



TRAINING AND CONSULTANCY SERVICES  
**Rose**  
Health & Safety  
ESTABLISHED  
2003

# Health & Social Care Mandatory Training Specialists



### 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.”



## 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”**



# 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.

## 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\*



## Accredited 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. The course is packed with information and practical assessments 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.

### Course Price

1 Day Full Course  
 £425.00+VAT  
 for 12 Learners

3 Hour Update Course  
 £325.00+VAT  
 for 12 Learners

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



# 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 of 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.

## Course Price

1 Day Full Course  
£425.00+VAT  
for 12 Learners

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

## 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.

## 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\*

# 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\*





## 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 Service 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 six 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 System 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.

## 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\*

# Infection Control Course

## 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 of 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

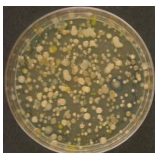
At the end of the session the learner will be able to:

- 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.

## Course Price

3 Hour Course  
£325.00+VAT  
for 12 Learners

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



## 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.

## Course Price

3 Hour Course  
 £325.00+VAT  
 for 12 Learners

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



# 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.

## Course Price

3 Hour Course  
£375.00+VAT  
for 12 Learners

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



# 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

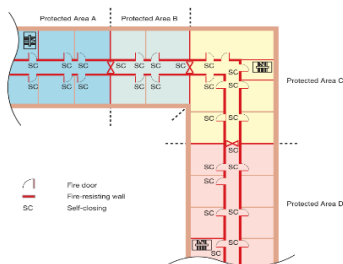
- 1) Identify the correct time for compartment evacuation.
- 2) Discuss the existing fire strategy.
- 3) Identify the equipment available to achieve the compartment evacuation time in accordance with guidance.

## 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





# 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)



# 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 manner, 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 to.

## 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.

## Course Price

3 Hour Course  
£325.00+VAT  
for 12 Learners

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



# 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.

## Course Price

1 Day Course  
£425.00+VAT  
for 12 Learners

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



# De-escalation Awareness Course

## Course Brief

De-Escalation techniques are used to resolve the crisis without the use of force during periods of aggression and behaviours that challenge.

## Course Aims

The aims of the de-escalation training course are to provide staff with the awareness and confidence to deal effectively with the aggressive or challenging behavior from service users with empathy whilst managing difficult situations.

## Course Objectives

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

- Identify behaviour which challenges.
- Discuss the causes of challenging behaviour.
- Identify adjustments that may help to reduce the behaviour.
- List actions and responses which can impact on the behaviour.
- Understand the importance of de-escalation techniques.
- Identify the right time to use de-escalation techniques.
- Develop communication skills to assist with de-escalation.
- Use empathy skills during de-escalation.
- Demonstrate effective de-escalation techniques.

## Maximum

12 candidates

## Duration

3 hours

## Course Price

3 Hour Course  
 £325.00+VAT  
 for 12 Learners



# Managing Health and Safety in Health and Social Care – Level 4 Accredited



## Course Brief

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.

## Course Aims

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.

## Course Objectives

- 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.



## Course Price

4 Day Course  
£450.00+VAT  
Per Learner

Open courses available.



# 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.

## Course Price

3 Hour Course  
£395.00+VAT  
for 12 Learners

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

# 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.

## Course Price

3 Hour Course  
£325.00+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 Outcomes

- 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.

## Course Price

3 Hour Course  
 £350.00+VAT  
 for 12 Learners



# Stress Management & Resilience Awareness Training Course



## Course Brief

Management of Stress is a must in very busy, demanding workplaces. Employers benefit from Stress Management training to ensure Managers can use resilience techniques to manage workloads in accordance with the HSE management standards.

## Course Aims

The course aims are to raise awareness of Stress, the causes, consequences and management of this condition to reduce impact on management and staff using resilience strategies.

## Course Outcomes

- Understand the nature of Stress.
- Understand the causes and consequences of Stress.
- Recognise resilience strategies to manage Stress.
- Identify the emotional and environmental causes of Stress.
- Show an understanding of key legal cases which have been decided in Courts.

## Course Price

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.

