



St John
Cymru - Wales



Training Information Pack

Training Information Pack

Welcome to St John Cymru, Wales' leading first aid charity.

By choosing St John Cymru as your preferred training provider you're equipping your team with quality skills needed to protect your workforce and more!

Did you know?

Profits from the sale of our training courses and supplies help fund our charitable work, including:

- ▶ Community and schools first aid training
- ▶ Running youth programmes, where children and young people can be taught the skills they need to save a life as well as developing their personal and professional skills

When you choose to train with St John Cymru you'll get exceptional service, be supporting your community and you'll be meeting your corporate social responsibility goals!

Course List

Scheduled courses

Courses are scheduled across our conveniently located training centres and updated each week, meaning that your business has the choice of sending individuals or small groups for training at convenient times to suit your operational needs.

On site training

Can't get to one of our training centres? We can come to you! Choose a date and time to suit your workplace. All we require is a minimum of 6 delegates!

Better yet, for larger bookings we can offer group discounts. Just get in touch for a quote!

FIRST AID

COURSE	DURATION	COST PP (Exc. VAT)
First Aid at Work 3 Day Course	3 Days	£249.00
FAW Requalification	2 Days	£167.00
Emergency First Aid at Work	1 Day	£105.00
First Aid at Work Annual Update	1/2 Day	£57.00
Automated External Defibrillator (AED)	1/2 Day	£79.00
Basic First Aid	1/2 Day	£45.00
CPR Training	2 Hours	£35.00
Catastrophic Bleeding & Tourniquets	2 Hours	£45.00
Paediatric First Aid	2 Days	£122.00
Emergency Paediatric First Aid	1 Day	£110.00
Schools First Aid	1 Day	£75.00
Anaphylaxis - Epi-pen Auto Injector	1 Hour	£30.00



HEALTH & SAFETY

COURSE	DURATION	COST PP (Exc. VAT)
Fire Marshal	1/2 Day	£79.00
IOSH Managing Safely	3 Days	£480.00
IOSH Managing Safely Refresher	1 Day	£210.00
IOSH Working Safely	1 Day	£155.00
Manual Handling - Objects	1/2 Day	£79.00
Display Screen Equipment (DSE)	1 Day	£155.00
Food Safety Level 2	1 Day	£105.00
Sharps Training	2 Hours	£49.00

MENTAL HEALTH

COURSE	DURATION	COST PP (Exc. VAT)
Mental Health First Aid (adult)	2 Days	£220.00
Mental Health Awareness	1/2 Day	£75.00

Don't forget, for larger group numbers we can apply a discount.

Bespoke Courses

When you book with St John Cymru our friendly team can work with you to create your own bespoke, tailor made courses to suit your specific environment and needs.

Our courses can include scenario based training to ensure your staff obtain the most relevant practice and skills for your workplace.

Please note: All prices correct at time of publishing

First Aid at Work

Course comparison chart

Our First Aid at Work training provides you with the essential skills and confidence you need to help assist in a life threatening situation.

This chart compares the training you will receive on our Emergency First Aid at Work course (1 day) and our comprehensive First Aid at Work course (3 day).

What will you learn?	First Aid at Work 3 day course	Emergency First Aid at Work 1 day course
Acting safely, promptly & effectively	✓	✓
The role of the first aider	✓	✓
Bleeding (minor and severe)	✓	✓
Burns	✓	✓
Casualty movement	✓	✓
Choking (adult)	✓	✓
CPR (adult) including use of AED	✓	✓
Fainting	✓	✓
Primary survey	✓	✓
Seizures (adult)	✓	✓
Shock	✓	✓
Unresponsive casualty	✓	✓
Allergic reaction	✓	
Asthma	✓	
Bone, muscle & joint injuries	✓	
Chest pains (including heart attack)	✓	
Eye injuries, head injuries, spinal injuries	✓	
Low blood sugar	✓	
Poisons	✓	
Spinal injuries	✓	
Sprains and strains	✓	
Stroke	✓	

First Aid at Work

3 Days

Our First Aid at Work course is designed to assist your first aiders to meet the minimum requirements of the Health and Safety First Aid at Work Regulations (1981). This training will equip your staff with the knowledge and skills to deal with emergencies and give them the confidence to perform a variety of first aid procedures.



