

## ABERTAY TRAINING HEALTH & SAFETY COURSE DATES

ABERTAY TRAINING Ltd – 26 Meenashesk Place, Strabane BT82 9DX  
**For all your Training Needs in England, Scotland, Wales and Ireland**  
 Training Manager: Mr Paul Horsburgh BSc, PGDip IT, PGDip PM, GradCIPD, PGCE  
**Telephone: 0845 0 95 95 95 Fax: 0845 0 95 95 96**  
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### HSE First Aid at Work (4 day) Course

**Course Details:** This First Aid at Work courses is to qualify a person to treat other employees at work to the Health & Safety Executive Standards to be the First Aider in the Workplace.

	Dates	Times	Venue	Cost
1	4-7 Sept	9am to 4.30 pm	High Wycombe	£ 175
2	11-14 Sept	9am to 4.30 pm	Manchester	£ 165
3	18-21 Sept	9am to 4.30 pm	Derby	£ 165
4	25-28 Sept	9am to 4.30 pm	Birmingham	£ 165
5	18-21 Sept	9am to 4.30 pm	Newcastle	£ 165
6	25-28 Sept	9am to 4.30 pm	Cardiff	£ 165
7	11-14 Sept	9am to 4.30 pm	Bellshill Glasgow	£ 165
8	18-21 Sept	9am to 4.30 pm	Edinburgh	£ 165
9	4-7 Sept	9am to 4.30 pm	Dundee	£ 165
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	Date	Times	Venue	Cost
12	Nov dates pending			
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### HSE First Aid at Work (2 day Renewal) Course

**Course Details:** This First Aid at Work Renewal Course is to re-qualify persons who already hold a current First Aid at Work Certification and wish to renew it for a further 3 years.

	Dates	Times	Venue	Cost
1	27-28 Sept	9am to 4.30 pm	High Wycombe	£ 110
2	11-12 Sept	9am to 4.30 pm	Manchester	£ 95
3	13-14 Sept	9am to 4.30 pm	Derby	£ 95
4	25-26 Sept	9am to 4.30 pm	Birmingham	£ 95
5	18-19 Sept	9am to 4.30 pm	Newcastle	£ 95
6	27-28 Sept	9am to 4.30 pm	Cardiff	£ 95
7	11-12 Sept	9am to 4.30 pm	Bellshill Glasgow	£ 95
8	13-14 Sept	9am to 4.30 pm	Edinburgh	£ 95
9	25-26 Sept	9am to 4.30 pm	Dundee	£ 95
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	Date	Times	Venue	Cost
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## HSE First Aid Appointed Persons (1 day) Course

**Course Details:** This First Aid Appointed Persons Course is recognized by the HSE for the qualified person to be the appointed Person in the Workplace and is also a great general introduction to First Aid Lifesaving Techniques.

	Dates	Times	Venue	Cost
1	29 Sept	9am to 1.30 pm	High Wycombe	£ 55
2	13 Sept	9am to 1.30 pm	Manchester	£ 45
3	15 Sept	9am to 1.30 pm	Derby	£ 45
4	27 Sept	9am to 1.30 pm	Birmingham	£ 45
5	20 Sept	9am to 1.30 pm	Newcastle	£ 45
6	29 Sept	9am to 1.30 pm	Cardiff	£ 45
7	13 Sept	9am to 1.30 pm	Bellshill Glasgow	£ 45
8	15 Sept	9am to 1.30 pm	Edinburgh	£ 45
9	27 Sept	9am to 1.30 pm	Dundee	£ 45
10	13 Sept	9am to 1.30 pm	Belfast	£ 45

	Date	Times	Venue	Cost
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## AED Defib Training (4 hour) Course

**Course Details:** This AED Defibrillation Course will show the skills of CPR as well as the lifesaving techniques and the ease of use of the AED Unit.

	Dates	Times	Venue	Cost
1	4 Sept	9am to 1.30 pm	High Wycombe	£ 40
2	5 Sept	9am to 1.30 pm	Manchester	£ 40
3	6 Sept	9am to 1.30 pm	Derby	£ 40
4	7 Sept	9am to 1.30 pm	Birmingham	£ 40
5	12 Sept	9am to 1.30 pm	Newcastle	£ 40
6	6 Sept	9am to 1.30 pm	Cardiff	£ 40
7	11 Sept	9am to 1.30 pm	Bellshill Glasgow	£ 40
8	12 Sept	9am to 1.30 pm	Edinburgh	£ 40
9	14 Sept	9am to 1.30 pm	Dundee	£ 40
10	14 Sept	9am to 1.30 pm	Belfast	£ 40

	Date	Times	Venue	Cost
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## Fire Safety Training (4 hour) Course

**Course Details:** This Fire Safety Awareness Course is for all employees to learn Fire Safety in the Workplace and is a great induction course for new staff as well as a renewal course to remind staff the importance of fire safety.

