




**Train with
a name you
can trust**

Who are British Red Cross Training?

With more than 40 years of experience, working with companies of all sizes across a range of industries, Red Cross Training is renowned for providing expert first aid training. Our interactive courses provide the practical skills and confidence needed to help save lives when an accident strikes.

Photo © Tracey Gibbs / BRC



From first aid to mental health at work, all Red Cross training courses are clinically accurate and educationally sound. Red Cross Training is ISO 9001:2015 certified for the design and provision of first aid courses which are based on the latest science, and are continually reviewed and evaluated. Pairing this science with our practical approach allows us to train your staff thoroughly and effectively.

We run scheduled courses through our network of training venues across the UK, and we can come to you to deliver the course you need.

We provide a variety of first aid, health and safety and mental health at work courses to give you and your team the skills and confidence to act in a first aid emergency. Utilise our easy-to-use course calculator to find out the cost of first aid training whether that's at your workplace, a convenient venue of your choice, or for multiple people.



Not sure what course you need?

Answer a few simple questions and our **course finder** will help you choose the course which is most suited to your needs.

[> COURSE FINDER](#)

Why train with us?

First aid training is a crucial part of keeping your organisation working at its best – and training with a trusted provider gives employees the confidence and skills to act.

When you invest in training, you want great service and confidence that your people are getting the best possible experience. Our courses are developed using the most up-to-date research and a commitment to quality.

Our quality assurance plan ensures that we consistently deliver our training to the highest possible standards. Your staff will gain the practical skills and confidence needed through an enjoyable and hands-on experience.



Photo © Tracey Gibbs / BRC

Benefits of training with us include:

- national service delivered locally with training venues across the UK
- fully integrated offer from the design of courses to our training venues and trainers
- courses developed by experts, based on the latest scientific research
- life-threatening bleeding now included as standard on First aid at work and First aid at work requalification courses
- free Safe Hands e-newsletter to help keep your skills refreshed
- flexibility to train at your premises or at one of our venues
- recognised as a standard setter in first aid training by the Health and Safety Executive (HSE)
- a reminder before a first aid certificate expires, so your team's skills are kept up to date.



Excellent course.

Trainer was very thorough and informative at each stage of the course, giving very good examples.

John



(based on over 4,000 reviews, as of May 2024).

Managed Account Service

Do you work for a large organisation that has regular first aid training needs? Do you need to arrange training across several locations? We could save you time and money.

What is a Managed Account Service?

Our customers can take advantage of:

- 24/7 real-time online booking
- competitive pricing
- preferential rates
- quality assured customer service
- bespoke reporting
- tailored invoicing
- personal online training portal.

What are the benefits?

Many large organisations need flexibility and convenience in their training requirements.

With our Managed Account Service, you can book a course at any of our training locations across the UK or arrange an onsite training course at your workplace.

Need a personal approach? We help first aid at work training fit into your organisation's day to day, using our bespoke service to tailor the best training options for your business.

READY TO BOOK A COURSE?

Scan the QR code to get in touch and book a course.



First aid at work training courses

Our various first aid at work courses provide learners with the skills and confidence they need to respond to a range of first aid situations in the workplace.

From our half-day **Annual first aid refresher** course, to the full three-day First aid at work course, as well as additional specialised subjects such as the use of oxygen and first aid for childcare settings, we have a course to suit your first aid requirements.

Take a look at some of our most popular **First aid at work** courses to help you meet compliance and keep your staff safe at work.

COURSES AVAILABLE

- Emergency first aid at work
- First aid at work
- First aid at work requalification
- First aid for appointed persons
- Blended paediatric first aid
- Paediatric first aid
- Annual first aid refresher
- Defibrillator (AED) training with CPR
- First aid for teachers
- First aid for sports
- Use of oxygen.

> GET AN INSTANT FIRST AID TRAINING QUOTE

NOT SURE WHAT YOUR FIRST AID REQUIREMENTS ARE?

Download our **First aid provision in the workplace: A Guide for Businesses** to find out more.

Scan to book a course.





