

Our Training Courses

ZERO

TO

SUPERHERO



YOUR VENUE OR OURS?

HOW IMPORTANT IS CPR?

If someone suffers from a sudden cardiac arrest (SCA) out of hospital, they have a less than one in ten chance of survival. Learning how to deliver CPR to save someones life can take between thirty minutes and an hour - such little time can make the difference between saving a life and not. There are approximately 30,000 SCA's that occur every year in the UK out of hospital, with the survival rate jumping from 6% to 74% if CPR is delivered in the first three to five minutes, it is clear to see how much of a difference it can make. With this being said, knowledge about CPR has become much more widespread in the media with various campaigns being launched across a number of charities. Due to this, as many as 5,000 lives a year can be saved with over three million people learning vital CPR skills in the UK in the past five years alone. The importance of CPR should never be overrated, with this the more people that learn how to deliver it, the better.

Your venue

We shall deliver your chosen course for up to 12 candidates at your venue.

- + Amazing value for money and delivered in a suitable venue that works around your needs.
- + No travelling or travel costs, and all times and dates can be tailored to suit you.

Our venue

If you are looking for a more local course then come and join us at our training centre in Hemel Hempstead, Hertfordshire. We are close to the M1/M25, Watford Junction, Hemel Hempstead and Kings Langley rail stations, making us perfect for those looking for a local training provider.

For availability and offers visit www.ttclondon.co.uk or give us a call on **01442 601060**.

THE BASICS OF WHAT IS COVERED IN WHICH COURSE

	First Aid at Work Blended	First Aid at Work Requalification	Emergency First Aid at Work	Paediatric First Aid Blended	First Aid for Schools – Primary Care	Basic Life Support	Defibrillator Training (AED)	First Aid Annual Refresher
Emergency Actions	✓	✓	✓	✓	✓	✓	✓	✓
Getting help effectively	✓	✓	✓	✓	✓	✓	✓	✓
Adult basic life support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓
Child & Baby basic life support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓
Hygiene	✓	✓	✓	✓	✓	✓	✓	✓
Neck & Back injuries	✓	✓	✓	✓		✓	✓	✓
Breathing problems	✓	✓						
Choking adult	✓	✓	✓	✓	✓	✓	✓	✓
Choking baby & child	✓	✓	✓	✓	✓	✓	✓	✓
Using a Defib (AED)	✓	✓	✓	✓	✓	✓	✓	✓
Asthma	✓	✓		✓	✓			
Panic Attack	✓	✓		✓				
Drowning	✓	✓		✓				
Smoke / fume inhalation	✓	✓		✓				
Anaphylaxis	✓	✓		✓	✓			
Unconsciousness & seizures	✓	✓	✓	✓	✓			
Recovery position	✓	✓	✓	✓	✓	✓	✓	✓
Multiple casualty incidents	✓	✓						
Heart attacks & angina	✓	✓						
Shock & fainting	✓	✓	✓	✓	✓			
Hypovolaemic shock	✓	✓		✓				
Electric shock	✓	✓		✓				
Minor wounds	✓	✓	✓	✓	✓			
Major wounds & amputations	✓	✓						
Crushing injuries	✓	✓						
Burns	✓	✓	✓	✓	✓			
Bones, muscles & joints	✓	✓	✓	✓	✓			
Concussion & compression	✓	✓		✓				
Strokes	✓	✓						
Minor & major seizures	✓	✓		✓				
Febrile convulsions				✓				
Sudden poisoning	✓	✓		✓				
Diabetes	✓	✓		✓				
Effects of temperature	✓	✓		✓				
First aid kits	✓	✓	✓	✓	✓			
Accident reporting	✓	✓	✓	✓	✓			
Croup, sickle cell, insect stings & bites				✓				
Meningitis	✓	✓		✓				

FIRST AID AT WORK BLENDED

One day blended



Health & Safety Executive Compliant

This First Aid at Work Training Blended course is suitable for those who need to be First Aiders in the Workplace in accordance with the Health and Safety at Work Act 1974. We are now running this 3-day course as a blended option for groups and individuals, this can now be achieved with just one full day in the classroom as blended learning is now an accepted means by which workplace first aid training can be delivered. This course is in line with the Health and Safety (First Aid) regulations 1981.



