



# **Nightingales Training Services Ltd**

## **For All Your Training Needs**

**We specialise in the following courses:**

- **FIRST AID AT WORK**
- **BASIC HEALTH & SAFETY**
- **BASIC FOOD HYGIENE**
- **FOOD SAFETY AWARENESS**
- **FIRE SAFETY AWARENESS**
- **MOVING & HANDLING OF PEOPLE**
- **HEALTH & SAFETY AND HYGIENE IN HEALTH & SOCIAL CARE**
- **BASIC MANUAL HANDLING**
- **COSHH ASSESSMENT**
- **BEREAVEMENT & ABUSE RECOGNITION**
- **VIOLENCE AND AGGRESSION IN THE WORK PLACE**
- **SIA SECURITY LICENSING TRAINING COURSES**
- **HEALTH & SAFETY REGULATION CONSULTANCY**
- **WORKPLACE RISK ASSESSMENTS**
- **ALL TRAINING TAILORED TO MEET YOUR NEEDS**
  
- **We guarantee to beat any written quotation**

**Please ring 01709 – 382120 for a personalised quotation**

# Nightingales Training Services Ltd



## For All Your Training Needs

Nightingales Training Services are qualified experts in providing Health & Safety Executive approved First Aid Training

Our expert Trainers & Assessors have been servicing many companies in all industries and sectors in First Aid Training for over 16 years. They are all qualified and experienced to the highest standards delivering outstanding quality and service to your work place and employees

Nightingales should be your first call for businesses wanting to train groups of staff as part of their occupational training, we can help your staff gain those all important skills

### Courses Available:

- 4 Day Initial Course - First at Work Certificate
- 2 Day Refresher Course - First at Work Certificate
- 1 Day Initial Course – Appointed Persons Certificate
- 1 Day Refresher Course - Appointed Persons Certificate

We can come to you and do the training on site to reduce the time and cost to you...after all time is money!!

### Course Cost Options

<p><u>4 Day INITIAL "First Aid at Work" Certificate:</u> (For the full 4 days)</p> <ul style="list-style-type: none"><li>❖ Between 5 and 6 delegates = £110.00 per person</li><li>❖ Between 7 and 8 delegates = £77.00 per person</li><li>❖ Between 9 and 12 delegates = £65.00 per person</li></ul>	<p><u>1 Day INITIAL "Appointed Persons" Certificate:</u> (For the 1 full day)</p> <ul style="list-style-type: none"><li>❖ Between 5 and 6 delegates = £45.00 per person</li><li>❖ Between 7 and 8 delegates = £35.00 per person</li><li>❖ Between 9 and 12 delegates = £30.00 per person</li></ul>
<p><u>2 Day Refresher "First Aid at Work" Certificate:</u> (For the full 2 days)</p> <ul style="list-style-type: none"><li>❖ Between 5 and 6 delegates = £85.00 per person</li><li>❖ Between 7 and 8 delegates = £60.00 per person</li><li>❖ Between 9 and 12 delegates = £45.00 per person</li></ul>	<p><u>1 Day Refresher "Appointed Persons" Certificate:</u> (For the 1 full day)</p> <ul style="list-style-type: none"><li>❖ Between 5 and 6 delegates = £45.00 per person</li><li>❖ Between 7 and 8 delegates = £35.00 per person</li><li>❖ Between 9 and 12 delegates = £30.00 per person</li></ul>

# Nightingales Training Services Ltd



## Health & Safety at Work Training Course

Nightingales Training Services are qualified experts in providing Health & Safety Executive approved British Safety Council level one NVQ in Basic Health & Safety

Our expert Trainers & Assessors have been servicing many companies in all industries and sectors in Basic Health & Safety Training for over 16 years. They are all qualified and experienced to the highest standards delivering outstanding quality and service to your work place and employees

Nightingales should be your first call for businesses wanting to train groups of staff as part of their occupational training, we can help your staff gain those all important skills

### Course Content:

- Health & Safety at Work Act sections 2 & 7
- Section 2 = Duties of the Employer
- Section 7 = Duties of the Employee
- Electrical Safety
- Fire Safety
- COSH (Control of Substances Hazardous to Health)
- Noise Control
- Manual Handling
- Provision and use of Work Equipment

The course certificate is achieved through a theory, multi choice questionnaire at the end of the day course and results in each delegate gaining a pass or fail.