We can tailor our courses to suit you

As part of our Managed Accounts service, we offer bespoke First Aid at Work training courses to suit your business requirements. We go beyond our standard courses to offer tailored learning options for your teams' needs.

You can choose to add modules onto existing training courses or book multiple courses for a comprehensive learning experience across our courses including:

- First Aid at Work
- Mental Health at Work
- Health and safety training.

TO DISCUSS YOUR TRAINING NEEDS, GET IN TOUCH [HERE](#)



Photo © Tracey Gibbs / BRC

Health and safety training courses

Red Cross Training offers a comprehensive range of health and safety courses beyond first aid.

Our courses provide a wealth of knowledge on workplace safety and can help develop a positive health and safety culture within your organisation. Our fire marshal courses are independently accredited by the Institution of Fire Engineers. We help you keep your team safe while meeting your legal responsibility to protect the health and safety of your employees.

COURSES AVAILABLE

- Fire marshal (online, virtual and face-to-face learning options available)
- Manual handling.



Mental Health at Work training

By taking a positive approach to mental health and wellbeing in the workplace, your organisation can benefit from:

- more engaged and motivated staff
- reduction in absence and associated costs
- increased productivity and staff retention
- improved professional reputation
- satisfied customers.



Photo © Tracey Gibbs / BRC

READY TO BOOK A COURSE?

Contact us about your training needs.

Scan to book a course.



Free mental health course for first aid at work learners

Claim a free introductory Mental health for first aiders online course when you book any first aid at work training course. T&Cs apply.



Book now ▶

Red Cross Training offers six short, interactive Mental health at work courses which are designed to build both team and individual resilience and to help staff members return to and maintain a state of positive mental wellbeing.

The 2024 HSE guidance introduces the inclusion of mental health considerations within first aid needs assessments to identify additional training requirements.

It's crucial to treat mental health in the workplace as you would first aid requirements within your organisation, and plan the training you require accordingly.

The HSE references the six 'Core Standards' for managing mental health at work. Our courses are directly relevant to and reflect these recommended standards.

By learning with us, you'll benefit from the expertise of our teams in supporting people in emotionally challenging situations.

The course content is based on the globally recognised CALMER psychosocial framework. The framework has been developed by the Red Cross' psychosocial team and has a proven track record in supporting individuals, including staff, volunteers and service users, during and after a multitude of emotionally challenging situations.

COURSES AVAILABLE

- Mental health awareness for managers
- Stress management at work
- Building team resilience at work
- Dealing with distressed callers
- Wellbeing support at work
- Stress awareness at work.

Your staff will benefit from:

- developing awareness of how to support themselves and others when faced with difficult situations using an adaptable and practical framework
- managing stress and developing awareness of stress
- optimising wellbeing at work and in their personal lives
- developing greater confidence when dealing with difficult situations.

Become a mental health champion

Upon successful completion of a Mental Health at Work course, you will receive a British Red Cross Mental Health Champion certificate.

A Mental Health Champion is equipped with specialised training to provide help and guidance to colleagues, fostering mental health awareness in the workplace. They possess the necessary skills and assurance to aid and direct colleagues grappling with mental health issues or stress.



READY TO BOOK A COURSE?

Contact us about your mental health at work training needs.

Scan QR code to book a course.



Ways to learn

We have a range of options for you and your employees to learn anytime, anywhere.



Face-to-face training

We provide training across a network of venues at locations throughout the UK. For those requiring onsite training for group bookings, you can choose from a range of first aid, health and safety, and mental health at work courses at your premises or a convenient location.

Simply choose a time and place to best suit your business needs and enjoy a more personal approach by training with people you know, helping to create a relaxed environment for your team.



Virtual training

Our virtual training courses are available through established and reliable virtual technology. You and your team can reduce the time out of the office spent travelling to and from training. The training can be accessed from either your home or the office. Our virtual training offer also features real-time interaction between our trainers and your team.

Simply choose a time to best suit your business needs and learn from wherever is most convenient for your employees.