Who is it for?

Whether your company is large or small, high or low risk, this course is ideal for your nominated first aider.

What will you learn?

- ▶ Bleeding (minor and severe)
- ▶ Burns
- ▶ Casualty movement
- ▶ Choking (adult)
- ▶ CPR (adult) including use of AED
- ▶ Fainting
- ▶ Primary survey
- ▶ Seizures (adult)
- ▶ Shock
- ▶ Unresponsive casualty
- ▶ Allergic reaction
- ▶ Asthma
- ▶ Bone, muscle & joint injuries
- ▶ Chest pains (including heart attack)
- ▶ Eye injuries, head injuries, spinal injuries
- ▶ Low blood sugar
- ▶ Poisons
- ▶ Spinal injuries
- ▶ Sprains and strains
- ▶ Stroke

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines and in addition to an assessment paper.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

First Aid at Work

Requalification

2 Days

This training is only available to those with a valid First Aid at Work certificate. To remain qualified delegates should complete this two day requalification course before their current certificate expires. As part of our customer care programme we will contact you when this is due to ensure that you remain compliant.



Who is it for?

Delegates who have completed the First Aid at Work 3 day course and need to re-qualify before their certificate expires.

What will you learn?

- ▶ Bleeding (minor and severe)
- ▶ Burns
- ▶ Casualty movement
- ▶ Choking (adult)
- ▶ CPR (adult) including use of AED
- ▶ Fainting
- ▶ Primary survey
- ▶ Seizures (adult)
- ▶ Shock
- ▶ Unresponsive casualty
- ▶ Allergic reaction
- ▶ Asthma
- ▶ Bone, muscle & joint injuries
- ▶ Chest pains (including heart attack)
- ▶ Eye injuries, head injuries, spinal injuries
- ▶ Low blood sugar
- ▶ Poisons
- ▶ Spinal injuries
- ▶ Sprains and strains
- ▶ Stroke

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines and in addition to an assessment paper.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Emergency First Aid at Work

1 Day

Our course is for organisations who have assessed their first aid needs and established a low-risk working environment and only requires basic first aid cover.

This course is a cost effective solution for companies which need basic support for their workforce.



Who is it for?

Our course is ideal for your nominated first aider in a low risk environment.

What will you learn?

- ▶ Bleeding (minor and severe)
- ▶ Burns
- ▶ Casualty movement
- ▶ Choking (adult)
- ▶ CPR (adult) including use of AED
- ▶ Fainting
- ▶ Primary survey
- ▶ Seizures (adult)
- ▶ Shock
- ▶ Unresponsive casualty

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion, delegates will receive a St John Cymru certificate, valid for 3 years.

First Aid at Work

Annual Update

1/2 Day

Research shows 'skills fade' is a significant issue for workplace first aiders.* The Health & Safety Executive (HSE) strongly recommends first-aiders undertake annual refresher training during any three-year certification period.

Refresher training allows you to practice and update your knowledge and skills at any time during your three year period as a qualified first aider.



Who is it for?

People holding a current First Aid at Work (3 day) or Emergency First Aid at Work (1 day) certificate.

What will you learn?

You'll build on your current expertise and confidence by getting involved in practical, hands-on scenario sessions, including:

- ▶ Role of the first aider
- ▶ Managing an emergency
- ▶ Bleeding
- ▶ Resuscitation (CPR) - including the use of an AED
- ▶ Seizures
- ▶ Shock.

How is it assessed?

Delegates are continually observed throughout the course by St John Cymru trainers in line with current HSE guidelines.

