



# First Aid Training Programme

## 2024/2025

**Bolton Under Fives Forum provides a Comprehensive Blended Learning and Face to Face First Aid Training Programme at The Castle Hill Centre which includes:**

Paediatric First Aid (12 hours)    Emergency First Aid at Work (1 day)  
First Aid at Work (3 days)    First Aid at Work Re-Qualification (2 days)  
First Aid Awareness Training (2 hours)

***Any of the training can also be delivered within your school or setting.***

### **Our Blended Learning Training is completed in 4 easy steps:**

- 1 • To book your required course contact Debra Jones at Bolton Under Fives Forum
- 2 • Your course details including your Online Theory Enrolment and Practical Training Confirmation will be emailed to you approx. 14 days before your Practical Session
- 3 • Complete your Online Theory at Home or Work at your own pace
- 4 • Attend your Practical Session with BUFF at The Castle Hill Centre.

### **Revised training techniques to provide our learners with a safe training environment and give them peace of mind.**

- Our Face-to-Face training is now delivered to smaller group numbers and with extra hygiene measures in place.
- Learners are provided with their own individual desk.
- Each learner is provided with their own manikins, dressings and AED to use during the training.

**Bolton Under Fives Forum  
Room G27, The Castle Hill Centre, Bolton BL2 2JW**

**If you would like any further information or to reserve a place on any of the courses please contact**

**Tel: 01204 521712 Fax: 01204 338359**

**Email: [boltonunder5@tiscali.co.uk](mailto:boltonunder5@tiscali.co.uk)**

**Registered Charity No. 519403**

# Paediatric First Aid

## Blended Learning and Face to Face Tutor Led Training

Level 3 RQF Award

Awarding Body: Highfield Qualification

Course duration: 12 hours

The **Paediatric First Aid** provides theoretical and practical training in first aid techniques that are specific to infants aged under 1 and children aged from 1 year old to 16 years of age which meets the requirements of the Statutory Framework for Early Years Foundation Stage (EYFS) and the requirements of Ofsted appropriate to the age of the children in your care.

Our Paediatric First Aid courses are suitable for Childminders, Playgroup, Nursery, Out of School Clubs and School staff and anybody who works with children and wants a more in-depth course.

This 12-hour course is aimed specifically at Practitioners working with children and is based around the most common injuries that occur with children, plus resuscitation. The training includes both theory and practical content within the sessions enabling candidates to demonstrate skills and knowledge e; ***To preserve life, prevent the condition worsening and promote recovery.***

Our **Blended Learning Paediatric First Aid Training** comprises of **6 hours of e-learning** completed at your own pace from the comfort of work or your own home and **6 hours of face to face practical training** with our trainer Paul Kenny at The Castle Hill Centre.

Blended Learning Practical Course dates	Times
Friday 8 <sup>th</sup> November	9.30am to 4.00pm
Saturday 9 <sup>th</sup> November	9.30am to 4.00pm
Friday 22 <sup>nd</sup> November	9.30am to 4.00pm
Friday 29 <sup>th</sup> November	9.30am to 4.00pm
Friday 6 <sup>th</sup> & Friday 13 <sup>th</sup> December	9.30am to 12.30pm
Wednesday 11 <sup>th</sup> December	9.30am to 4.00pm
<b>2025</b>	
Wednesday 8 <sup>th</sup> January 2025	9.30am to 4.00pm
Thursday 16 <sup>th</sup> & Friday 17 <sup>th</sup> January	9.30am to 12.30pm
Saturday 18 <sup>th</sup> January	9.30am to 4.00pm
Friday 31 <sup>st</sup> January	9.30am to 4.00pm
Wednesday 5 <sup>th</sup> February	9.30am to 4.00pm
Wednesday 5 <sup>th</sup> & Wednesday 12 <sup>th</sup> February	6.00pm to 9.00pm
Thursday 13 <sup>th</sup> & Friday 14 <sup>th</sup> February	9.30am to 12.30pm
Friday 7 <sup>th</sup> March	9.30am to 4.00pm
Wednesday 12 <sup>th</sup> March	9.30am to 4.00pm
Saturday 15 <sup>th</sup> March	9.30am to 4.00pm
Thursday 27 <sup>th</sup> & Friday 28 <sup>th</sup> March	9.30am to 12.30pm
Thursday 24 <sup>th</sup> April	9.30am to 4.00pm
Friday 16 <sup>th</sup> May	9.30am to 4.00pm
Wednesday 18 <sup>th</sup> & Thursday 19 <sup>th</sup> June	9.30am to 12.30pm
Wednesday 18 <sup>th</sup> & Wednesday 25 <sup>th</sup> June	6.00pm to 9.00pm
Thursday 26 <sup>th</sup> June	9.30am to 4.00pm
Friday 4 <sup>th</sup> July	9.30am to 4.00pm
Wednesday 13 <sup>th</sup> August	9.30am to 4.00pm