What's covered

- + Dealing with Emergencies
- + Adult, Child and Baby CPR
- + Adult, Child and Baby Choking
- + How to use a Defibrillator (AED)
- + Shock, Bleeding & Spinal Injuries
- + Allergic Reactions and Asthma
- + Recovery Position
- + Bone, Muscle and Joint Injuries
- + Burns and Scalds
- + Heart Attack, Angina and Strokes
- + Casualty Care
- + Head Injuries
- + And much, much more



Suitable for

As our most popular course you will learn everything you need to know (and a little more) to become a CONFIDENT First Aider in your workplace. Although aimed at anyone, this course will ideally suit fitness instructors, managers, team leaders, area managers, sports coaches, office workers, domestic team members, factory workers, maintenance workers and those in medium to large businesses of more than 25 employees.

EMERGENCY FIRST AID AT WORK

One day course



Health & Safety Executive Compliant

The Emergency First Aid at Work course is the most commonly booked workplace first aid course in the UK. Our course covers everything you need to know in the workplace from Assessing a casualties injuries through to performing CPR. This course is in-line with the Health and Safety (First Aid) regulations 1981. This course is classed as a "mini" First Aid at Work course but with a turbo engine and only 6 hours to deliver it!



What's covered

- + Dealing with Emergencies
- + Adult, Child and Baby CPR
- + Adult, Child and Baby Choking
- + How to use a Defibrillator (AED)
- + Shock, Bleeding & Spinal Injuries
- + Allergic Reactions and Asthma
- + Recovery Position
- + Burns and Minor Injuries
- + Casualty Care
- + Head Injuries & Seizures
- + And much, much more



Suitable for

Our course is aimed at anyone, but will ideally suit fitness instructors, sports coaches, office workers, domestic team members, factory workers, maintenance workers and those in small businesses of less than 25 employees.

Settings that need to comply with HSE requirements should assess their needs and consider the First Aid at Work or Emergency First Aid at Work course.

PAEDIATRIC FIRST AID BLENDED

**One Day Course
Blended**



Ofsted Recognised

The Paediatric First Aid Blended course is designed for Childminders, Nursery and School staff (dealing with Early Years Foundation Stage) and is for anybody who interacts with children and wants an in-depth course.

This 12 hour Full Paediatric First Aid Blended course can now be achieved with just one full day in the classroom as blended learning. This is an accepted means by which workplace first aid training can be delivered. The course is suitable for all those that work with young children and babies, the course content is HSE, DFE and Ofsted compliant.



What's covered

- + Dealing with Emergencies
- + Child, Baby & Adult CPR
- + Adult, Baby & Adult Choking
- + How to use a Defibrillator (AED)
- + Shock, Electrical Shock and Anaphylaxis
- + Asthma and Panic Attacks
- + Recovery Position
- + Bone, Muscle and Joint Injuries
- + Burns and Scalds
- + Seizures/Fitting and Diabetes
- + Casualty Care
- + Meningitis, Croup and Sickle Cell And much, much more



Suitable for

The Paediatric Course is one of the most in-depth courses around aimed, at those working in Childcare / Early Years settings, ideal for:

- + Nurseries
- + Pre Schools
- + Nannies / Au Pairs
- + Primary Schools
- + Parents and Carers / Foster Carers

FIRST AID FOR SCHOOLS - PRIMARY CARE

**Three Hours
Blended**



**Health & Safety Executive
Compliant**

The First Aid for Schools – Primary Care course is designed primarily for Primary School, Junior School and Infant School Staff. This 3 hour First Aid for Schools – Primary Care Blended First Aid course will cover everything you need to know in a school environment looking at children aged 5+ to adults. Settings that need to comply with the Early Years Foundation Stage Framework should assess their needs and should consider the full Paediatric First Aid Course. Settings that need to comply with HSE requirements should assess their needs and consider the First Aid at Work or Emergency First Aid at Work course.



What's covered

- + Dealing with Emergencies
- + Child, Baby & Adult CPR
- + Adult, Baby & Adult Choking
- + How to use a Defibrillator (AED)
- + Anaphylaxis & Asthma
- + Recovery Position
- + Minor Injuries
- + Seizures & Fitting
- + Casualty Care



Suitable for

This course is suited for primary school staff and covers all the basics you need to deal with a first aid Emergency.

- + Primary School staff
- + Parents and Carers / Foster Carers

BASIC LIFE SUPPORT

**Three Hours
Blended**



Health & Safety Executive Compliant

Complete this Basic Life Support course in as little as 3 hours. Build your confidence with repetition and plenty of practise with this course built for anyone from first timers to health professionals.