Certification

Delegates will receive a St John Cymru certificate of attendance.

Please note: This course does not renew first aid certificates or extend the validity period of your workplace first aid certificate.

* Source:

<https://www.hse.gov.uk/firstaid/first-aid-training.htm>

Automated External Defibrillator (AED)

1/2 Day

A cardiac arrest can happen to anyone, anywhere, at any time. Chances of survival fall by 10% for each minute which passes without the use of an AED.* Our course will give you the confidence to act quickly and effectively when using an AED. Most importantly, we teach operators how to perform quality CPR which is crucial in between defibrillation.



Who is it for?

Every second counts when cardiac arrest strikes therefore we strongly recommend CPR / AED training to familiarise yourself with the device, as well as learning quality CPR which is vital alongside defibrillation.

Defibrillators are specifically designed to be used by anyone and everyone so no previous first aid experience is required.

What will you learn?

- ▶ CPR
- ▶ Recovery position
- ▶ Chest pains
- ▶ Getting to know an AED
- ▶ Using an AED

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

The certificate for this training is valid for 1 year.

*Source: Welsh Ambulance Service

Adult Mental Health First Aid 2 Days

Our 2 day Mental Health First Aid training gives delegates the skills needed to spot signs of mental illness, giving them the confidence to approach and support a person who needs assistance.

Delegates will gain a deeper understanding of mental health factors which can affect wellbeing, and explore what they can do to get their colleague the right support.

This MHFA (Wales) course is a national training programme for Wales which is licensed and developed by Training in Mind.



This 12 hour Mental Health First Aid (Wales) training is part of the national training programme for Wales and its partners include the Welsh Assembly Government and Training in Mind.

Who is it for?

Every business and organisation should be committed to supporting the wellbeing of its workforce. This 2 day course is suitable for all levels.

Your designated mental health first aiders e.g. line managers, staff reps etc. should be confident in talking about mental health with their colleagues. Being able to discuss mental health could help ease concerns before they escalate. Delegates should be aged over 18 years.

What will you learn?

- ▶ Impact of mental health issues
- ▶ Stigma and discrimination
- ▶ Resources and tools to help
- ▶ Self-care
- ▶ Action planning for using MHFA
- ▶ Symptoms, risk factors and first aid for - depression, anxiety, substance use, psychosis

For full course syllabus see website: training.stjohnwales.org.uk/course/MHFA

How is it assessed?

This course is not assessed.

Certification

Certification awarded by Training in Mind - Valid for 3 years.



Mental Health Awareness

1/2 Day

This half day course provides delegates with an awareness of mental health conditions, the triggers to be aware of, signs and symptoms and how to help.

It also advises delegates on how to stay mentally healthy at work.



Who is it for?

Training is suitable for those who want to gain an overview of mental health in the workplace, how to spot the signs and how to help.

Being able to discuss mental health could help ease concerns before they escalate. Delegates should be aged over 18.

What will you learn?

- ▮ Definition of mental health
- ▮ Statistics in Wales
- ▮ Mental Health Continuum
- ▮ Stigma and attitudes
- ▮ Depression and anxiety / stress
- ▮ Suicide
- ▮ Triggers to poor mental health
- ▮ Signs and symptoms in the workplace
- ▮ How to help
- ▮ How to stay mentally healthy at work

How is it assessed?

This course is not assessed.

Certification

Certification awarded by Training in Mind - Valid for 3 years.



Basic First Aid

1/2 Day

Our course is perfect for people looking for a general introduction to first aid. Not only will we teach you the most common illnesses and injuries suffered by adults, but for group bookings we can also tailor the course to meet your first aid needs.

Simply call us on **0345 678 5646**, tell us what aspects of first aid you want to learn, and we'll design a course for you.



Who is it for?

Anyone wishing to gain a basic understanding of the principles of first aid.

What will you learn?

