



St Andrew's First Aid

Workplace First Aid and Mental Health Training Guide

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 ^{*1}



17.0 million working days lost due to work-related stress, depression or anxiety during 2021/22 ^{*1}



41% of businesses name increased productivity as their reason for hybrid working ^{*2}



£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 ^{*3}

Impact on Staff



Nearly one million employees suffered from work-related stress, depression or anxiety during 2021/22 ^{*1}



Over half a million employees suffered a workplace injury during 2021/22 ^{*1}



More than three quarters of employees say home and hybrid working improves their work life balance. ^{*2}



Over a third of employees say they think more now about their mental health than before the pandemic. ^{*3}

^{*1} www.hse.gov.uk/statistics

^{*2} www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/articles/is-hybrid-working-heretostay/2022-05-23

^{*3} 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



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."

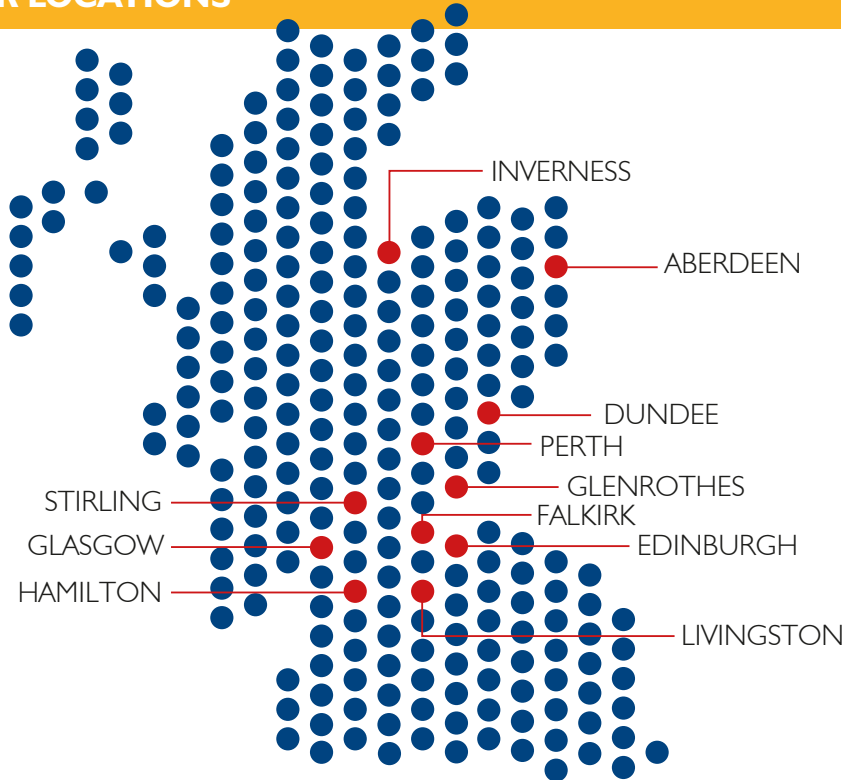
"I learned so much on my 2-day mental health course and it really opened my eyes. I would recommend for anyone to do this course with St Andrews First Aid".

"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".

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



GET IN TOUCH

Email us at sales@firstaid.org.uk

Call us on **0300 4 666 999**

Visit us at www.firstaid.org.uk/our-courses