	Dates	Times	Venue	Cost
1	25 Sept	1.30pm to 5 pm	High Wycombe	£ 40
2	28 Sept	1.30pm to 5 pm	Manchester	£ 40
3	29 Sept	1.30pm to 5 pm	Birmingham	£ 40
4	19 Sept	1.30pm to 5 pm	Derby	£ 40
5	18 Sept	1.30pm to 5 pm	Newcastle	£ 40
6	20 Sept	1.30pm to 5 pm	Liverpool	£ 40
7	21 Sept	1.30pm to 5 pm	Leeds	£ 40
8	28 Sept	1.30pm to 5 pm	Bellshill Glasgow	£ 40
9	29 Sept	1.30pm to 5 pm	Edinburgh	£ 40
10	25 Sept	1.30pm to 5 pm	Dundee	£ 40
11	22 Sept	1.30pm to 5 pm	Belfast	£ 40

	Date	Times	Venue	Cost
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### Manual Handling (Objects) (4 hour) Course

**Course Details:** This Manual Handling Objects course is for all employees in the workplace that carry, push or pull any type of loads. The course will emphasize good safe techniques so as to help prevent injury at work.

	Dates	Times	Venue	Cost
1	25 Sept	9am to 1 pm	High Wycombe	£ 45
2	28 Sept	9am to 1 pm	Manchester	£ 40
3	29 Sept	9am to 1 pm	Birmingham	£ 40
4	19 Sept	9am to 1 pm	Derby	£ 40
5	18 Sept	9am to 1 pm	Newcastle	£ 40
6	20 Sept	9am to 1 pm	Liverpool	£ 40
7	21 Sept	9am to 1 pm	Leeds	£ 40
8	28 Sept	9am to 1 pm	Bellshill Glasgow	£ 40
9	29 Sept	9am to 1 pm	Edinburgh	£ 40
10	25 Sept	9am to 1 pm	Dundee	£ 40
11	22 Sept	9am to 1 pm	Belfast	£ 40

	Date	Times	Venue	Cost
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### Manual Handling (People) (1 day) Course

**Course Details:** This Manual Handling of People Course is for all persons involved in Hospitals, Care Homes etc who need to know the skills and aids required to move persons safely.

	Dates	Times	Venue	Cost
1	4 Sept	10am to 4.30 pm	High Wycombe	£ 45
2	5 Sept	10am to 4.30 pm	Manchester	£ 40
3	6 Sept	10am to 4.30 pm	Birmingham	£ 40
4	8 Sept	10am to 4.30 pm	Derby	£ 40
5	11 Sept	10am to 4.30 pm	Newcastle	£ 40
6	13 Sept	10am to 4.30 pm	Liverpool	£ 40
7	12 Sept	10am to 4.30 pm	Leeds	£ 40
8	11 Sept	10am to 4.30 pm	Bellshill Glasgow	£ 40
9	12 Sept	10am to 4.30 pm	Edinburgh	£ 40
10	13 Sept	10am to 4.30 pm	Dundee	£ 40
11	15 Sept	10am to 4.30 pm	Belfast	£ 40

	Date	Times	Venue	Cost
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### Health & Safety Awareness Training (1 day) Course

**Course Details:** This Health & Safety Awareness Course is a great general course for new staff as well as a refresher for existing staff to cover basic First Safety, COSHH, PPE, Slips Trips & Falls, Object Handling etc.

