

First Aid Training For All

"Practical, focused, relaxed and enjoyable training of a life-saving skill"

Employer/Self Employed: Certificated First Aid training for you or your employees, contractors or volunteers maybe a lawful requirement. Award of CPD points also possible.

Parents, Sports Enthusiasts, Everyone from aged 12yrs +: First aid training can save a life.
(PLEASE NOTE, U16yr must be accompanied by an adult)

'FAST FIRST AID' © 1.5hr training sessions covering various subjects every week:

CPR/Resuscitation/Unconsciousness/Wounds/Choking/Broken Bones
Heart Attacks/Stroke/Amputations/Burns

COST £10 per person per session

'KEEP THE BEAT' - LIFE SUPPORT  ©

A half-day training course (3hrs) inc refreshments, focusing on :

Unconsciousness/CPR/Resus

COST £35 per person

EMERGENCY FIRST AID AT WORK (HSE/Ofqual Level 2): (for 16yrs +)

An HSE approved and Ofqual certificated, basic level course for employer/employee/self-employed/volunteer worker. Successful completion of **6hrs training** leads to a 3yr qualification

COST £65 per person (inc Ofqual/HSE registration, certificate, refreshments)

EMERGENCY PAEDIATRIC FIRST AID (HSE/Ofqual Level 3): (for 16yrs+)

An HSE approved and Ofqual certified, basic level course for people who have an interest in child & infant basic life support. Successful completion of **6hrs training** leads to a 3yr qualification

COST £65 per person (inc Ofqual/HSE registration, certificate, refreshments)

FIRST AID AT WORK, higher level PAEDIATRIC, REFRESHER courses, and any bespoke first aid training also available. Please contact for details. Attendance Certificates available for non-accredited training.

Courses start in **KNIGHTON & KNUCKLAS in mid MAY 2015**. To enquire about a course contact HELEN BATCHELOR on 01547 550 557 /07821 411236 or email upstreamtraining@live.com

If you know of 5 or more people who need certificated HSE training, and have a room suitable for training delivery, it may be possible for the training to be delivered directly to you at a time of your choosing, including evenings, and at a reduced cost. Please contact to discuss.

First Aid Training

Course Dates May - June

Type of First Aid Training:	Subject/Session	Location:	Time of Session	Date:
FAST FIRST AID 1	'Unconscious Casualty'	Knighton Community Centre	7.00pm - 8.30pm	Mon 11th May
FAST FIRST AID 2	'CPR/Resus'	Knighton Community Centre	7.00pm - 8.30pm	Mon 18th May
FAST FIRST AID 3	'Choking children/adult'	Knighton Community Centre	7.00pm - 8.30pm	Mon 8th June
FAST FIRST AID 4	'Wounds & Bleeding' 'Amputations'	Knighton Community Centre	10.30am - 12.00	Sun 14th June
FAST FIRST AID 5	'Broken/Dislocated Bones' 'Shock'	Knighton Community Centre	7.00pm - 8.30pm	Mon 15th June
FAST FIRST AID 6	'Heart Attacks' 'Stroke' 'Angina'	Knighton Community Centre	10.30am - 12.00	Sun 28th June
FAST FIRST AID 7	'Burns & Electrocutation'	Knighton Community Centre	7.00pm - 8.30pm	Mon 29th June
KEEP THE BEAT - LIFE SUPPORT ❤️	Unconsciousness/ CPR/ RESUS	Knucklas Community Centre	9.30am - 12.30	Sun 10th May
KEEP THE BEAT - LIFE SUPPORT ❤️	Unconsciousness/ CPR/RESUS	Knucklas Community Centre	9.30am - 12.30	Sun 17th May
KEEP THE BEAT - LIFE SUPPORT ❤️	Unconsciousness/ CPR/RESUS	Knucklas Community Centre	9.30am - 12.30	Sun 24th May
EMERGENCY FIRST AID AT WORK (HSE/Ofqual LEVEL 2)	Session 1 of 3	Knucklas Community Centre	2.00pm - 4.00pm	Sun 10th May
	Session 2 of 3	Knucklas Community Centre	2.00pm - 4.00pm	Sun 17th May
	Session 3 of 3	Knucklas Community Centre	2.00pm - 4.00pm	Sun 24th May
EMERGENCY FIRST AID AT WORK (HSE/Ofqual LEVEL 2)	Sessions 1 - 3 inc	Knucklas Community Centre	9.00am - 5.00pm	Sun 7th June
EMERGENCY PAEDIATRIC FIRST AID (HSE/Ofqual Level 3)	Sessions 1 - 3 inc	Knucklas Community Centre	9.00am - 5.00pm	Sun 31st May
EMERGENCY PAEDIATRIC FIRST AID (HSE/Ofqual Level 3)	Session 1 of 3	Knucklas Community Centre	2.00pm - 4.00pm	Sun 14th June
	Session 2 of 3	Knucklas Community Centre	2.00pm - 4.00pm	Sun 28th June
	Session 3 of 3	Knucklas Community Centre	2.00pm - 4.00pm	Sun 5th July