#### 1 Day INITIAL "Health & Safety at Work" Certificate: (For the full day)

- ❖ Between 6 and 7 delegates = £70.00 per person (Minimum of 6 delegates)
- ❖ Between 8 and 13 delegates = £60.00 per person
- ❖ Between 14 and 20 delegates = £50.00 per person

#### 1 Day REFRESHER "Health & Safety at Work" Certificate: (For the full day)

- ❖ Between 6 and 7 delegates = £70.00 per person (Minimum of 6 delegates)
- ❖ Between 8 and 13 delegates = £60.00 per person
- ❖ Between 14 and 20 delegates = £50.00 per person

PLEASE NOTE THIS PRICE INCLUDES THE £20.00 PER PERSON REGISTRATION FEE REQUIRED BY THE BRITISH SAFETY COUNCIL

# Nightingales Training Services Ltd



## Basic Food Hygiene Certificate

Nightingales Training Services are qualified experts in providing Basic Food Hygiene

The aim of this food hygiene training module is to raise understanding and achieve good standards of food safety and hygiene. Upon completion learners will have an understanding of a wide range of key food safety issues, including the three main types of food safety hazard, their sources and methods of control.

Learners will know the correct temperatures needed for storage and food handling activities, and be aware of common food pests and how to control them, along with the principles of cleaning and disinfection and how these apply to the workplace. For successful applicants the basic Food Hygiene certificate will be awarded on completion.

Basic food hygiene courses are designed to be informative, interactive & enjoyable. Nightingales should be your first call for businesses wanting to train groups of staff as part of their occupational training, we can help your staff gain those all important skills.

### Course Contents:

- Food poisoning micro-organisms types and sources.
- Simple microbiology, toxins, spores, growth & death.
- Premises and equipment.
- Common food hazards-physical, chemical & microbiological.
- Personal Hygiene-basic rules and responsibilities.
- Preventing food contaminations.
- Cleaning & disinfection.
- Legal obligations.
- Effective temperature control e.g. storage, thawing, reheating etc.

### Basic Food Hygiene Certificate Prices

<u>1 Day INITIAL "Basic Food Hygiene" Certificate:</u> (For the full day)	
❖	Between 6 and 7 delegates = £70.00 per person (Minimum of 6delegates)
❖	Between 8 and 13 delegates = £60.00 per person
❖	Between 14 and 20 delegates = £50.00 per person
❖	
<u>1 Day REFRESHER "Basic Food Hygiene" Certificate:</u> (For the full day)	
❖	Between 6 and 7 delegates = £70.00 per person (Minimum of 6delegates)
❖	Between 8 and 13 delegates = £60.00 per person
❖	Between 14 and 20 delegates = £50.00 per person

# Nightingales Training Services Ltd



**For All Your Training Needs**

## Food Awareness at Work Training Course

**Nightingales Training Services are qualified experts in providing Health & Safety Food Awareness aimed at staff members handling food, such as care assistants feeding residents etc**

This course is to create an awareness of the importance of food handling, either preparing food or feeding safely.

**Our expert Trainers & Assessors have been servicing many companies in all industries and sectors for over 16 years. They are all qualified and experienced to the highest standards delivering outstanding quality and service to your work place and employees**

### Food Awareness at Work Training Course Prices

<b><u>½ Day INITIAL “Food Awareness at Work” Certificate:</u></b> (For the half day)
<ul style="list-style-type: none"><li>❖ Between 6 and 7 delegates = £50.00 per person (Minimum of 6 delegates)</li><li>❖ Between 8 and 13 delegates = £35.00 per person</li><li>❖ Between 14 and 20 delegates = £25.00 per person</li></ul>
<b><u>½ Day REFRESHER “Food Awareness at Work” Certificate:</u></b> (For the half day)
<ul style="list-style-type: none"><li>❖ Between 6 and 7 delegates = £50.00 per person (Minimum of 6 delegates)</li><li>❖ Between 8 and 13 delegates = £35.00 per person</li><li>❖ Between 14 and 20 delegates = £25.00 per person</li></ul>

**We pride ourselves on building ongoing relationships with all of our clients and will continually work to support you with all of your business training needs now and in the future, we guarantee to beat any like for like quotation!!**

# Nightingales Training Services Ltd



## For All Your Training Needs

### Fire Safety Awareness Training Course

Nightingales Training Services are qualified experts in providing Fire Safety Awareness / Fire Warden Training for Attendance Certificate

A course aimed at Staff who are responsible for assisting in the Fire evacuation procedure in the work place

This Training course covers the new regulatory Reform (fire safety) order (2005) and the essential knowledge that is needed for this role

Nightingales should be your first call for businesses wanting to train groups of staff as part of their occupational training, we can help your staff gain those all important skills

#### Course Contents:

- Legal requirements
- Company and individual responsibilities
- Fire triangle and principles of combustion
- Types of fire / fire prevention
- Building design and Fire escape plan
- Action when fire occurs / sounding the alarm
- Equipment and it's limitations
- Fire Drills
- Role of a fire warden