- ▮ How to manage an incident
- ▮ Resuscitation (CPR)
- ▮ Treating an unresponsive casualty
- ▮ Severe bleeding
- ▮ Choking
- ▮ Chest pains
- ▮ Shock

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

CPR Training

1/2 Day

Our 2 hour Cardiopulmonary Resuscitation (CPR) course provides basic knowledge and lifesaving skills to someone who may come across an unresponsive casualty who is not breathing.



Who is it for?

Anyone wishing to gain basic lifesaving skills and learning how to look after an unresponsive casualty whilst awaiting an ambulance

What will you learn?

- ▶ How to manage an incident
- ▶ Managing a casualty
- ▶ Primary survey
- ▶ Recovery position
- ▶ Resuscitation (CPR)
- ▶ Recognition of a heart attack
- ▶ Chest pains

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Catastrophic Bleeding & Tourniquets

1/2 Day

Tourniquets are tight bands used on limbs or extremities to control excessive bleeding when bleeding cannot be controlled by direct pressure.

A properly applied tourniquet can safely limit blood loss and save a life whilst awaiting the emergency services.



Who is it for?

Anyone working in a high risk environment where there could be a possibility of catastrophic bleeding and the need for tourniquets to be present e.g. agriculture, manufacturing.

We can also offer this course as a 1 hour bolt on to our First Aid at Work or our Emergency First Aid at Work courses.

What will you learn?

- ▶ How to manage an incident
- ▶ Use of a variety of bandages for catastrophic bleeding
- ▶ Use of a tourniquet

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Paediatric First Aid

2 Days

This course focuses on emergency scenarios which could face those looking after young children and infants. This includes people who look after children in day nurseries, private nursery schools, pre-schools, before/after school clubs, for children in the early years age group, childminders and carers of children at home.



Who is it for?

Anyone who works with infants or young children. It is also recommended for childcare professionals by the National Childminding Association and covers all the required first aid elements to register under the Childcare Approval Scheme.

Please note: children / babies are not permitted to attend this course.

What will you learn?

- ▮ Incident management
- ▮ Child/infant resuscitation including use of AED
- ▮ Child/infant choking
- ▮ Treating an unresponsive casualty
- ▮ Head injuries
- ▮ Bleeding
- ▮ Sprains, strains and fractures
- ▮ Burns & scalds
- ▮ Poisons
- ▮ Recognition of childhood illness and injuries (e.g. measles, meningitis, croup)
- ▮ Sickle cell anemia
- ▮ Use of an Epi-pen
- ▮ Can be used for people working towards an NVQ in Childcare and Education

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines and in addition to an assessment paper.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Emergency Paediatric First Aid

1 Day

Our 1 day course focuses on the most common childhood illnesses and injuries that may face those looking after babies and young children.



Who is it for?

Anyone who works with/cares for infants and young children.

It's advised that at least one person in a childcare setting holds the full 2 day Paediatric First Aid certificate.

What will you learn?

- ▮ Assess an emergency situation safely
- ▮ Bleeding
- ▮ Child/infant choking
- ▮ Recording & reporting of Incidents
- ▮ Child/infant resuscitation
- ▮ Role and responsibilities of the paediatric first aider
- ▮ Shock
- ▮ Seizures
- ▮ Unresponsive casualty

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Schools First Aid 1 Day

Teachers and ancillary staff are often first at the scene at an accident in school so its vital staff know what to do in an emergency.

This short course teaches delegates how to treat some of the most common childhood injuries promptly and effectively.



Who is it for?

This is a vital course for teachers & support staff who work in a school or teaching environment.

What will you learn?

- ▶ Managing an incident
- ▶ Resuscitation (CPR) including use of AED
- ▶ Treating an unresponsive casualty
- ▶ Controlling bleeding
- ▶ Dealing with choking
- ▶ Treating shock (including anaphylactic shock)
- ▶ Dealing with sprains & fractures
- ▶ Dealing with epilepsy, diabetes, asthma
- ▶ Dealing with head injuries, nose bleeds, abdominal pain
- ▶ Eye irrigation

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Anaphylaxis First Aid 1 Hour

Allergic reactions can happen to anyone at any time and can be fatal without treatment. Our course will teach you how to recognise the causes, symptoms and subsequent treatment of severe allergic reactions (anaphylaxis).

