



The Safety Training Experts



BOOK YOUR WORKPLACE TRAINING TODAY | www.abcworksafe.co.uk | 01903 490049 | info@abcworksafe.co.uk



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All courses are fully recognised and accredited.



WELCOME to **ABC WorkSafe** - a fully accredited and experienced provider of face to face and online Health and Safety and Health and Social Care training courses. Working closely with each client and delivering onsite training ensures we deliver completely bespoke courses that are relevant to your workplace.

Some of the clients we have helped include: **The Good Care Group**, **Care Management Group**, **Viridor Waste Management**, **Brakes**, **PM Construction Group/GSK**, **St Barnabas Charity Shops** and many more such as **Schools**, **Dental Surgeries**, **Architects** and the **Financial Sectors**.

Delivering cost effective, engaging and memorable training at flexible times means that we can help our clients stay compliant at a time to suit them and their needs.

We look forward to working with you.

Paul Lane

MANAGING DIRECTOR

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FIRST AID TRAINING

WHEN YOU CHOOSE **ABC Worksafe Ltd** for your first aid at work training courses, you are working with experts – The HSE have removed the approval of courses and training so your training provider must work to the highest standards. **ABC WorkSafe** is accredited and approved with the FAIB (First Aid Industry Body) to deliver training and deliver the highest standard in first aid courses and first aid training. We are also a Centre for Quallsafe Awards.

Courses

- FAW (FIRST AID AT WORK)
- FAWR (FIRST AID AT WORK REFRESHER)
- EFAW (EMERGENCY FIRST AID AT WORK)
- CPR
- AED
- PAEDIATRIC FIRST AID



MENTAL HEALTH FIRST AID

ACCORDING TO the mental health charity **Mind**, at any one time, at least one in six workers are experiencing common mental health problems, including anxiety and depression. If you are a private sector employer, the cost to you could be an average of more than £1,100 per employee each year.

Our courses are fully accredited through **Mental Health First Aid England (MHFA)** and can be delivered on site so that your training is only relevant to your workplace.

Courses

- MENTAL HEALTH CHAMPION (ONE DAY)
- MENTAL HEALTH FIRST AIDER (TWO DAY)

Course manuals, workbooks and certificates will be from MHFA England.



FIRE SAFETY TRAINING

WHEN YOU CHOOSE **ABC Worksafe** for your Fire Safety training courses, you are working with a partner who recognises that not all workplaces are the same. Our Fire Warden and Fire Marshal course are designed to suit your business needs and are delivered by trainers with Emergency Services experience and this brings our training to life.

Live Fire training, or just practical extinguisher training delivers everything you need to stay safe.

Courses

- FIRE MARSHAL
- FIRE SAFETY AWARENESS



MANUAL HANDLING

MANUAL HANDLING training is essential for all businesses that require employees to move goods or objects around as part of their work. Our Manual Handling of Objects courses allows you to tailor your training to your exact requirements. Courses will include a good mix of Theory, relevant Health and Safety issues and practical lifting.

Courses

- LEVEL 2 PRINCIPLES OF MANUAL HANDLING (ONE DAY)
- MANUAL HANDLING AWARENESS (HALF DAY)



ONLINE COURSES

OUR ONE-ON-ONE tutor led interactive online training goes at precisely the pace required by each individual. It provides an opportunity to go over the learning content as often as required so every employee gets the optimum learning experience that'll be retained and applied to keep your business safe and compliant.

Our Health and Safety and Health and Social care online courses are CPD and IRRSM accredited so you can rest assured your staff have a recognised qualification.

OTHER COURSES

WE ALSO OFFER a wide range of other courses. To find out more please visit www.abcworksafe.co.uk.



EQUIPMENT

THE NEW BRITISH STANDARD BS-8599-1 became effective on 30th June 2011 and employers are responsible for ensuring that First Aid provision and First Aid Kits are kept up to date and are appropriate for treating any injuries that could arise on site.

ABC Worksafe can advise you on these kits.

While CPR training is essential in helping to save lives, it is vital that casualties in cardiac arrest are treated with an AED (Automated External Defibrillator) shock as soon as possible after collapse. We can help with advice and provision of these units.

