



safe | hands | save | lives

First Aid?

It's just something we have to do, isn't it?

Sometimes, when we speak to people about providing first aiders at work, we get the response: "We did that a couple of years ago, so we're ok".

While technically they may be right, we believe they may be missing the point. Sure, every business has a legal obligation to have suitable first aid cover, whether that means a nominated person to call for an ambulance, or a whole team of fully qualified first aiders. But there are many better reasons for learning these important skills...



Saving a Life

First aiders learn skills which really do save lives. They are often the critical first line of defence against illness and injury, keeping the casualty alive until paramedics arrive.

Caring for your team

Providing a good level of first aid cover tells your team that you care about their welfare, and you are prepared to demonstrate that with action, helping you to become an employer of choice.

Giving confidence

Research has shown that learning first aid not only gives trainees additional confidence to cope in a medical emergency, but also has a dramatic effect on their confidence in everyday life. This confidence can improve their effectiveness at work.

Reducing sick days

Around ¼ million reportable injuries occur in the workplace each year, at a cost of nearly 30 million working days. Getting the right medical care as quickly as possible can not only reduce injury to a staff member, but also reduce costs and speeds their return to work. Everybody wins.

Legal Protection

Having an appropriate Health & Safety policy and implementing its recommendations correctly are key in minimising the risk of costly litigation.

Family & community care

Everyone hopes that they never need to use their first aid skills. However, most of us have been in a position where we could have helped, if we had known more. By undertaking an accredited training course, we will all be in a better position to deal with the unexpected, whether at work, at home, or in the community.



Our Courses

We offer our courses to all sizes of organisation in the public and private sectors, and to individuals. They can be held at your premises at a date and time to suit you, or you can attend an open course at one of our venues. The choice is yours.

We run the full range of accredited First Aid at Work courses, including:

- **First Aid at Work**

This full three-day course provides training in a wide range of illnesses and injuries and is particularly suitable for larger organisations, and those with higher risks, such as those involved in construction, distribution and manufacturing. The successful candidate gains a certificate which is valid for three years.

- **Refresher First Aid at Work**

This two-day course re-qualifies candidates of the full First Aid at Work course for a further three years.

- **Annual Update**

This course is designed to meet the HSE's latest recommendations that all first aiders should undergo a half-day skills update each year between requalification, to help prevent skills fade.

- **Emergency First Aid at Work**

This formal qualification runs over one day, and provides first aiders with basic life saving skills. It is typically most suited to low-risk environments such as smaller shops and offices. Successful candidates gain a certificate which is valid for three years.

We also run a range of other courses including:

- **CPR** – Cardio-pulmonary resuscitation
- **AED** – Automated External Defibrillator
- **Paediatric First Aid** – in line with Ofsted and the Early Years Foundation Stage Statutory Framework

A man with dark hair, wearing a grey sweater, is shown in profile, looking thoughtfully to the right. His hands are clasped together. In the background, other people are blurred, suggesting a classroom or meeting environment. A red rounded rectangle is overlaid on the image, containing a quote and the name of the person.

“ I’m very impressed. I feel much more confident in dealing with first aid situations. ”

Kate W
Course participant
EFAW



HTS Training

We provide

Professional Training

Regardless of the course that you go for, we always train your first aiders to the very highest standards.

Annual Statement

We also provide you with an annual statement of the number of first aiders that you have, their qualification levels, and the dates of their next updates or renewals.

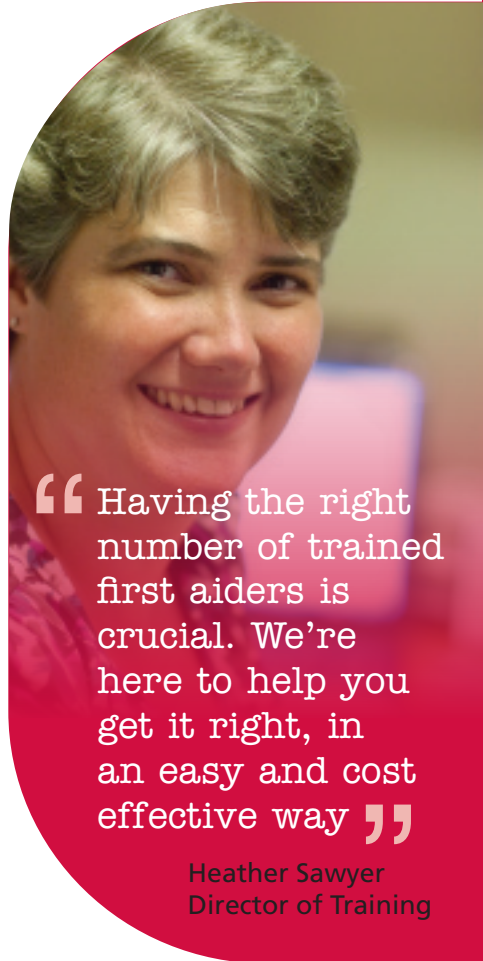
Optional extras

Risk Assessment

We can carry out a first aid risk assessment for you, providing you with a report showing the number and skills of first aiders, and any equipment that we recommend. We also explain why.

Implementation Plan

We can work with you to create a plan of how to implement the recommendations from your risk assessment.



“ Having the right number of trained first aiders is crucial. We’re here to help you get it right, in an easy and cost effective way ”

Heather Sawyer
Director of Training

Our Mission

There are few things more important in life than our health, and the health of those around us.

When an accident, illness or injury occurs, everyone expects a first aider to step up and take charge. With HTS you can be assured your first aiders have the skills required to tackle any situation.

HTS Training want to make sure that there are more qualified first aiders in the workplace, at home, and everywhere in between. We've trained many of the first aiders of today, and we'll be training the first aiders of tomorrow.

We don't try to bamboozle candidates or inundate them with jargon. Instead, we make our courses as user friendly and informative as possible. We build confidence at every stage, using a range of training techniques. We believe our teaching methods offer the most effective way of learning first aid - after all, it's not just about meeting legislation, it's about saving lives.

**To book a course or to discuss your training requirements
please call us on: 01234 308740
or visit our website: www.hts-training.co.uk**

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