The auto injector (Epi-pen) course can be delivered as a stand alone course or in conjunction with any other first aid course as a bolt on module.



Who is it for?

This is a vital course for teachers, carers and members of the general public.

What will you learn?

- ▶ Define anaphylaxis and risk groups
- ▶ Understand the first aid treatments for allergic reactions
- ▶ Recognise anaphylaxis
- ▶ Demonstrate the use of an auto injector
- ▶ Understand the application of an auto injector
- ▶ Identify actions on accidental or incorrect administration
- ▶ Record the use of an auto injector

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Fire Marshal

1/2 Day

The Regulatory Reform (Fire Safety) Order 2005 came into effect on 1st April 2006. It places responsibility on the employer to make the correct fire arrangements including fire training and fire equipment.

Our course is approved by the Institution of Fire Engineers (IFE) and teaches the implications of a fire in your workplace, basic fire safety awareness, and how you can protect your staff and business from the devastation caused by fire.



Who is it for?

Our course is specifically tailored to meet the needs of your designated fire marshals and members of staff nominated to oversee fire safety in your workplace.

What will you learn?

- ▶ Cost of fire and arson, Legislation - The Regulatory Reform (Fire Safety) Order 2005
- ▶ Fire risk assessment – the five steps
- ▶ The fire triangle
- ▶ Sources of ignition
- ▶ Spread of fire – convection, conduction, radiation
- ▶ Firefighting equipment
- ▶ Practical use of extinguishers
- ▶ Fire detection and warning
- ▶ Means of escape
- ▶ Evacuation plan – (PEEP)
- ▶ Duties of the fire marshal – daily and in the event of fire
- ▶ Fire evacuation drills

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

IOSH Managing Safely

3 Day

As an employer you are responsible for the health & safety of your staff as well as providing a safe working environment.

The IOSH Managing Safely course will provide your managers and supervisors with the knowledge and skills they need to action and manage the health & safety requirements within their teams and departments.

Our course emphasises their legal responsibilities and brings home why health & safety is an essential part of their role as a manager/supervisor.



Who is it for?

Suitable for managers and supervisors within all sectors.

What will you learn?

- ▶ Introducing managing safely
- ▶ Assessing risks
- ▶ Controlling risks
- ▶ Understanding your responsibilities
- ▶ Identifying hazards
- ▶ Investigating accidents and incidents
- ▶ Measuring performance
- ▶ Protecting our environment

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers, in addition to project work and a final assessment.

Certification

Upon successful completion of the assessment the delegate will receive an IOSH certificate.



IOSH Managing Safely Refresher

1 Day

This course refreshes a candidate's knowledge of the IOSH Managing Safely course.

The IOSH Managing Safely course provides your supervisors and managers with the knowledge and skills they need to action and manage the health & safety requirements within their teams and departments.

The course emphasises their legal responsibilities and brings home why health & safety is an essential part of their role as managers/supervisors.



Who is it for?

People who hold a valid IOSH Managing Safely certificate and want to refresh their skills.

What will you learn?

- ▶ Active monitoring
- ▶ Common hazards
- ▶ Health and safety legislation (updates since attending full Managing Safely)
- ▶ Integrating environmental management
- ▶ Measuring performance
- ▶ Reactive monitoring
- ▶ Revisiting managing safely
- ▶ Assessment and risk control
- ▶ Safety management systems

How is it assessed?

Upon completion of the course, delegates will complete an assessment paper.

Certification

Upon successful completion of the course the delegate will receive an IOSH certificate.



