demonstrate their session planning skills
- Understand how to deliver inclusive sessions that motivate learner
- Understand the use of different assessment methods and the need for record keeping

## Duration

Three-day programme

## Assessment

Assignment (micro-teach session)

## Ofqual accredited

No

## Prerequisite

None

## Suggested progression

Qualsafe Level 3 Award in Preparing to Teach in the Lifelong Learning Sector \* Other training/teaching qualifications are also recognised and conditions regarding technical knowledge and experience also apply.

3 Day Full Course

£350.00+VAT

Per Person

Open courses available.

This qualification has been developed for anyone entering teaching or training roles or already in-service who needs to achieve the minimum threshold status as a teacher in the lifelong learning sector – that is, adult and community learning and development, further education, libraries, archives and information services and work-based learning.

## Overview

By 2010, anyone who teaches courses that are publicly-funded will have to be qualified. This qualification introduces the knowledge and skills required by teachers to develop and deliver programmes, provide learning support and take responsibility in managing the learning process in post-16 education. The training programme for the Qualsafe Level 3 PTLLS includes the Qualsafe Level 3 Award in Training Skills and Practice (TSP). It is designed to be delivered in 30 hours of teaching time, not including breaks, and revision and practice sessions, with an additional 30 hours for assimilation, consolidation and assignment planning, development and submission.

## Outline programme

- Understand your own role, responsibilities and boundaries of role in relation to teaching
- Understand appropriate teaching and learning approaches within a specialist area
- Demonstrate your session planning skills – plan, deliver, observe and evaluate a micro-teaching session
- Understand how to deliver inclusive sessions that motivate learners
- Understand the use of different assessment methods
- Understand and analyse the need for accurate record keeping and procedures that can be adopted – including internal and external assessment information.

## Course duration

Five-day programme

## Assessment

One practical and two written assignments

## Ofqual accredited – Yes

## Prerequisite – None

## Suggested progression

Level 4 Award in Preparing to Teach in the Lifelong Learning Sector or Level 3/4 Certificate in Teaching in the Lifelong Learning Sector (CTLLS).

**5 Day Full Course**  
**£395.00+VAT**  
**Per Person**



# Open Courses 2026

Course Name	Dates		Cost per Learner
Accredited - First Aid at Work course (3 days) (09.00 - 16.00) Monday - Wednesday's unless otherwise stated. QA Level 3 certificate also available. <b>New - Blended QA L3 FA@W &amp; Paediatric First Aid.</b>	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) Monday's & Tuesday's 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 – 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
Course Name	Dates		Cost per Learner
IOSH Managing Safely Refresher (1 Day) (09.30 – 16.00).	19th February 10th April 18th June	August No Training 08th October 4th December	£195.00 + VAT
IOSH Managing Safely (3 Days) - (09.30 - 16.00) Monday - Wednesday unless otherwise stated.	16th – 18th February 07th – 09th April 15th – 17th June	AUGUST No Training 05th – 07th October 01st – 03rd December	£395.00 + VAT
Fire Warden (Combined) Evac Chair & Evac Slides (09.30 - 12.30) Fridays unless otherwise stated.	27th February 24th April 19th June	AUGUST No Training 11th September 27th November	£125.00 + VAT

Continued overleaf

## Open Courses 2026 (continued)

Moving and Handling Course (People) (09.30 - 16.00) Friday's unless otherwise stated.	30th January 17th April 26th June	AUGUST No Training 18th September 13th November	£125.00 + VAT
OCN Level 4 Moving and Handling Instructors Course (4 Days) (09.00 - 16.00)	12th – 15th January 13th – 16th April 20th – 23rd July	14th – 17th September 09th – 12th November	£800.00 + VAT
OCN Level 2 Safe Handling of Medication (1 day) (09.30 - 15.30) Monday's unless otherwise stated.	Friday 16th January Friday 20th March Monday 11th May Friday 10th July	AUGUST No Training Monday 28th September Monday 23rd November	£125.00 + VAT L2 Cert + £15.00

Dear Client,

Welcome to our suite of **New Online CPD Accredited** training courses ready for your immediate use:

### Health and Social Care Courses

Allergen Awareness	Disability Awareness	Loss and Bereavement*
Autism Awareness	Drugs and Alcohol Awareness	MCA & DoLs Awareness
Care Certificate	Duty of Candour	Medication Awareness
Car Planning	Duty of Care Awareness	Medication Advanced
Catheterisation Awareness	Emergency First Aid Awareness	Mental Health Awareness
Challenging Behaviour Awareness	Epilepsy Awareness	Moving and Handling (People) (T)
Child Safeguarding Advanced	Equality and Diversity	Oral Health Awareness
Child Sexual Exploitation	Fall Prevention Awareness	Palliative and End of Life Care
Communication & Record Keeping	FGM Awareness*	Person Centred Care Awareness
Coronavirus Awareness and Control	Forced Marriage Awareness*	Pressure Sore Awareness
Dementia Awareness	Infection Control Awareness	Risk Assessment Awareness
Diabetes Awareness	Infection Control Advanced	Safeguarding (Adults / Children)
Diet and Nutrition Awareness	Learning Disabilities Awareness	Self-Harm Awareness
Dignity, Privacy and Respect	Legionella Awareness	SEND Code of Practice*

### Health and Safety Courses

Asbestos Awareness	Fire Safety Awareness	Manual handling (Objects)
Concussion Awareness*	Food Safety Level 2 Awareness	Paediatric First Aid (Blended Course)
COSHH Awareness	HACCP Awareness	RIDDOR Awareness
DSE / VDU Awareness	Health and Safety Awareness	Slips, Trips and Falls Awareness*
Emergency First Aid Awareness	Lone Working Awareness	Working at Height Awareness

### Soft Skills Courses

Bullying and Harassment	Effective Call Management	Preventing Radicalisation
Complaints Handling	Interview Skills	Safer Recruitment
Conflict Management	Managing People	Staff Appraisal Skills
Customer Service Awareness	Managing Your Digital Profile	Stress Awareness

**Coming soon\***

All courses **ONLY £10.99+VAT** – Your just 1 click away, simply send us an e-mail with the courses you want to attend, attendees' names and e-mail address and your learners will be enrolled automatically for you.

Email – [gordon@rosetrainer.co.uk](mailto:gordon@rosetrainer.co.uk)



15A Front Street, Hetton-le-Hole  
Tyne and Wear, DH5 9PF  
Tel: +44 (0)191 526 6498

E-mail: [gordon@rosetrainer.co.uk](mailto:gordon@rosetrainer.co.uk) Website: [www.rosetrainer.co.uk](http://www.rosetrainer.co.uk)