	Dates	Times	Venue	Cost
1	5 Sept	10am to 4.30 pm	High Wycombe	£ 45
2	6 Sept	10am to 4.30 pm	Manchester	£ 40
3	7 Sept	10am to 4.30 pm	Birmingham	£ 40
4	9 Sept	10am to 4.30 pm	Derby	£ 40
5	12 Sept	10am to 4.30 pm	Newcastle	£ 40
6	14 Sept	10am to 4.30 pm	Liverpool	£ 40
7	13 Sept	10am to 4.30 pm	Leeds	£ 40
8	12 Sept	10am to 4.30 pm	Bellshill Glasgow	£ 40
9	13 Sept	10am to 4.30 pm	Edinburgh	£ 40
10	14 Sept	10am to 4.30 pm	Dundee	£ 40
11	16 Sept	10am to 4.30 pm	Belfast	£ 40

	Date	Times	Venue	Cost
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### [Visual Display Equipment Safety \(4 hour\) Course](#)

**Course Details:** This VDE Safety Course is for all persons who use Visual Display Equipment in the workplace so it can be used safely, as well as this it looks at the working environment surrounding the use of VDE.

	Dates	Times	Venue	Cost
1	25 Sept	1pm to 5 pm	High Wycombe	£ 45
2	26 Sept	1pm to 5 pm	Manchester	£ 40
3	29 Sept	1pm to 5 pm	Birmingham	£ 40
4	22 Sept	1pm to 5 pm	Derby	£ 40
5	23 Sept	1pm to 5 pm	Newcastle	£ 40
6	18 Sept	1pm to 5 pm	Liverpool	£ 40
7	19 Sept	1pm to 5 pm	Leeds	£ 40
8	19 Sept	1pm to 5 pm	Bellshill Glasgow	£ 40
9	20 Sept	1pm to 5 pm	Edinburgh	£ 40
10	22 Sept	1pm to 5 pm	Dundee	£ 40
11	21 Sept	1pm to 5 pm	Belfast	£ 40

	Date	Times	Venue	Cost
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### [Construction Skills Register Safety \(1 day\) Course](#)

**Course Details:** This CSR Skills course is for Construction Workers who wish to do this Health and Safety Course so that they can be registered with the Construction Skills Register.

	Dates	Times	Venue	Cost
1	2 Oct	10 am to 5 pm	High Wycombe	£ 45
2	3 Oct	10 am to 5 pm	Manchester	£ 40
3	5 Oct	10 am to 5 pm	Birmingham	£ 40
4	9 Oct	10 am to 5 pm	Derby	£ 40
5	11 Oct	10 am to 5 pm	Newcastle	£ 40
6	17 Oct	10 am to 5 pm	Liverpool	£ 40
7	19 Oct	10 am to 5 pm	Leeds	£ 40
8	10 Oct	10 am to 5 pm	Bellshill Glasgow	£ 40
9	11 Oct	10 am to 5 pm	Edinburgh	£ 40
10	14 Oct	10 am to 5 pm	Dundee	£ 40
11	16 Oct	10 am to 5 pm	Belfast	£ 40

	Date	Times	Venue	Cost
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### [Working at Heights Training \(3 hour\) Course](#)

**Course Details:** This course is for all persons who work at heights and need to know the safe practices of working at height as well as the changes to the laws in 2005 of working at height.

	Dates	Times	Venue	Cost
1	25 Sept	9am to 12.30 pm	High Wycombe	£ 45
2	26 Sept	9am to 12.30 pm	Manchester	£ 40
3	29 Sept	9am to 12.30 pm	Birmingham	£ 40
4	22 Sept	9am to 12.30 pm	Derby	£ 40
5	23 Sept	9am to 12.30 pm	Newcastle	£ 40
6	18 Sept	9am to 12.30 pm	Liverpool	£ 40
7	19 Sept	9am to 12.30 pm	Leeds	£ 40
8	19 Sept	9am to 12.30 pm	Bellshill Glasgow	£ 40
9	20 Sept	9am to 12.30 pm	Edinburgh	£ 40
10	22 Sept	9am to 12.30 pm	Dundee	£ 40
11	21 Sept	9am to 12.30 pm	Belfast	£ 40

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# OPEN COURSE BOOKING FORM

*All Costs are per person for each course, if you have a lot of persons then look at the in-house course booking form on page 6 of this course information.*

*Just fill in Cost, Venue, Dates and Number of Places Required from course information sheets*

Course	Cost	Venue	Dates	Places
1	HSE First Aid at Work (4 day)			
2	HSE First Aid at Work (2 day)			
3	HSE Appointed Persons (1 day)			
4	AED Defib Training			
5	Manual Handling People			
6	Manual Handling Objects			
7	Health & Safety Awareness			
8	Fire Safety			
9	VDU Safety			
10	CSR Safety			
11	Working at Heights			
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<b>17</b>	<b>Your In-House Course– Call NOW</b>	<b>Your Venue</b>	<b>Your Dates</b>	
Candidate Names		Correspondence Details		
1.) .....	7.) .....	Name:.....		
2.) .....	8.) .....	Organisation:.....		
3.) .....	9.) .....	Address:.....		
4.) .....	10.).....	.....Postcode.....		
5.) .....	11.).....	Tel: (.....)..... Fax: (.....).....		
6.) .....	12.).....	Email .....		

