



St Andrew's First Aid

# 2026

**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/shybridworkingheretostay/2022-05-23](http://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/articles/shybridworkingheretostay/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.



## FIRST AID AT WORK – 3 DAYS

This course provides a comprehensive set of practical skills needed by First Aiders in most workplaces and 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. 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.



# MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL 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. 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. You will learn how to use a defibrillator and how to do CPR – part of the chain of survival.

## **PAEDIATRIC FIRST AID – 2 DAYS**

Designed for people who are required to be First Aiders within a childcare setting, for example schools, nurseries, after school clubs and childminders. Also offered as blended combining online learning with face to face training.

## **MOVING AND HANDLING PRINCIPLES – HALF DAY**

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



SCAN FOR  
**OTHER COURSES**

# TRAINING ON CUSTOMER PREMISES



## DO SEVERAL OF YOUR EMPLOYEES REQUIRE THE SAME TRAINING?

If so, our qualified trainers can come to your premises and deliver.

There are various benefits to having your First Aid training carried out on-site including choosing when you want your training to take place, no more travel costs plus the training can be tailored to your own working environment.

## REQUIREMENTS FOR ON PREMISES TRAINING

- The training room should be private and free from outside distraction
- There should be enough floor space for practical First Aid work involving kneeling or lying on the floor
- The training room must be adequately lit and ventilated and have access to toilet facilities
- The training room must have comfortable seating for candidates and facilities for writing notes



# ACCOUNT MANAGEMENT PROGRAMME

You need a partner that knows the workplace regulations inside out, understands your business and can put together a bespoke package that meets all your needs and satisfies your duty of care and your legal obligations.

Who better to trust with the safety of your workplaces and the wellbeing of your employees than St Andrew's First Aid.

## BENEFITS OF ACCOUNT MANAGEMENT PROGRAMME

- Dedicated account management
- Named point of contact, direct phone number and a personal email address to contact whenever you need
- Booking and training course reports
- Effective cost control with bespoke pricing
- The highest quality supplies delivered to your door



# PARTNERSHIP THAT GIVES YOU ABSOLUTE CONFIDENCE

Our customers consistently tell us that the quality of our training, and the professionalism of our trainers, is outstanding.

Our trainers are qualified to the very highest standards.

We pride ourselves on delivering engaging, practical training that will give your employees the skills and, importantly, the confidence to put what they've learned into action so that they can be the difference between life and death.



**WE ARE RATED EXCELLENT ON TRUSTPILOT!**



Here's a snapshot of what people are saying about us:

"Excellent course delivered by a knowledgeable trainer in a fun and engaging way. This course covered all necessary aspects of First Aid and I left with confidence to practice if necessary. Would highly recommend."

"I learned so much on my 2-day mental health course and it really opened my eyes. I would recommend for anyone to do this course with St Andrews First Aid".

"Great experience, the course was very informative and had the right mix between theoretical and practical sessions. Our instructor was brilliant too!"

"The trainer was excellent. Clear and concise without skipping anything important while ensuring everyone was comfortable and clear on the information provided".

# 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.

Our products offer the very best value for money while performing to the very highest standards.

If you need larger quantities of particular products, you can save with our bulk buy discounts.

Free standard delivery for online orders over £200 (excluding vat and delivery charge).



## HOW TO ORDER

Website: **[www.firstaid.org.uk/supplies](http://www.firstaid.org.uk/supplies)**

Telephone: **0141 332 1828**

Email: **[supplies@firstaid.org.uk](mailto:supplies@firstaid.org.uk)**

# RECOMMENDED SUPPLIES FOR THE WORKPLACE

## FIRST AID KITS

An important item for any workplace, home, or vehicle. Conforming with British Standards our range of kits are available in small, medium and large sizes.



## FIRST AID SUPPLIES AND CONSUMABLES

Items for your first aid kit and first aid room including plasters, dressings, bandages and tape, disposable gloves, eye wash, foil and cellular cotton blankets, ice packs, CPR masks and face shields, hand sanitisers and wipes.



## HEALTH AND SAFETY EQUIPMENT

We offer a range of equipment including evacuation chairs and wheelchairs, stretchers, scoops and spinal boards, neck and head collars, splints and fracture straps, medical couches and screens plus furniture for first aid rooms.



# RECOMMENDED SUPPLIES FOR THE WORKPLACE

## PERSONAL PROTECTIVE EQUIPMENT (PPE)

Employers have a duty to ensure all staff are protected from health and safety risks whilst at work. We offer a range of items including gloves, wipes, hand sanitiser, face masks, sprays, aprons and biohazard products including clinical waste sacks and signage.