## Course Price – half day

3 Hour Course  
£325.00+VAT  
for 12 Learners

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



# Open Courses 2026

OPEN Course Name	Dates		Cost per Learner
<p>Accredited - First Aid at Work course (3 days) (09.00 - 16.00) Monday - Wednesday's unless otherwise stated.</p> <p>QA Level 3 certificate also available.</p> <p><b>New - Blended QA L3 FA@W &amp; Paediatric First Aid.</b></p>	<p>19th – 21st January 23rd – 25th February 23rd - 25th March 20th – 22nd April 18th – 20th May 22nd – 24th June</p>	<p>13th – 15th July <b>AUGUST No Training</b> 21st – 23rd September 19th – 21st October 16th – 18th November 07th – 09th December</p>	<p>£225.00 + VAT</p> <p>L3 Cert + £15.00</p>
<p>Accredited - First Aid at Work Requalification (2 days) (09.00 - 16.00) Monday's &amp; Tuesday's unless otherwise stated.</p>	<p>19th &amp; 20th January 23rd &amp; 24th February 23rd &amp; 24th March 20th &amp; 21st April 18th &amp; 19th May 22nd &amp; 23rd June</p>	<p>13th &amp; 14th July <b>AUGUST No Training</b> 21st &amp; 22nd September 19th &amp; 20th October 16th &amp; 17th November 07th &amp; 08th December</p>	<p>£175.00 + VAT</p>
<p>Accredited - Paediatric First Aid course (2 days) 09.00 - 16.00 Thursday &amp; Friday unless otherwise stated.</p>	<p>22nd &amp; 23rd January 26th &amp; 27th March 21st &amp; 22nd May 16th &amp; 17th July <b>AUGUST No Training</b></p>	<p>24th &amp; 25th September 19th &amp; 20th November</p>	<p>£175.00 + VAT</p>
<p>Accredited – Emergency First Aid Course (1 day) (09.00 - 16.00) Monday unless otherwise stated.</p>	<p>19th January 23rd February 23rd March 20th April 18th May 22nd June</p>	<p>13th July AUGUST No Training 21st September 19th October 16th November 07th December</p>	<p>£125.00 + VAT</p>
<p>OCN Level 3 First Aid Instructor Training (5 Days) 09.00 - 16.00. Includes Full QA Level 3 FA@W 3 Day Certificate.</p>	<p>On Request</p>		<p>£800.00 + VAT</p>

OPEN Course Name	Dates	Cost per Learner
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  <b>August No Training</b> Monday 12th October Thursday 10th December	£125.00 + VAT
IOSH Managing Safely Refresher (1 Day) (09.30 – 16.00)	19th February 10th April 18th June  <b>August No Training</b> 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  <b>AUGUST No Training</b> 05th – 07th October 01st – 03rd December	£395.00 + VAT
Fire Warden (Combined) Evac Chair & Evac Slides (09.30 - 12.30) Friday's unless otherwise stated.	27th February 24th April 19th June  <b>AUGUST No Training</b> 11th September 27th November	£125.00 + VAT
Moving and Handling Course (People) (09.30 - 16.00) Friday's unless otherwise stated.	30th January 17th April 26th June  <b>AUGUST No Training</b> 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  <b>AUGUST No Training</b> 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  <b>AUGUST No Training</b> Monday 28th September Monday 23rd November	£125.00 + VAT L2 Cert + £15.00

## Additional Courses provided



Manual Handling (Objects).....	£325
Rapid Entire Body Assessment Course .....	£325
Sling Prescription Awareness.....	£325
Person Centered Planning Course.....	£332
Diabetes Awareness Course .....	£325
Communication Training Course.....	£325
End of Life Care Course .....	£325
Stroke Awareness Course .....	£325
Epilepsy Awareness Course.....	£395
Dementia Awareness Course .....	£325
Safeguarding Adults & Children .....	£325
Mental Capacity Act and Deprivation of Liberty Safeguards (DOLS) – Level 2 Accredited ...	£325
Equality, Diversity and Inclusion Training .....	£325
Management of Violence and Aggression .....	£325
Qualsafe Level 3 Awards in Food Safety.....	POA
Qualsafe Level 4 Awards in Food Safety.....	POA
HACCP – Hazard Analysis of Critical Control Point Awareness Course.....	£325
Nutrition Awareness Course .....	£325
Stress Management Awareness Course .....	£325
Personal Safety Training .....	£325
Team Building Training .....	£325
(NEW) IOSH Managing Safely (4 day Course) .....	£395
Qualsafe Level 3 Certificate in Education and Training .....	£395
Falls Prevention and Awareness.....	£325
Data Protection .....	POA
Legionella Awareness.....	£325
Wheelchair Awareness Training, Emergency Evacuation Chair Training (including emergency slide sheets) .....	£325

## Online Training Courses

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)





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