**Cost £79.50 per candidate**

# Emergency First Aid at Work (EFAW)

Blended Learning and Face to Face Tutor Led Training

Level 3 RQF Award

Awarding Body: Highfield Qualifications Course duration: 6 hours

**Emergency First Aid at Work** training provides theoretical and practical training in first aid techniques for adult first aid: To preserve life, prevent the condition from worsening and promote recovery.

This Level 3 qualification is designed for those learners wishing to gain a nationally recognised qualification in first aid and become emergency first aiders in their workplace. This qualification meets the requirements for training emergency first-aiders in those organisations that have identified that staff need to be trained to this level within their first-aid needs assessment.

The topics within this qualification are regarded by the Health & Safety Executive (HSE) as being important in maintaining good practice in the safe, prompt and effective treatment of injuries and ill health in the workplace.

The successful completion of this course will give the candidate a Level 3 Certificate in Emergency First Aid at Work which is valid for 3 years after which time re-qualification is necessary.

This course is suitable for Nurseries, Schools and Childcare facilities which present few health and safety risks. Nominated workplace First Aiders or anyone wanting a comprehensive one day first aid training course.

Our **Blended Learning Emergency First Aid at Work Training** comprises of **3 hours of e-learning** completed at your own pace from the comfort of work or your own home and **4 hours of face to face practical training** with our trainer Paul Kenny at The Castle Hill Centre.

Blended Learning Course Dates	Times
<b>2024</b>	
Wednesday 23 <sup>rd</sup> October	9.30am to 1.30pm
Friday 15 <sup>th</sup> November	9.30am to 1.30pm
<b>2025</b>	
Wednesday 29 <sup>th</sup> January	9.30am to 1.30pm
Thursday 20 <sup>th</sup> March	9.30am to 1.30pm
Wednesday 7 <sup>th</sup> May	9.30am to 1.30pm
Thursday 3 <sup>rd</sup> July	9.30am to 1.30pm

**Cost £79.50 per candidate**

# First Aid at Work

Blended Learning and Face to Face Tutor Led Training

Level 3 RQF Award

Awarding Body: Highfield Qualifications

Course duration 3 days (18 hours)

**First Aid at Work** training provides theoretical and practical training in first aid techniques for adult first aid: To preserve life, prevent the condition from worsening and promote recovery. This Level 3 qualification is designed for those learners wishing to gain a nationally recognised qualification in first aid and become designated first aiders in their workplace. The qualification meets the requirements for training first-aiders in those organisations that have identified that staff need to be trained to this level within their first-aid needs assessment.

The successful completion of this course will give the candidate a certificate which is valid for 3 years after which time re-qualification is required.

The course is suitable for nominated workplace First Aiders, or anyone wanting a comprehensive introduction to first aid. Ideal for Nurseries, Schools and Child care facilities where the First Aid Risk Assessment has identified a need for a more comprehensive level of cover.

Our **Blended Learning First Aid at Work Training** comprises of **6 hours of e-learning** completed at your own pace from the comfort of work or your own home and **12 hours of face to face practical training** with our trainer Paul Kenny at The Castle Hill Centre.

