



St Andrew's First Aid

# 2023

**Workplace  
Training &  
Supplies**

# WORK LIFE AS WE KNOW IT HAS CHANGED...

## WE REMAIN COMMITTED TO SUPPORTING YOU

**St Andrew's First Aid is a charity that has been working for over 140 years to deliver training that makes workplaces safer and healthier for everyone.**

Workplaces and attitudes have changed a great deal during this time, and we've changed too. A wide range of our training courses now offer alternative learning styles, giving your organisation and employees the flexibility and freedom they need to thrive in a new hybrid world of working. Our blended and non-consecutive options make lifesaving training more accessible than ever. We are now also advocating that mental health first aid is deemed just as important as it's vital we take care of the whole employee and not just the physical problems at hand.

# THE RESEARCH SPEAKS FOR ITSELF

## Impact on Business



**36.8 million** working days lost due to work-related ill health and workplace injury during 2021/22 <sup>\*1</sup>



**17.0 million** working days lost due to work-related stress, depression or anxiety during 2021/22 <sup>\*1</sup>



**41%** of businesses name increased productivity as their reason for hybrid working <sup>\*2</sup>



**£53-£56 billion** per year is the cost of mental health related sickness absence in the UK which has increased by 25% since the start of the pandemic <sup>\*3</sup>

## Impact on Staff



**Nearly one million** employees suffered from work-related stress, depression or anxiety during 2021/22 <sup>\*1</sup>



**Over half a million** employees suffered a workplace injury during 2021/22 <sup>\*1</sup>



**More than three quarters** of employees say home and hybrid working improves their work life balance. <sup>\*2</sup>



**Over a third** of employees say they think more now about their mental health than before the pandemic. <sup>\*3</sup>

<sup>\*1</sup> [www.hse.gov.uk/statistics](http://www.hse.gov.uk/statistics)

<sup>\*2</sup> [www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/articles/is/hybridworkingheretostay/2022-05-23](http://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/articles/is/hybridworkingheretostay/2022-05-23)

<sup>\*3</sup> Deloitte Mental health and employers report March 2022

# A PARTNERSHIP THAT DELIVERS ON ALL YOUR NEEDS

It's your legal obligation to ensure that all first aid needs are met with the appropriate training. As well as delivering first aid courses at our training venues across Scotland we can come to your own premises.



## FIRST AID AT WORK – 3 DAYS

This course provides a comprehensive set of practical skills needed by first aiders in most workplaces, giving both the ability and knowledge to deal with first aid emergencies. This course is designed for people who want to receive our most thorough first aid training

## EMERGENCY FIRST AID AT WORK – 1 DAY

This course is suitable for low-risk workplaces in smaller working environments, such as offices and will give candidates the confidence to deal with the most common emergencies.

## FIRST AID AT WORK REQUALIFICATION – 2 DAYS

This course is for those with a valid First Aid at Work qualification that wish to requalify for a further three years. It is recommended that you complete this course before your current certificate expires. Also offered as blended combining online learning with face to face training.

## ANNUAL UPDATE – HALF DAY

The Health and Safety Executive (HSE) strongly recommends that first-aiders undertake annual refresher training to maintain their basic skills and prevent any skills fade, plus will keep you updated with any changes to first aid procedures.



# MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH

We all have mental health. We fluctuate between thriving, functioning, struggling and being ill – and possibly off work. In the workplace there remains a great deal of stigma around mental health issues, and uncertainty around how staff ought to respond to someone who may be experiencing mental ill health.



## LEADING FIRST AID FOR MENTAL HEALTH – 2 DAYS

Our most comprehensive mental health course teaches candidates to be workplace Mental Health First Aiders, who will be able to recognise the signs and symptoms of common workplace mental health issues and know how to effectively guide a person towards the right mental health support.

## FIRST AID FOR MENTAL HEALTH – 1 DAY

This course expands on the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace, covering a range of related subjects.

## FIRST AID FOR MENTAL HEALTH ANNUAL REFRESHER – HALF DAY

This course has been designed to refresh skills and knowledge and to stay up to date with current events. We recommend that mental health first aiders undertake annual refresher training during any three year certification period.





# AND THERE'S STILL SO MUCH MORE WE HAVE TO OFFER...

## FIRE MARSHAL – HALF DAY

Fire safety is a legal requirement in workplaces. By law, a responsible person must carry out regular fire risk assessments to identify, manage and reduce the risks of fire. You will learn about preventing fires and about the different types of fire extinguisher and how to use them correctly.

## USING A DEFIBRILLATOR INCLUDING CPR – HALF DAY

A cardiac arrest can happen anytime, anywhere and to anyone. Early defibrillation and effective CPR is the single most effective treatment for sudden cardiac arrest. You will learn how to use a defibrillator and how to do CPR – part of the chain of survival.

## PAEDIATRIC FIRST AID – 2 DAYS

This course is designed for people who are required to be first aiders within a childcare setting, for example schools (pre, primary and secondary), nurseries, after school clubs, childminders and carers of children at home. Also offered as blended combining online learning with face to face training.

## MOVING AND HANDLING PRINCIPLES – HALF DAY

This course is essential support for all working professionals who manually handle objects, sit at a keyboard or stand in tiring positions. These activities are the main activities that cause work-related musculoskeletal disorders, such as back and joint pain.



SCAN FOR OTHER COURSES

# WORKPLACE SUPPLIES THAT COULD SAVE A LIFE

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.



(SKU63470)



**iPAD SPI fully automatic defibrillator**

(SKU22600)



**ZOLL AED Plus semi-automatic defibrillator**

Kit (SKU348)



**Large Standard Workplace First Aid**

(SKU142)



**Burns First Aid Kit**



St Andrew's First Aid



## GET IN TOUCH

Email us at **[business@firstaid.org.uk](mailto:business@firstaid.org.uk)**

Call us on **0300 4 666 999**

Visit us at **[www.firstaid.org.uk/our-courses](http://www.firstaid.org.uk/our-courses)**  
and **[www.firstaid.org.uk/supplies](http://www.firstaid.org.uk/supplies)**