IOSH Working Safely

1 Day

IOSH Working Safely is a one day introductory health & safety course focussed on enabling learners to understand their health & safety responsibilities and how their individual and collective actions contribute to health and safety in their workplace.



Who is it for?

IOSH Working Safely is recommended and suitable for all staff at any level.

What will you learn?

- ▶ Introducing working safely
- ▶ Defining hazard and risk
- ▶ Identifying common hazards
- ▶ Improving safety performance
- ▶ Protecting our environment

How is it assessed?

Upon completion of the course, delegates will complete an assessment paper.

Certification

Upon successful completion of the short answer test, delegates will receive an IOSH certificate.



Manual Handling of Objects

1/2 Day

Providing your workforce with manual handling training helps to highlight the dangers that poor manual handling poses, reduces work related back injuries and minimises absenteeism.

Adhering to the All Wales Manual Handling Passport Scheme we train people to lift and carry objects safely.



Who is it for?

Suitable and strongly recommended for all staff at all levels. Particularly for anyone whose work involves repetitive actions, lifting, pulling or carrying objects.

What will you learn?

- ▶ Modules A and B of the All Wales Manual Handling Passport scheme
- ▶ Regulations, practice and responsibilities
- ▶ Spinal anatomy and related injuries
- ▶ The ergonomics of safe lifting
- ▶ Risk assessment and risk reduction
- ▶ Safe manual handling of objects

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers.

Certification

Upon successful completion, delegates will receive a St John Cymru certificate, valid for 2 years.

Display Screen Equipment (DSE) Risk Assessment

1 Day

As an employer, you must protect your workers against the health risks associated with using display screen equipment (DSE) e.g. laptops, tablets and computers etc.

Our one day Level 2 DSE Risk Assessment course will equip your employees with the skills to carry out DSE risk assessments and identify any issues in line with the Health and Safety Executive's (HSE) guidance.



Who is it for?

Ideal for any member of staff, but particularly for supervisors of staff that use display screen equipment, or appointed H&S personnel whose duties should include carrying out DSE assessments.

What will you learn?

- ▶ Why carry out DSE risk assessments
- ▶ Health and Safety (DSE) regulations 1992
- ▶ Ill health effects and their causes
- ▶ Ergonomic design for DSE work stations
- ▶ Minimum workstation requirements
- ▶ Competencies of DSE risk assessors
- ▶ Carrying out a DSE risk assessment
- ▶ Review and revision of risk assessment

How is it assessed?

Online risk assessment following the classroom based learning – to be completed when back at their place of work.

Certification

Successful candidates will receive a British Safety Council (BSC) Level 2 certificate.

Food Safety Level 2

1 Day

It is a legal requirement that food handlers within any business are trained to maintain a hygienic work environment where food is stored, prepared, handled and served.

Our course embeds the importance of food safety and ensures that staff maintain the highest level of cleanliness in your workplace.



Who is it for?

Our course is the minimum requirement for anyone responsible for the preparation and serving of food.

What will you learn?

- ▶ Health and safety implications
- ▶ Importance of food safety
- ▶ Hazards to food (physical, chemical, biological)
- ▶ Food-related illness
- ▶ Time and temperature control
- ▶ Personal hygiene techniques
- ▶ Cleaning and disinfection
- ▶ HACCP
- ▶ Food premises and equipment

How is it assessed?

There is an assessment paper at the end of the course. Papers are marked externally by the Royal Society for Promotion of Health (RSPH).

Certification

Successful candidates will receive a Royal Society for Promotion of Health (RSPH) certificate.

Sharps Training 2 Hours

The dangers of drugs affect everybody. Used syringes and other drug-related waste are found in a variety of places, including commercial premises, schools, hospitals and pubs.

Our Sharps Training course is developed with PHS Waste Management and will teach you how to dispose of this harmful litter safely. We'll also train you to deal with drug induced emergencies quickly and effectively.



Who is it for?

Our course will help you to protect your staff, customers and visitors from the dangers of drug-related litter.

