

## Training Courses



### Health & Safety



- ✓ Health & Safety Awareness
- ✓ Health & Safety in the Workplace Level 2
- ✓ Health & Safety in the Workplace Level 3
- ✓ Principles of Manual Handling Level 2
- ✓ Principles of COSHH Level 2
- ✓ Principles of Risk Assessment Level 2



### Food Safety



- ✓ Introduction to Food Safety
- ✓ Food Safety Level 2
- ✓ Food Safety Level 3



### Fire Safety



- ✓ Basic Fire Awareness
- ✓ The Role of the Fire Marshal
- ✓ Fire Safety Level 2



### First Aid



- ✓ Lifesaver First Aid
- ✓ Emergency First Aid at Work Level 3
- ✓ First Aid at Work Level 3
- ✓ First Aid at Work Requalification Level 3
- ✓ Paediatric First Aid Level 3
- ✓ Automated External Defibrillation



# Courses and Price List

Training is important to prevent accidents, to preserve life and to assist Companies and Employers to be legally compliant.

**LRG Training & Consultancy** is a Quallsafe Awards approved training centre. Our courses provide delegates with the opportunity to understand and apply principles and good practice in a variety of subjects. Courses can be held at your workplace and tailored to meet your needs. All our trainers are fully qualified and have been delivering training for many years.

- For workplaces of 5 or more employees:**
- ✓ Training is mandatory for Fire Awareness.
  - ✓ Food Safety training is needed for all food handlers.
  - ✓ Risk Assessments must be written down and communicated to staff.
  - ✓ It is the Employer's responsibility to ensure their First Aiders remain competent, a half day annual update is recommended.

Further details of course content and consultancy available on request.

|  | Duration | Per Person | Group Fee (10-12 people) |
|--|----------|------------|--------------------------|
| <b>HEALTH &amp; SAFETY</b>                           |          |            |                          |
| Health & Safety Awareness                            | ½ day    | £47        | £400                     |
| Manual Handling Awareness                            | ½ day    | £47        | £400                     |
| COSHH Awareness                                      | ½ day    | £47        | £400                     |
| Health & Safety in the Workplace Level 2             | 1 day    | £95*       | £840*                    |
| Health & Safety in the Workplace Level 3             | 3 days   | £260*      | £2340*                   |
| Principles of Risk Assessment Level 2                | 1 day    | £95*       | £840*                    |
| Principles of Manual Handling Level 2                | ½ day    | £60*       | £530*                    |
| Principles of COSHH Level 2                          | ½ day    | £60*       | £530*                    |
| <b>FOOD SAFETY</b>                                   |          |            |                          |
| Introduction to Food Safety                          | ½ day    | £47        | £400                     |
| Food Safety Level 2 in Catering/Retail/Manufacturing | 1 day    | £95*       | £840*                    |
| Food Safety Level 3 in Catering/Retail/Manufacturing | 3 days   | £260*      | £2340*                   |
| <b>FIRE SAFETY</b>                                   |          |            |                          |
| Fire Safety Awareness                                | 3 hours  | £47        | £400                     |
| The Role of the Fire Marshal/Warden                  | 4 hours  | £57        | £425                     |
| Fire Safety Level 2                                  | 1 day    | £95*       | £840*                    |
| <b>FIRST AID</b>                                     |          |            |                          |
| First Aid for Parents                                | 3 hours  | £40        | £325                     |
| Lifesaver Course                                     | 4 hours  | £55        | £400                     |
| Emergency First Aid at Work Level 3                  | 1 day    | £95*       | £840*                    |
| First Aid at Work Level 3                            | 3 days   | £260*      | £2340*                   |
| First Aid at Work Level 3 Annual Update              | ½ day    | £65*       | £425*                    |
| First Aid at Work Level 3 Requalification            | 2 days   | £190*      | £1680*                   |
| Paediatric First Aid Level 3                         | 2 days   | £190*      | £1680*                   |
| Automated External Defibrillator non-accredited      | 3 hours  | £60        | Max 9 people £325        |
| Automated External Defibrillator accredited          | 3 hours  | £70*       | Max 9 people £400*       |

\* including exam fee(s)  
 Further reductions are available for courses held at client's premises.  
 Please note mileage is charged separately for courses run outside Swindon.

# Recommendations

*"This is the first Manual Handling course that was relevant to the work I do, Liz gave fantastic examples which made it relevant."* Carolyn, Manual Handling Course

*"A very enjoyable, well run course. Exceptional trainer, good motivator who made the training easy."* Steve, First Aid at Work Level 3 Course

*"Made to feel at ease, no question was a silly one, found the course interesting and informative."* Becky, First Aid at Work Level 3 Course

*"The course was well run and made relevant to where we work."* Sara, Min-Y-Don Christian Adventure Centre

*"Very relaxed friendly style, good use of anecdotes and past experience."* Anna, Rock Cafe

*"Liz made this a most informative and enjoyable evening – I have learned so much."* Mary, Rock Cafe

*"I thought it was delivered magnificently, by experts who clearly know what they are doing and have valuable experience and knowhow to deliver well."* Meg

*"Liz and Christine were very vibrant and easy-going. Lovely atmosphere but lots of learning!"* Ann

*"Well presented – friendly tutors."* Anne

*"Thank you for making it an enjoyable day!"* Rebecca, Schools First Aid course

*"Loved the group discussions. Liz makes it fun!! Well done!"* Jackie, Manual Handling Course



## To book or find out more:

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*Saving lives through training*