

# Training

## First aid training

The Health and Safety (First-Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work. These regulations apply to all workplaces including those with less than five employees and to the self-employed.

Depending on the number of staff in your company, and in which industry you work, it may be a statutory requirement for you to have trained first-aiders. We can work with you to undertake a risk assessment, establishing what your first aid requirements are to meet the regulations, and we can run the training course/s appropriate for your organisation.

We offer a range of courses (including accredited Level 1 and Level 2 qualifications) that we deliver via our partners, so however straightforward, complex, or specific your particular requirements, we will ensure the course will be right for you.

First aid practices and guidelines change all the time, so it's important that your first-aiders' training is kept up-to-date.

All our first-aid training is carried out on your own site.





## Work-specific training

When your employees are exposed to hazards, noise, chemicals, vibrating tools and anything that may impact upon their health they need to understand the health implications. Under the Health and Safety at Work etc Act 1974 as an employer you are required to provide information, instruction, training and supervision as necessary to ensure, so far as reasonably practicable, the health and safety at work of your employees.

Our highly experienced and qualified occupational health specialists can visit your workplace and help you to carry out a risk assessment to understand what training may be required. We can work with you to devise a training schedule and we can deliver training on the health aspects specific to your environment. We want to ensure that all of your employees understand what they have to do and why they have to do it.

**Training is tailored to your specific workplace needs and delivery can be on your site or off-site, whichever is most appropriate.**