Those looking to attend this training would be healthcare professionals, Nurses, Dentists, School staff, first aiders and parents. The training is in-line with current Resuscitation Council (UK) Guidelines and can be completed in half a day / 3hrs. This course shall cover everything you need to know from casualty assessment to performing CPR.



Suitable for

This course is suited for anyone. Audiences range from parents, school staff and other first aiders through to dentists, nurses and other healthcare professionals.

What's covered- The Theory of Resuscitation, Incident Management, Basic Life Support and the Recovery Position



DEFIBRILLATOR TRAINING

**Three Hours
Blended**



Health & Safety Executive Compliant

Everyone needs to have access to and be able to confidently use a Defibrillator (AED). Here at The Training Centre, we shall provide you with the knowledge and practical experience needed to use a Defibrillator (AED) effectively and with confidence.

The course is delivered over 3 hours encompassing casualty assessment, CPR and effective use of an AED.



Suitable for

This course is suited for anyone. Audiences range from parents, school staff and other first aiders through to dentists, nurses and other healthcare professionals.



FIRST AID ANNUAL REFRESHER 3 HRS

One day blended



Health & Safety Executive Compliant

Since October 2009 the HSE STRONGLY recommends that anyone that has completed a workplace first aid qualification i.e. First Aid at Work or Emergency First Aid at Work should complete a First Aid Annual Refresher 3hrs course to keep their skills up to date before re-qualification.

Why do we need to attend an Annual Refresher course? Answer- "To keep YOUR skills up to date".



SAFEGUARDING CHILDREN LEVEL 3 DSL

Online Course 4hrs

★ Ofsted Recognised

This ONLINE Safeguarding Children Level 3 DSL Designated Safeguarding Lead course has been created for those responsible for Safeguarding Children. It will best suit a range of personnel including those that either work directly with children or those supervising others working with Children.

This online Safeguarding Children Level 3 DSL Designated Safeguarding Lead course has been created to work best with settings such as and not limited to Schools, Academies, Nurseries and Pre-Schools, Sports Centres, Sports Teams, Leisure centres, Clinics, Surgeries, Health Centres, lone workers, out of school and afterschool settings.



What's covered

Course Overview, KCSIE 2022
The Designated Officer, Defining Safeguarding, Conceptions, Vulnerable Children, Influencing Factors, The Protection, Defining Child Abuse, The Hidden Face, Types and Forms, Physical Abuse, Emotional Abuse, Neglect, Sexual Abuse, Bullying, E-safety, FGM, Forced Marriage, The Prevent Duty, Recognising Signs, Child Protection Law, Protection, Policies and Procedures, Disclosure, Recording, Referrals, Post Referrals, Section 11, Sharing of Information, Safer Recruitment, Taking the next Step and Latest updates.



Suitable for

This course is set up for those working in settings such as Primary and Secondary Schools, Higher Education Establishments, Academies, SEN schools, Early Years Establishments, Adventure Centres, Sports Teams, Leisure centres, Care Homes, Clinics, Surgeries, Health Centres and those in management positions representing child orientated organisations

ONLINE LEARNING COURSES

FOR ALL YOUR NEEDS

The Training Centre offers a wide range of educational courses suitable for individuals and groups.

Safeguarding Courses

- + Safeguarding Children Level 2
- + Safeguarding Children Level 3
- + Designated Lead
- + Safeguarding Vulnerable Adults Level 2
- + Safeguarding Vulnerable Adults Level 3

**We will provide you
with the highest quality
training available.**

Health and Safety Courses

- + Food Safety in Hygiene and Catering Level 2
- + Fire Safety Awareness
- + Fire Warden Level 3
- + Safe Moving and Handling Level 2
- + Health and Safety at Work Level 2

“I have been working with The Training Centre for the past 7 years. They deliver our training to our Police Officers and Police Cadets. Their training is interactive, fit for purpose and up to date. The team are always on hand to assist with enquiries.”

**Graeme Ironside MSc,
Safeguarding Manager National
Volunteer
Police Cadets**

First Aid Courses

- + First Aid in the Workplace Level 3
- + Paediatric First Aid Level 3
- + Defibrillator Awareness Level 2
- + Anaphylaxis Awareness Level 2