Blended Learning Practical Course dates	Times
<b>2024</b>	
Thursday 24 <sup>th</sup> & Friday 25 <sup>th</sup> October	9.30am to 4.00pm
Wednesday 6 <sup>th</sup> & Thursday 7 <sup>th</sup> November	FULLY BOOKED
Wednesday 4 <sup>th</sup> & Thursday 5 <sup>th</sup> December	9.30am to 4.00pm
<b>2025</b>	
Wednesday 22 <sup>nd</sup> & Thursday 23 <sup>rd</sup> January	9.30am to 4.00pm
Wednesday 26 <sup>th</sup> & Thursday 27 <sup>th</sup> February	9.30am to 4.00pm
Wednesday 2 <sup>nd</sup> & Thursday 3 <sup>rd</sup> April	9.30am to 4.00pm
Wednesday 21 <sup>st</sup> & Thursday 22 <sup>nd</sup> May	9.30am to 4.00pm
Wednesday 9 <sup>th</sup> & Thursday 10 <sup>th</sup> July	9.30am to 4.00pm

**Cost £147.00 per candidate**

# First Aid at Work Re-Qualification

Blended Learning and Face to Face Tutor Led Training

Level 3 RQF Award      Awarding Body: Highfield Qualifications      Course duration 2 days (12 hours)

**First Aid at Work Re-qualification** training provides theoretical and practical training in first aid techniques for adult first aid: To preserve life, prevent the condition from worsening and promote recovery. This Level 3 qualification is designed for those learners who have previously completed the First Aid at Work three-day accredited course and hold a current First Aid at Work Certificate and wish to renew their qualification to continue to be a designated first aider in their workplace. Learners holding a current certificate can access re qualification training up to 3 months before their current certificate expires but no later than 28 days after expiry. Proof of current certificate will be needed before attending this training.

The successful completion of this course will give the candidate a certificate which is valid for 3 years after which time re-qualification is required. The course is suitable for nominated workplace First Aiders, or anyone wanting a comprehensive introduction to first aid. Ideal for Nurseries, Schools and Child care facilities where the First Aid Risk Assessment has identified a need for a more comprehensive level of cover.

Our **Blended Learning First Aid at Work Re Qualification Training** comprises of **6 hours of e-learning** completed at your own pace from the comfort of work or your own home and **6 hours of face to face practical training** with our trainer Paul Kenny at The Castle Hill Centre.

Blended Learning Practical Course dates	Times
<b>2024</b>	
Thursday 14 <sup>th</sup> November	9.30am to 4.00pm
Thursday 12 <sup>th</sup> December	9.30am to 4.00pm
<b>2025</b>	
Wednesday 15 <sup>th</sup> January 2025	9.30am to 4.00pm
Thursday 6 <sup>th</sup> February	9.30am to 4.00pm
Wednesday 5 <sup>th</sup> March	9.30am to 4.00pm
Thursday 8 <sup>th</sup> May	9.30am to 4.00pm
Wednesday 2 <sup>nd</sup> July	9.30am to 4.00pm

**Cost £96.50 per candidate**

# First Aid Awareness Training

Course duration 2 hours

This course supports learners to develop essential basic first aid knowledge and awareness of child specific first aid, making it particularly suitable for staff working in early years settings and schools eg playground & lunch time supervisors. The training has been designed to support the role of the designated first aiders providing learners with a sound knowledge of essential first aid skills and techniques to respond to an emergency until the designated first aider arrives on scene.

On completion of training each learner will be provided with a certificate of attendance.

## Course Content:

- *Accident reporting*
- *First aid kit contents*
- *Wounds -covering grazes and small cuts and facial injuries.*
- *Head injuries from minor to serious*
- *Nose bleeds*
- *Vomiting*
- *Heat exhaustion & hypothermia*
- *Winding playing sports*
- *Unconscious casualty treatment including choking*
- *Sprains and strains*
- *Insect stings and bites*

Course dates available	Times
Wednesday 9 <sup>th</sup> October 2024	9.15am to 11.15am
Wednesday 19 <sup>th</sup> March	9.15am to 11.15am

**Cost £20.00 per candidate**

ALL Training delivery can also be held within Schools and Settings for all staff as part of staff development training please contact Debra Jones for prices and further information.

For further information regarding any of the courses available  
please contact: Debra Jones on 01204 521712

Email [boltonunder5@tiscali.co.uk](mailto:boltonunder5@tiscali.co.uk)