

Learn how to save a life

FEBRUARY 2020

ACTIVE TRAINING AND MANAGEMENT LTD

234 Victoria Road, Southend on Sea, SS1 2TB

www.activetrainingmanagement.co.uk
info@activetrainingmanagement.co.uk
tel: 0800-133-74-28

INSIDE THIS ISSUE

1. About us
2. Courses we offer
3. Bespoke courses
4. Why choose us

'Don't be a passive bystander when someone needs help.....gain confidence with us and become an ACTIVE FIRST AIDER'



Active Training and Management LTD

About us

By Tom Tokarek, Managing Director

Active Training and Management Ltd is now an accredited training Centre, regulated by First Aid Industry Body UK. Our experienced instructors are former Paramedics, healthcare professionals or other professionals, who are committed to teaching first aid by sharing their own experience and excellent teaching skills.

We help learners to become confident in dealing with any type of medical emergency, such as catastrophic bleeding, heart attack, trauma or helping an unconscious casualty and when necessary - to perform CPR. We understand the demands of everyday life, strive to make our classes convenient and easy to learn. We offer courses at local venues, and we're willing to travel to teach large groups and run on-site courses.

We offer individual assessments prior to training session, to get better understanding of your needs, and therefore provide the training that meets your expectations.

Hands on approach

We teach very practical skills and use hands on approach. We involve all learners in group practical sessions to allow them practice on each other, which means they practice on real human being. We create nice and friendly atmosphere throughout our training sessions to enable all delegates feel comfortable and gain confidence to deal with any emergency.

First Aid courses

Basic Life Support (3 HRS) + AED

The 3 hours' programme provides attendees with Basic First Aid skills in line with current UK Resuscitation Council guidance and focuses on immediate priorities and initial, time critical care for life threatening situations. This includes Primary Survey, Resuscitation (CPR) and the use of Automated External Defibrillator(AED).

Cost: £35 per person (contact us for group booking)



Dental CPR / AED refresher (to include medical emergencies) 3-4 HRS

Our CPR and Medical Emergencies for Dentist courses are designed for Dental Practices who are due for their annual refresher. The courses are delivered in line with current UK Resuscitation Council guidance and meet GDC CPD requirements. Courses can be delivered on-site or designated venue. If you would like to find out more, please get in touch.

Cost: £325 (group up to 12 delegates) Larger groups - please contact us.



Essential First Aid for Teachers and other professionals (4 HRS)

Our Essential First Aid course is a combination of BLS/CPR and EAD refresher and also includes medical emergencies (Anaphylaxis, Heart Attack, Stroke and others). This course covers situations related to both Adults and Children, so it is highly recommended for Schools, Nurseries and other organizations that require annual First Aid refresher.

Cost: £325 (group of 12 delegates).

Larger groups - please contact us.



*Simple skills
Save lives!!!*

WE BELIEVE THAT HANDS ON APPROACH IS THE BEST WAY TO LEARN FIRST AID.

WE OFFER BESPOKE COURSES TO LOCAL BUSINESSES, CARE TEAMS, CARE HOMES AND OTHER ORGANISATIONS. WE CAN PRE-ASSESS YOUR NEEDS TO ADAPT THE COURSE TO MEET YOUR REQUIREMENTS.

First Aid

First Aid at Work (FAW) - 3-day course or 2-day FAW requalification

This course is designed for organizations that require their staff be competent in administering first aid to someone (their own Staff or visitors) who become unwell while at work and need immediate help. The content of this course covers all aspects of first aid, theory and practical assessments (group and individual assignments). It enables all learners to gain confidence in taking charge in case of emergency. Hands on approach is the key!

Cost: £ 120 per delegate (£100 for 2-day requal).

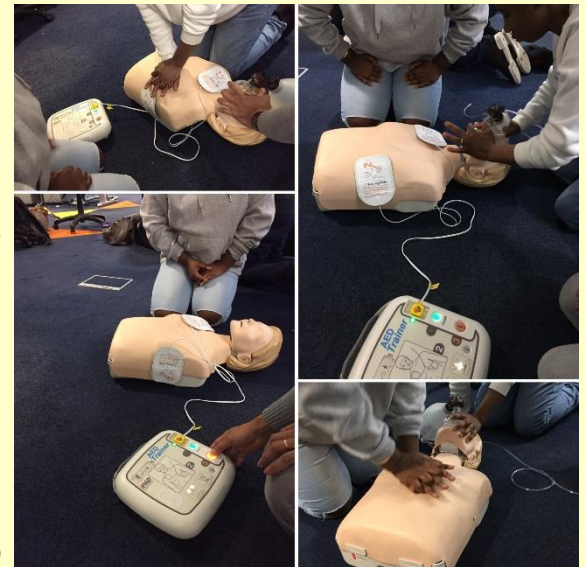


Primary and secondary assessment.

Emergency First Aid at Work (EFAW) 1 day

This course is designed to enable the Emergency First Aider in a low risk environment in the workplace to carry out appropriate first aid in an emergency. At the end of the course the candidate will be able to manage a casualty who is injured at work, or suffers a serious illness, while waiting for more qualified medical help to arrive. This is a perfect course for small care teams, care home Staff, Schools and other.

Cost: £65 per delegate (group booking, please contact us).



2-Day Paediatric Course (Ofsted)

This course is designed to those who work in early years settings: childminders, nannies, day nurseries, schools, parents and others who work with or look after children. This course is accredited by FAIB and meets OFSTED Early Years and Childminder Requirements.

Cost: £95 per delegate (contact us for group bookings)

Emergency Paediatric First Aid 1-Day

This course is designed for people working with and caring for babies and young children both in Early Years settings and as parents/grandparents. It concentrates on life threatening areas of paediatric first aid and those holding this certificate can provide support to staff who hold the full Paediatric Certification.

Cost: £65 per delegate (contact us for group bookings)



Bespoke First Aid courses

We also offer bespoke First aid courses:

- **Brain Injury First Aid** - designed for care teams looking after patients with Traumatic Brain Injury.
- **Combined First Aid (BLS/AED) with Level 2 Safeguarding** - 1 day course designed to meet your specific needs and requirements.

Why should you choose us?

- By choosing Active Training and Management Ltd you will be provided with professional advice to help you choose a course that will best suit your needs and requirements.
- Our courses are delivered in a professional, friendly way and run by healthcare professionals (former Paramedics or Emergency Services Professionals) and other qualified instructors.
- With our experience we can guarantee the best quality of teaching with blended approach (combining few different teaching styles to suit all audiences).
- We are regulated by The First Aid Industry Body, so our courses are accredited and delivered in line with current UK Resuscitation Guidance.
- We provide competitive prices, high standards of delivery and professional equipment.

If you would like to find out more, please get in touch with us!

We are regulated by:



Epilepsy Awareness courses (3 HRS)

This course is designed to those who look after children or adults with epilepsy. The course is delivered in a very professional way and run by brain injury specialist who has over 13 years of experience working with patients with severe traumatic brain injury.

Cost: £40 per delegate



Safeguarding courses

The courses we run are design to support you to ensure that safeguarding measures are in place to safeguard adults and children from harm or neglect.

Our courses use practice examples and resources to promote good safeguarding practice for a range of different audiences.



Active Training and Management LTD

ACTIVE TRAINING AND MANAGEMENT LTD

234 Victoria Road, SOUTHEND ON SEA
ESSEX, SS1 2TB

www.activetrainingmanagement.co.uk

email: info@activetrainingmanagement.co.uk
phone: 0800-133-74-28 mob. 07803-809-760