Online training

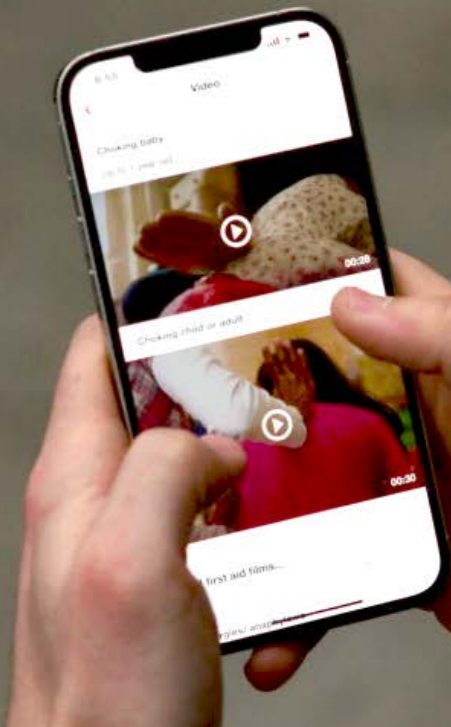
Our online courses are designed to complement our face-to-face offerings.

The Annual first aid refresher course is available to complete online and provides a flexible and accessible format for learners. The HSE strongly recommends that all first aiders holding a valid first aid at work or emergency first aid at work certificate complete this short refresher course in addition to the regulatory requalification timeframe of three years.

Our IFE-accredited fire marshal short course is also available online, for those wanting to learn more about basic fire awareness for their role as a fire

marshal in the workplace. This option may be better suited to those organisations where it can be a challenge to gather a group at one location for training together.

The six mental health at work courses are available as an e-learning experience which equips employees, managers and business owners with proactive and preventative mental health at work training. Each course features the same content as the face-to-face and virtual course offerings, giving learners a choice of three learning methods.



Safe Hands e-newsletter

Safe Hands is a free, topical, monthly e-newsletter for anyone who has completed a Red Cross workplace first aid course, to keep you feeling skilled and confident so that you're prepared to act in an emergency.

British Red Cross First Aid App

Our free first aid app covers more than 20 first aid skills. Using a simple and easy-to-learn approach, the app is suitable for anyone looking to learn first aid and gain confidence to help others in an emergency.

KEY FEATURES:

- simple step-by-step guides
- videos
- interactive quizzes
- useful tips and signposts to further information
- first aid course information.

Scan to download our app.



READY TO BOOK A COURSE?

Scan the QR code to get in touch and book a course.



You will receive regular information about:

- first aid and mental health tips and advice
- quizzes to test your first aid knowledge
- videos of key first aid techniques
- legislation updates
- first aid myths explained
- real life first aid stories
- useful resources.

First aid supplies from Red Cross Training

We offer a range of first aid supplies to cover different working environments and business needs. Depending on your first aid needs assessment, our products help you meet your first aid equipment and HSE requirements.

Defibrillators and accessories

Our range of AEDs (automated external defibrillators) offers both fully and semi-automatic options, with models suited to mixed age groups and various working and public environments. We offer AED accessories which provide ease and simplicity to ensure your AED storage and equipment meets your first aid needs and HSE requirements.



Workplace first aid kits

Our first aid kits offer a range of first aid equipment covering various working environments and workforce sizes to help you meet your first aid needs and HSE requirements. All first aid kits are BS8599-1 compliant and meet legal obligations under the Health and Safety First Aid Regulations.



Burns first aid kit

The burns first aid kit provides fast and effective treatment for burns, scalds and sunburn in the workplace or home and meets the guidelines provided by the HSE.



Double eye wash station

The double eye wash station provides fast and effective treatment in the workplace or home for the irrigation of eyes to remove foreign bodies such as dust and dirt. It is designed to meet the guidelines provided by the HSE.



Visit [REDCROSSFIRSTAIDTRAINING.CO.UK/FIRST-AID-SUPPLIES](https://www.redcrossfirstaidtraining.co.uk/first-aid-supplies) for more information or speak to our Sales team on 0344 871 8000 to purchase bulk quantities.

