



First aid: training that's  
*everyone's* business

# Contents

## Making a difference

**You probably know the British Red Cross as part of the world's largest humanitarian network, helping people in times of disaster or conflict; but did you know we are also one of the UK's largest providers of first aid training?**



## Making sense for managers

**Providing your workforce with access to first aid if they become ill or are injured is a legal obligation.**

**Training your employees in the techniques they will need to administer first aid – well that's just good sense.**

Not only does first aid training increase confidence and improve motivation, research shows that attendees adopt and spread safer working practices. An improved culture of safety can help your business to avoid injury associated penalties such as fines, legal costs, sick pay, decreased productivity and a damaged reputation.

81 per cent of people questioned felt “everyone should learn basic first aid”. Providing training shows you care about your staff.

To exit press 'esc'





● “Our training sessions are practical and hands on. All of our trainers follow a set quality standard but we also bring our own skills and personal touches into training sessions. There is an excellent perception of the Red Cross, so I am proud to tell people who I work for.”

**Angela St Clair, Red Cross trainer**

## Making sense for your business

**By choosing the Red Cross, you are investing in training with a name you can trust.**

**We have been providing quality first aid training to businesses for over 30 years.**

Plus, you'll find that we really understand business and the environment in which you work.

This is why we offer a number of flexible training solutions; courses can be completed on your premises, tailored to your industry or completed one day a week.

Other benefits include:

- > one central booking number
- > over 180 venues across the UK
- > Health and Safety Executive recognised courses
- > friendly and professional trainers
- > customer care recognised by ISO:9001:2008.





“The trainers on my course were absolutely fantastic; they were total professionals. They were great at explaining each part of the course in enough detail to help us take it in without overloading or complicating things. I’m not the most confident person, but throughout the whole course I felt completely supported and was able to ask questions without feeling embarrassed.

For the actual course itself, there was the perfect balance of practicals, lessons, videos and quizzes to keep it interesting whilst keeping the topics in mind.

I had an absolutely fantastic time, and am really sad the course only lasted for three days.”

**Clare Harris, course attendee 2011**

## Our courses

First aid at work	Emergency first aid at work	First aid at work requalification	Annual skills update
<b>Three days</b> Price £258 (£345 inside the M25)	<b>One day</b> Price £108 (£144 inside the M25)	<b>Two days</b> £175 (£205 inside the M25)	<b>Three hours</b> £50 (£70 inside the M25)
<p><b>Is this the right course for me?</b> This course is suitable for any organisation, but particularly suits the needs of businesses where Health and Safety Executive guidelines indicate a first aider trained in first aid at work is necessary. It is also the only course to cover the treatment of major medical conditions, including the administration of aspirin and epinephrine.</p> <p>The training is fully accredited by the HSE.</p> <p><b>Speak to our advisers about completing this course one day a week.</b></p>	<p><b>Is this the right course for me?</b> If yours is a lower risk environment or you have fewer staff and need to learn basic, everyday first aid skills this course is perfect for you. It particularly suits the needs of those whose risk assessment indicated they need a first aider trained in emergency first aid at work.</p> <p>The training is fully accredited by the HSE.</p>	<p><b>Is this the right course for me?</b> This course is only suitable for staff who need to maintain an existing first aid at work qualification (this can have been completed with any training provider). Current first aid at work qualifications must still be valid at the time the requalification is completed.</p> <p>The training is fully accredited by the HSE.</p>	<p><b>Is this the right course for me?</b> This is the right course for everyone – the HSE strongly recommends that any trained first aider should attend an annual update to keep their skills up-to-date and maintain their level of confidence in performing the techniques they have acquired.</p> <p>This training is not accredited by the HSE, although it is strongly recommended.</p>

## First aid and the law

It is important to remember that providing access to first aid for all staff, across all sites and for all times that staff are at work, is a legal obligation. Depending on the number of people you employ, and the level of risk your business operates in, this could mean you need a trained first aider.



••••• A step-by-step tool to help you assess your needs is available in our SME Knowledge Zone. Visit [redcrossfirstaidtraining.co.uk](http://redcrossfirstaidtraining.co.uk)

## Safe Hands

Along with the hands-on, fun experience people enjoy when they choose the Red Cross for their training, Safe Hands is what makes learning with us a unique experience – because with Safe Hands your learning never ends.

Benefits of the Safe Hands online community include:

- > first aid tips
- > quizzes
- > first aid library
- > ability to ask our first aid experts questions
- > video clips
- > information on volunteering opportunities.

We are the only training organisation in the UK that offers free, ongoing support once you complete your course.





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## Training that's everyone's business

**Teaching first aid is all about giving one person the ability to help another person.**

**This is why increasing the number of people trained in life saving skills is one of the cornerstones of our humanitarian values.**

But did you also know that the money raised through providing first aid training to the business community helps fund our work both overseas and for projects right here in your own local area?

UK projects your money will help to support include:

- > home from hospital services
- > medical equipment loans
- > refugee services
- > tracing and messaging services for families separated through war or natural disaster.

Find out more about the work of the Red Cross and volunteering opportunities at [redcross.org.uk](https://www.redcross.org.uk)

# We're just around the corner

With 180 venues across the UK, finding a course near you is easy.

