

NEWARK COMMUNITY FIRST AID

Registered Charity No:1152694

FIRST AID COURSES 2026 BROCHURE



2025 was another record year for the number of candidates attending our training.

We were delighted that 97.6% of candidates rated our courses as excellent.

We are delighted to offer FAIB Mental Health First Aid training.

RATED EXCEPTIONAL VALUE FOR MONEY

- ❖ High quality – inexpensive training
- ❖ First Aid at Work courses meet all HSE criteria
- ❖ Paediatric courses meet all Dept Education criteria
- ❖ Our training is accredited by the First Aid Industry Body
- ❖ Courses held locally to Newark every month
- ❖ Local training saves travel costs & aids the environment
- ❖ On-site training available at suitable premises
- ❖ Our trainers are active & experienced first aiders

First Aid saves lives and reduces suffering

First Aid in the Workplace

In the UK we have seen a progressive reduction in the number of workplace accidents over the last 40 years. This has come about due to the implementation of health & safety regulations since the Health & Safety at Work Act 1974. Businesses and public bodies can take pride in the fact that the UK has one of the best health and safety records in the world. However, the 2024/25 statistics from the HSE still show 124 workers suffered fatal injuries with 61,663 serious accidents reported under RIDDOR. The Labour Force Survey shows 604,000 persons injured at work, with 33.7 million working days lost through work related illness and injury. These figures highlight the need for first aid in the workplace and with 776,000 workers suffering depression and anxiety, training in mental health first aid is now most important. The cost of injury and ill health at work is put at £21.6 billion.



We are also seeing an ageing workforce – with more people staying in employment beyond the previous retirement age of 65. We are therefore likely to see more sudden illness occurring at work.

First aid skills can help to save lives, recognise the development of illness, and prevent minor injuries becoming more serious. A great benefit for your staff whilst saving you money on working days lost.

Employer Responsibilities

The Health & Safety at Work etc Act 1974 requires employers to provide appropriate information, instruction, training, and supervision to ensure, as far as practicable, the health & safety of all employees while at work. It is also good practice to consider visitors within your planning, particularly for example, in educational establishments, health care, retail and recreation where the public may be on-site.

The First Aid Regulations (1981) require all employers to risk assess their workplace and then provide suitable and sufficient numbers of first aiders and equipment to render first aid to those injured or taken ill at work. The Statutory minimum requirement is at least one 'Appointed Person' but since 2009 the HSE does not classify Appointed Persons as first aiders and they should not attempt first aid for which they have not been trained. To safeguard your employees, you should have at least one member of staff with an approved qualification. The two qualifications approved under the Regulations are **First Aid at Work (FAW)** and **Emergency First Aid at Work (EFAW)**. A full risk assessment of your workplace will be required to determine which qualification is appropriate for your staff. Specific guidance is available from the HSE website at www.hse.gov.uk/firstaid. Please note you will need to provide sufficient first aiders to cover for holidays and other absences.

Selection of First Aiders

The First Aid Regulations give guidance on the selection of first aiders and emergency first aiders; you will need to consider:

- Reliability, disposition, and communication skills
- Aptitude and ability to absorb knowledge and learn new skills
- Ability to cope with stressful and physically demanding emergency situations.
- Normal duties – these should be such that they may be left to go immediately to an emergency.

Workplace Requirements – for First Aiders

Simplified Assessment Guide for all workplaces

Degree of Hazards	Number of employees	Recommended minimum number of first aiders required.
Low Hazard (e.g. offices, shops, libraries, wards in hospitals)	Less than 25	At least one Appointed Person. Recommended training Emergency First Aid at Work
	25 - 50	At least one person trained in Emergency First Aid at Work
	Over 50	At least one person trained in First Aid at Work for every 100 employed on- site (or part thereof)
Higher Hazard (E.g. light engineering & assembly, food processing, warehouse, construction, working with chemicals, machinery, sharp instruments.)	Less than 5	At least one person trained in Emergency First Aid at Work
	5 - 50	At least one person trained in Emergency First Aid at Work or First Aid at Work (depending on the hazards)
	Over 50	At least one person trained in First Aid at Work for every 50 employed on- site (or part thereof)

Early Years Settings – Guidance

Being confident to give prompt and appropriate first aid following an accident or medical emergency is vital for anyone with responsibility for other people's children.

Legislation from the Department of Education requires all newly qualified level two and three child carers to have either an emergency paediatric first aid or full paediatric first aid certificate. The legislation came into effect from the 3rd April 2017.

It is a legal requirement for at least one person with a valid full 12-hour paediatric first aid certificate to be always available within a professional childcare establishment. This includes cover for sickness and annual leave and to accompany children on trips or excursions.

Choosing a First Aid Training Organisation

Since October 2013, a change in legislation has meant that the HSE no longer approves or monitors First Aid Training Organisations delivering workplace training. Under the new system, you the employer, can choose to use any first aid organisation – but you must show due diligence in checking the organisation you use meets the criteria laid down by law.