What will you learn?

- ▶ What is drug related litter
- ▶ Types of drugs in society
- ▶ How to handle and store drug related litter to prevent prosecution/injury
- ▶ How to dispose of drugs, syringes and sharps
- ▶ Drug related first aid
- ▶ Hand hygiene

How is it assessed?

Delegates are continually assessed by our highly experienced St John Cymru trainers in line with current HSE guidelines.

Certification

Upon successful completion of this course, delegates will receive a St John Cymru certificate, valid for 3 years.

Customer Feedback



SOUTH WALES POLICE

“

South Wales Police have worked with St John Cymru who are running our IOSH Working Safely training programme and we have been impressed by the professional and flexible approach to the organisation and delivery of the courses.

I would recommend their course to any organisation who require Health & Safety training.

”



ALUN GRIFFITHS CONTRACTORS

“

We found the Mental Health First Aid course informative and was able to apply what we learned within our workplace considering the sensitivity of the subject, with confidence. Also, a most simple, effective lesson learned, is to listen. It has been a valuable course to attend and we are looking to book more of our workforce on this course.

”



ADMIRAL GROUP PLC

“

St John Cymru has provided Admiral Group plc with manual handling training and fire marshal training within the last year.

We find their booking procedure easy to use and they will always try and match the dates we request, even short notice training.

The feedback received from staff has been excellent. They note how much they have enjoyed the training. Making it fun and informative.

”



NATIONAL MUSEUM WALES

“

Organising MHFA training with St John Cymru has been quick and easy.

This has been one of our most popular courses we offer to staff and they often finish the course feeling inspired and ready to support colleagues and volunteers throughout the organisation.

”



CASTLE LEISURE

“

St John Cymru provides us with a selection of quality training at competitive prices. With a number of clubs in the South Wales area, St John Cymru offers training locations near to all our Welsh based locations

”



APOLLO TEACHING

“

The trainer was well informed and was able to apply the content of the course to the classroom as she is an active practitioner.

The content was streamlined to be as applicable as possible to professional practice.

”

Panasonic

PANASONIC MANUFACTURING UK

“

We have been working with St John Cymru for over 20 years.

Their first aid training is of a good format, made simple and easy to follow. Our staff come away from the course feeling confident they would be able to offer basic first aid should the need arise. St John Cymru offers exceptional value for money and I would have no hesitation in recommending their training to other companies.

”



LINC CYMRU

“

St John Cymru has a very helpful team, convenient dates and locations and useful accredited training courses.

”

We are proud to be Wales' leading first aid charity and our aim is to have a first aider in every home in Wales.

What do we do?

You are probably well aware of our volunteers who you see at your local events providing first aid cover. But did you know we also....

- ▶ Deliver quality first aid and health & safety training to businesses across Wales
- ▶ Teach first aid to children in schools and to people in your local community
- ▶ Offer a range of first aid supplies and equipment
- ▶ Provide a patient transport service to get you to and from your hospital appointments.
- ▶ Run youth development programmes
- ▶ Provide first aid cover at events of all sizes with our full trained volunteers
- ▶ Fundraise for our charity
- ▶ Save lives



Why chose St John Cymru as your training provider?

Aside from training with a name you can trust to ensure your staff receive quality training we offer our customers...

- ▶ A free advice service
- ▶ Conveniently located training centres and on-site training at your premises - whatever is easiest!
- ▶ Qualified trainers who draw on their personal first aid and health and safety experience
- ▶ All-inclusive costs - no hidden extras
- ▶ Full range of courses and supplies - your one-stop shop
- ▶ Reminders when your staff are due to renew their certificates
- ▶ Online booking system, so you can check availability and book instantly at a click of a button

- ▶ We have your back - if your staff use their first aid skills outside the workplace when your insurance doesn't cover them, we will.