NAME (Block Capitals) .....

SIGNED: ..... DATE: .....

**PAYMENT TERMS**

1. Course must be booked 10 days before start date and fees must accompany booking form.
2. Cancellations within 7 working days of the start of the course will incur a cancellation fee of 40% of the course cost.. If candidate does not show on course then cancellation fee is 100%
3. In the event of Abertay Training having to re-arrange the dates or location of a course, delegates who are unable to attend will be offered a full refund of their course fees.

CANDIDATE NAME (Block Capitals) .....

SIGNED: ..... DATE: ...../...../.....

Contact Mobile Number ..... Email .....

*Have you enclosed your remittance? – Cheques payable to Abertay Training or send purchase order*

**Send booking form to Paul Horsburgh – Training Manager Abertay Training Ltd - HQ, 26 Meenashesk Place, Strabane BT82 9DX**

**If near course date please fax booking form to 0845 0 95 95 96 then post**

# Health & Safety In-house Booking Form

**REMEMBER:** We can cover all courses in England, Scotland, Ireland N/S and Wales and the costs below is the full cost for a course in your workplace for up to 12 persons

You can fill in the form by typing directly on the form and also you can select the course by clicking in the select box to tick it before printing the form to send

## Booking an In-house course is as easy as ABC

- A. Select Course – Just click in the select box to highlight it  
 B. Choose your Date & Venue – Your company Address or if you don't have a venue give us a call  
 C. Select Candidates – Fill in the names only if you know them now

	A. Select Course	Cost	Select		A. Select Course	Cost	Select
1	HSE First Aid (4 day) New	£ 950		11	Fire Safety	£ 350	
2	HSE First Aid (2 day) Renew	£ 650		12	Fire Warden	£ 450	
3	First Aid Appointed (1 day)	£ 350		13	Office Safety	£ 350	
4	Public Lifesaver First Aid	£ 250		14	COSHH	£ 350	
5	CPR Training	£ 150		15	PPE Safety	£ 350	
6	Child & Baby Lifesaver	£ 200		16	Visual Display Safety	£ 350	
7	AED Defib Training	£ 350		17	Risk Assessment	£ 350	
8	Medical Gases	£ 350		18	Confined Spaces	£ 450	
9	Manual Handling (Objects)	£ 350		19	Confined Spaces -Managers	£ 650	
10	Manual Handling (People)	£ 350		20	Health & Safety Awareness	£ 350	

We give discounts for large groups and have other courses which can be tailored to meet your needs so give us a call  
**For CIEH, IOSH and NEBOSH call 0845 0 95 95 95 for details**

Dates/Times	B. Choose your Dates & Venue	
Dates:..... Start Time: ..... Finish Time: .....	Company: ..... Address: ..... ..... Town: ..... Postcode: .....	
Places	Payment for maximum of 12 candidates	
C. Your Candidate Names		Correspondence Details
1.) ..... 2.) ..... 3.) ..... 4.) ..... 5.) ..... 6.) .....	7.) ..... 8.) ..... 9.) ..... 10.) ..... 11.) ..... 12.) .....	Name:..... Organisation:..... Address:..... .....Postcode..... Tel: ..... Fax: ..... Email .....

### PAYMENT TERMS

- Course must be booked 10 days before start date and fees must accompany booking form.
- Cancellations within 7 working days of the start of the course will incur a cancellation fee of 40% of the course cost. If candidate does not show on course then cancellation fee is 100%
- The trainer will not be asked to conduct any training outside of Abertay Training Ltd
- In the event of Abertay Training having to re-arrange the dates or location of a course the company will be offered a full refund of their course fees.

*Have you enclosed your remittance? – Cheques payable to Abertay Training or send purchase order*  
 Send booking form to Paul Horsburgh, Abertay Training Ltd - HQ, 26 Meenashesk Place, Strabane BT82 9DX  
 Fax Booking form to 0845 0 95 95 96 then post