YOU need to be sure that the qualifications of Trainers and Assessors meet the required standard. That the training being delivered meets the requirements of current legislation. That the first aid knowledge and skills is current and in line with best practice. That the standard of teaching develops your staff into confident and competent first aiders. You should choose a training provider that you trust. To give you more confidence our courses are assessed, monitored and accredited by the First Aid Industry Body. You can check our registration by going to <https://faib.co.uk> and going to the Registrants tab.



All our trainers and assessors are fully qualified and experienced first aiders or healthcare professionals who provide care as part of their role within Newark Community First Aid. Our members attend nearly 400 local events per year providing first aid to the community. So, our training team can speak with experience when teaching, as they will have dealt with many if not all the subjects covered in the courses. This experience combined with underpinning knowledge ensures candidates on our courses feel confident in the training they receive.

Courses designed to produce confident first aiders

All our workplace courses meet the requirements of the HSE in respect of content, duration, and assessment process. Our paediatric courses meet the requirements of the Department of Education.

We design our courses so that we can engage with the candidates, using and building on their prior knowledge. Our courses encourage team-work, an essential part of first aid. Whenever possible we have candidates out of their seats using the knowledge and developing their skills. Regulations set a ratio of 12 candidates:1 trainer and if a course has a full complement, our trainers will be supported by demonstrators so that we can give as much individual support as we can to candidates. Assessment of candidates is conducted throughout courses via questioning with an end of course multi choice paper and practical assessment in key areas such as resuscitation and control of bleeding. All candidates are supplied with a course manual and all training is delivered in line with current accepted best practice. We aim to make the courses enjoyable, and feedback shows this is achieved.

In the last year we have seen an increase in candidates attending, against the previous year which was itself a record year.

Blended Training

During 2020-21 we all had to cope with the Coronavirus pandemic. Once training could resume in July 2020 we introduced blended training (to reduce classroom contact time)– a mix of e-learning and face to face training. Blended training had been approved by the HSE and Department of Education for quite some years but COVID saw its introduction by many first aid providers. Feedback on blended training has been very good from employers and candidates and so we continued to use blended training for our Open Courses in 2025 and will do so again in 2026. If an employer would though like us to run a full ‘classic’ course using face to face training for their candidates that can be arranged.

Mental Health First Aid

It has become clear over the last few years that mental ill health is a growing problem for many people and businesses. In 2023/24 Great Britain lost 33.7 million workdays due to ill health. Stress, Anxiety and Depression accounted for almost 50% with 16.7 million days lost. On average employees who were off work with mental health illness were absent for 21.1 days the highest number of any condition. *Source: HSE. Gov. UK.*

Although stress isn’t recognised as a mental health illness it is known to be a gate way to other conditions such as depression and anxiety.

“Employers have a legal duty to protect workers from stress at work by doing a risk assessment and acting on its findings. This is the same duty you have to protect people from other health and safety risks.” *Source: HSE. Gov. UK.*

It is widely acknowledged that the earlier a mental health condition can be identified and support given the less it escalates and the quicker the recovery time to mental wellbeing.

In 2023 to meet growing demand we introduced Mental Health First Aid Training into our certificated courses. We can offer a range of courses so that work places can have trained Mental Health First Aiders on site. We offer a one-day Mental Health First Aider Course course and a comprehensive 2 day combined Mental Health First Aider and Workplace Mental Health Wellbeing Ambassador.

These courses have been produced by the First Aid Industry Body after consultation with a range of organisations. They concentrate on stress and common mental health issues, giving candidates a robust mental health action plan to help those in crisis or need.

With anxiety and depression now the leading cause of illness in the workplace, 776,000 cases in 2024/25 it is vital that all workplaces can provide support and advice to their staff.

If you wish to know more about our Mental Health Courses, details can be found later in this booklet or by contacting us by email or telephone.

if you have 6 or more candidates you can book an onsite course for your own staff.

Email: events.courses.ncfa@outlook.com or Tel: 07973 904808

Emergency First Aid at Work Course

This course is designed for low risk workplaces, it is normally run as a one-day course with 6 contact hours of training. (Blended 2-hour e-learn 4 ½ hours classroom). It is open to anyone over the age of 16.

The course covers the essential life-threatening conditions that could occur in any workplace. **Now includes (from Oct 2025) Life Threatening Bleeding.**

Incident Management	The role of the first aider	Patient assessment & care
Life Threatening Bleeding	Resuscitation (Adult CPR)	Managing Unconsciousness
Minor Bleeding	Severe Bleeding & Shock	Burns & Scalds
Choking Adult	Heart Attack	Seizures
Using a defibrillator	Fainting	Anaphylactic Shock



As with all our courses our trainers will be there to guide candidates and answer any questions.

Our aim is to provide candidates with all the information and aid them to develop skills so that in the real situation they can cope.

This is one of our most popular courses – with dates available throughout the year.