The power of kindness

We help anyone, anywhere in the UK and around the world, get the support they need if crisis strikes. For more than 150 years, the British Red Cross has supported people in the UK in times of crisis.

Our network of incredible staff and volunteers has formed part of the world's frontline response to crises, helping the most vulnerable to keep safe and healthy. Find out more about the work of the British Red Cross [here](#).

People in crisis need your help. Your donation will change lives. If you can, please [donate today](#).

Thousands of people attended our first aid courses in 2022. In a single year*, the power of kindness has helped:



58,500

people from Ukraine with emergency financial assistance



2,200

people in the severe winter storms in the UK



30,300

refugees and people seeking asylum



69,800

people to live independently at home

*2022 British Red Cross Trustees' Report and Accounts

Booking with us is easy



Phone

To book a course or get advice on your training requirements, call our team of expert advisors. You can trust us to help. Call us on **0344 871 8000**



Online

Book a course simply and quickly online. We offer a range of payment options, including PayPal for a faster checkout. Our website offers free advice, downloadable resources such as risk assessments for health and safety, and helps you choose the right course for your organisation.

Visit redcrossfirstaidtraining.co.uk

British Red Cross

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Keep up to date
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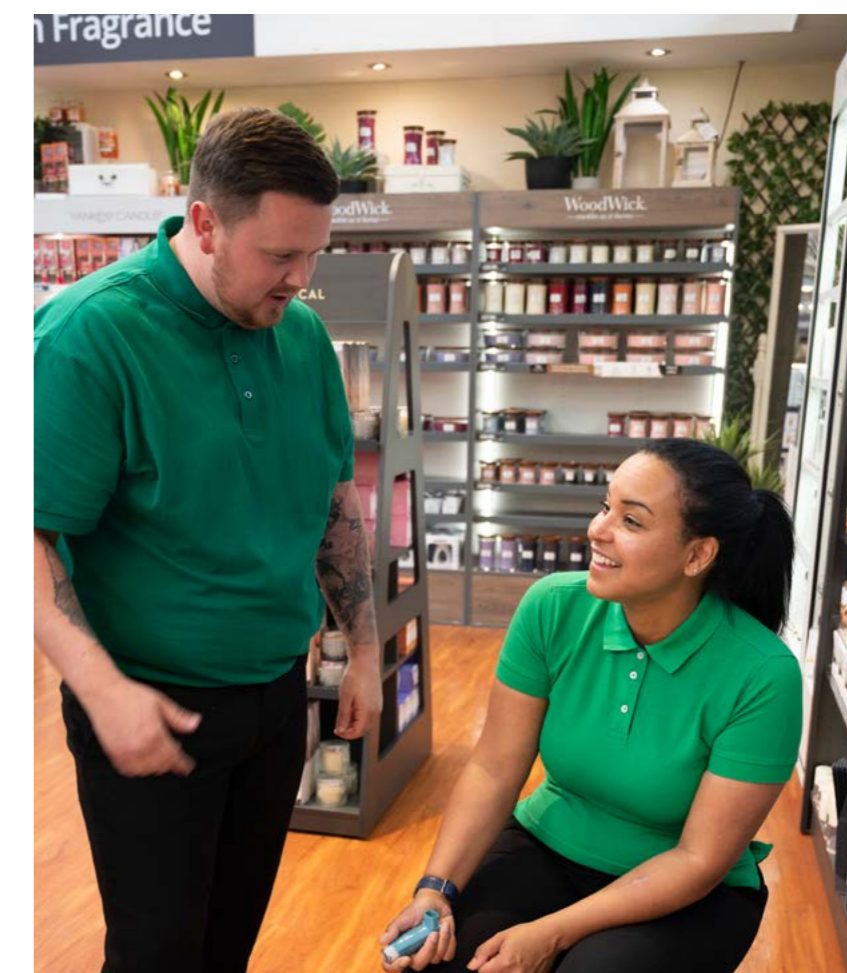


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Every effort has been made to ensure the information in this brochure is correct at the time of printing. However, we are continuously upgrading and developing our courses and so reserve the right to change specifications and prices at any time.

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