## MANUALS AND GUIDES

We offer a range of publications for all your first aid and health and safety needs including the latest edition of first aid manual, student workbooks for first aid and mental health and risk assessment, accident and health & safety log books.



## TRAINING MANIKINS AND EQUIPMENT

Get the equipment you need to teach first aid including CPR training manikins, replacement parts and accessories such as face shields, airways, lungs and faces, sanitiser wipes and training resuscitation shields.



# RECOMMENDED SUPPLIES FOR THE WORKPLACE

## DEFIBRILLATORS

Lifesaving device that can help save the life of someone experiencing a sudden cardiac arrest. Portable and easy to use with clear step-by-step instructions. We encourage all workplaces, schools, and public buildings to have a defibrillator on site.



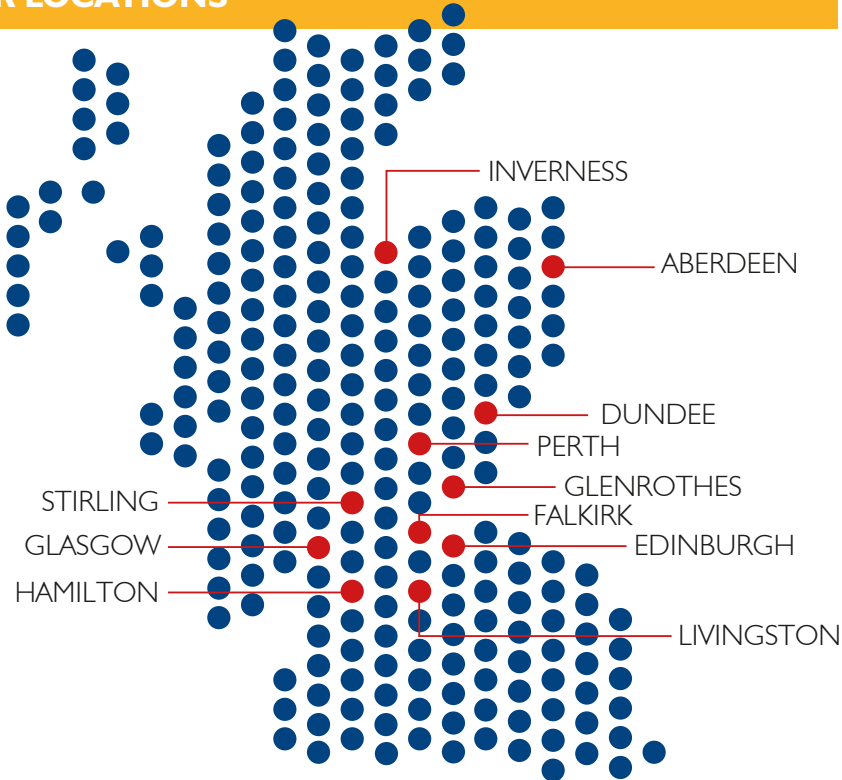
## DEFIBRILLATOR ACCESSORIES

You must ensure that your defibrillator is always “rescue ready” for the best chance of saving a life. We offer a wide range of accessories and services including our pad reminder service, replacement batteries and pads, storage options including wall brackets and cabinets.



# TRAINING VENUES THROUGHOUT SCOTLAND

## OUR LOCATIONS



## STAY CONNECTED

SIGN UP TO OUR  
MAILING LIST  
TO RECEIVE OUR  
LATEST OFFERS  
AND UPDATES



# ST ANDREW'S FIRST AID WE SAVE LIVES

As Scotland's only dedicated First Aid charity our mission is to provide everyone in the country with the highest standards in First Aid skills, services and volunteering opportunities. We believe that no-one should suffer or die because they needed First Aid and didn't get it.

By booking training courses or purchasing First Aid supplies through our social enterprise, you are supporting one of Scotland's longest established charities as all profits are donated to the charity.

## COMMUNITY ENGAGEMENT

Our volunteers deliver donation-based First Aid talks and demonstrations for community groups.



## VOLUNTEER WITH US

Our volunteers attend a wide range of public events where their skills, knowledge and experience may be required to help someone and may even save their life.



## SUPPORT US

We rely on fundraising and donations to enable our volunteers to be equipped to go out and give vital First Aid help and education to communities within Scotland.





St Andrew's First Aid

## GET IN TOUCH

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