Profits from the sale of training courses and first aid supplies help fund our charitable work, including:

- ▶ Community and schools first aid training
- ▶ Running youth programmes, where children and young people can be taught the skills they need to save a life

This means you are not only getting a great service, you are also contributing towards helping your local community as well as meeting your corporate social responsibilities.

Our Training Centres

Training at our premises or yours

We have training centres throughout Wales; we also offer on-site training for all our courses at a venue of your choice. All you need is a minimum of six people and our qualified and experienced trainers can come to your venue and deliver a course tailored to your specific needs.

Abergele	Unit 5410, Ground Floor, North Wales Business Park, Abergele, Conwy. LL22 8LJ.
Bridgend	Minerva Street Bridgend CF31 1TD
Cardiff	Priory House, Beignon Close, Ocean Way, Cardiff, CF24 5PB.
Newport Centre (Lysaght Institute)	Orb Drive, Off Corporation Road Newport, Gwent. NP19 0RA
Swansea	Unit 11, Tower Court, St Davids Road, Enterprise Park, Swansea, SA6 8RU
Wrexham	Ellice Way, Yale Business Way Wrexham, LL13 7YL
Haverfordwest	St John House, Salutation Square Haverfordwest, Haverfordwest, SA61 2LG

First Aid and Medical Supplies

You've trained with us – Why not purchase your supplies from us?

We're a one-stop-shop for all your first aid needs

As your first aid training experts, we're also suppliers of first aid and medical equipment. So not only will you receive the highest standards of training but we can also provide you with the exact supplies you need to protect your workforce.

**Choose from hundreds of first aid products at:
www.stjohn.wales**

You can shop for all your first aid supplies online. So whether you work in a low risk office, high risk factory or anything in between, we can provide you with all the first aid equipment you need to help meet your health & safety requirements.

How to buy

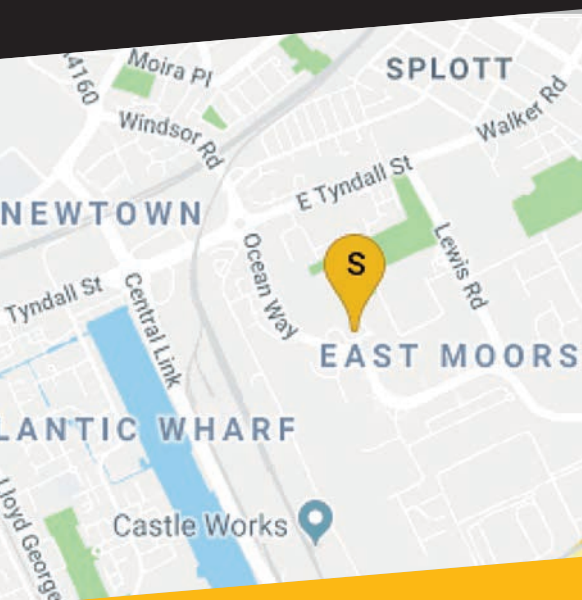
Online: www.stjohn.wales/supplies
Email: supplies@stjohnwales.org.uk
Phone: **0345 678 5646**
Post: St John Cymru Supplies, Priory House,
Beignon Close, Ocean Way,
Cardiff CF24 5PB

AED service rental

As an alternative to purchase, we can offer an attractive service rental solution.

Please call us for further information.
Phone: **0345 678 5646**





CONTACT US

0345 678 5646

training@stjohnwales.org.uk

Registered office:

St John Cymru

Priory House

Beignon Close

Ocean Way

Cardiff

CF24 5PB

Our Customer Services team is available to help with your enquiry, Monday to Friday, from 8.30am to 4.30pm. We aim to respond to email enquiries as soon as possible and within 2 working days.

Data Protection Act (GDPR) 2018.

Your data will be processed in accordance to St John Privacy Policy which you can view at

www.stjohn.wales/privacy

Charity number: 250523

Company number: 05071073

Registered name:

The Priory for Wales of the Most Venerable Order of the Hospital of St John of Jerusalem