#### Fire Safety Awareness Training Course Prices

##### ½ Day INITIAL "Fire Safety Awareness" Certificate: (For the half day)

- ❖ Between 6 and 7 delegates = £50.00 per person (Minimum of 6 delegates)
- ❖ Between 8 and 13 delegates = £40.00 per person
- ❖ Between 14 and 20 delegates = £30.00 per person

##### ½ Day REFRESHER "Fire Safety Awareness" Certificate: (For the half day)

- ❖ Between 6 and 7 delegates = £50.00 per person (Minimum of 6 delegates)
- ❖ Between 8 and 13 delegates = £40.00 per person
- ❖ Between 14 and 20 delegates = £30.00 per person

# Nightingales Training Services Ltd



## Level 2 Award in Health & Safety and Hygiene in Health & Social Care Training Course

Nightingales Training Services are qualified experts in providing Health & Safety Executive approved level 2 in Health & Safety and Hygiene in Health & Social Care

The general public is becoming increasingly concerned about hygiene standards in health and social care establishments. Hygiene procedures are key to the provision of a healthy and safe environment

This qualification will benefit any health and social care worker. It will help staff recognise the causes of harm or infection and understand the significant risks that their actions can have on the health and safety of patients and colleagues in the work place

Nightingales should be your first call for businesses wanting to train groups of staff as part of their occupational training, we can help your staff gain those all important skills

### Course Contents:

- An understanding of Health Safety and Welfare of staff, patients and clients in the Health & Social care sector
- Importance of risk assessment in the prevention of accidents and occupational ill-health
- Concepts of hygiene hazards and infection control
- Relevant legislation relating to hygiene practice
- Importance of good personal hygiene
- Need for high standards of cleanliness to help prevent infection

<b>1 Day INITIAL "Level 2" Certificate:</b> (For the full day)
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| <ul style="list-style-type: none"><li>❖ Between 6 and 7 delegates = £70.00 per person (Minimum of 6 delegates)</li><li>❖ Between 8 and 13 delegates = £60.00 per person</li><li>❖ Between 14 and 20 delegates = £50.00 per person</li></ul> |
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<b>1 Day REFRESHER "Level 2" Certificate:</b> (For the full day)
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| <ul style="list-style-type: none"><li>❖ Between 6 and 7 delegates = £70.00 per person (Minimum of 6 delegates)</li><li>❖ Between 8 and 13 delegates = £60.00 per person</li><li>❖ Between 14 and 20 delegates = £50.00 per person</li></ul> |
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# Nightingales Training Services Ltd



## "Management of Workplace Violence" Training

Nightingales provides NCRGSA Management of Workplace Violence training, which has been awarded the Institute of Conflict Management 'Quality Award for Training'

The objective of the course is to make caring staff aware of how to manage an aggressive incident and how they can recognise aggression warning signs, understand the causes of aggression, diffuse aggression build up, use their own body language to help reduce build up in a potentially violent situation and if all else fails how to escape to safety from an assault by an aggressor safely without injuring themselves or the aggressor.

The course will give staff more confidence in being able to deal with aggressive and violent people, knowing how to "calm the storm".

Our Nightingales Qualified Trainers have a wealth of experience in training at all levels in areas such as the NHS, EMI, Residential, & Nursing Homes and many more where staff potentially face violence and aggression in the workplace. We train staff to "break away from violence" using physical low impact, non-aggressive skills. All techniques have a high acceptability factor for use by caring professions.

A one day course, covers the following areas:

- Management of violence and aggression
- Communication skills
- Body Language
- Diffusion techniques
- Talk down procedures
- Practical skills, Low impact breakaway from violence skills



### Management of Workplace Violence Course Options and Prices

**1 Day INITIAL "Management of Workplace Violence" Certificate:**  
(For the full day)

For Just Conflict Management with NO Breakaway Techniques demonstrated =

- ❖ Between 6 and 8 delegates = £425.00 total for the full course (Minimum of 6 delegates)
- ❖ Between 9 and 14 delegates = £625.00 total for the full course

For Conflict Management AND Breakaway Techniques demonstrated =

- ❖ - Between 6 and 8 delegates = £500.00 total for the full course (Minimum of 6 delegates)
- ❖ Between 9 and 14 delegates = £700.00 total for the full course

**½ Day REFRESHER "Management of Workplace Violence" Certificate:**  
(For the half day)

- ❖ Between 6 and 8 delegates = £400.00 total for the full course (Minimum of 6 delegates)
- ❖ Between 9 and 14 delegates = £500.00 total for the full course