Assessment of this course will be conducted by the trainer continuously throughout the course, a short multi-choice question paper to check understanding completes the assessment process. Successful candidates will receive a certificate valid for 3 years. To requalify as an Emergency Aider at Work will mean repeating this course once the certificate gets close to expiring. You can book candidates on to a course 3 months before the certificate expires and we will issue the certificate from the original expiry date.

This course can be run in-house at your venue if you have more than 6 candidates requiring training and have rooms with sufficient space. We offer discounts for on-site courses, also for bookings of more than 6 candidates on a 'open' course. If you have more than 8 candidates but your venue is not suitable for training, we can book one of our venues and still offer you a discount.

Course cost is £105:00 per candidate

First Aid at Work (Initial) Course

This course is designed for those working in medium to high-risk workplaces or where the employers risk assessment as identified particular needs. The course is run over 3 days with 18 hours of contact training. (Blended 6-hour e-learn – 12 hours [2x6 days] Classroom). It is open to anyone over the age of 16.

This is a comprehensive course covering a wide range of workplace injuries & illnesses.

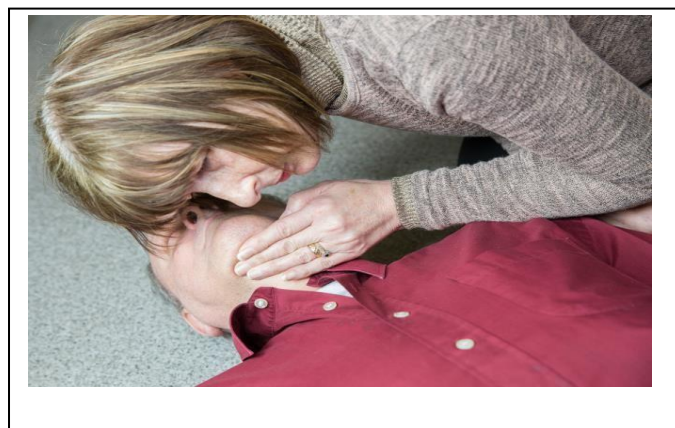
Incident Management	The role of the first aider	Patient assessment & care
Life Threatening Bleeding	Resuscitation (Adult CPR)	Managing Unconsciousness
Asthma	Bleeding external/internal	Bone & Muscle Injuries
Burns & scalds	Chest Pain (Heart Attack)	Choking (Adult)
Diabetes	Head Injury	Spinal Injury
Poisoning	Seizures	Anaphylaxis
Shock	Eye Injuries	Stroke
Fainting	Use of a defibrillator	Crush Injury

This course covers a wide range of first aid knowledge and skills from Oct 2025 Life Threatening Bleeding is also included.

The course is demanding, and candidates selected need to be made aware of that.

Candidates are assessed throughout on their knowledge and on 5 skill areas by the course trainer / assessor with a multi choice question paper at the end of the course.

Successful candidates will receive a certificate valid for 3 years. To re-qualify as a First Aider at Work will mean attending a 2-day requalification course once the certificate gets close to expiring. You can book candidates on to a course 3 months before the certificate expires and we will issue the certificate from the original expiry date. If a certificate expires the candidate will have to complete the full initial (3 day) course again.



This course can be run in-house at your venue if you have more than 6 candidates requiring training and have rooms with sufficient space. We offer discounts for on-site courses and also for bookings of more than 6 candidates on a course.

If you have more than 8 candidates but your venue is not suitable for training, we can book one of our venues and still offer you a discount.

Course Cost is £200:00 per candidate

First Aid at Work Requalification Course

This course is designed for those working in medium to high-risk workplaces or where the employers risk assessment as identified particular needs. The course is designed to update candidates who have a valid FAW certificate that is close to expiring. The course is run over 2 days with 12 hours of contact training. (Blended 6-hour e-learn 6 ½ -hour classroom). It is open to anyone over the age of 16 who has a valid FAW certificate – this will need to be checked by the trainer prior to commencing the course.

This is a comprehensive course covering a wide range of possible workplace injuries & illnesses. **from Oct 2025 Life Threatening Bleeding** is also included. The course covers:

Incident Management	The role of the first aider	Patient assessment & care
Life threatening bleeding	Resuscitation (Adult CPR)	Managing Unconsciousness
Asthma	Bleeding external/internal	Bone & Muscle Injuries
Burns & scalds	Chest Pain (Heart Attack)	Choking (Adult)
Diabetes	Head Injury	Spinal Injury
Poisoning	Seizures	Anaphylaxis
Shock	Eye Injuries	Stroke
Fainting	Use of a defibrillator	Update on changes



This course covers a wide range of first aid knowledge and skills. The course is demanding, and candidates attending must still hold a valid FAW certificate.

Candidates are assessed practically on 5 skill areas throughout the course and complete an end of course multi-choice paper.

The assessments are conducted by the course trainer/assessor.

Successful candidates will receive a certificate valid for 3 years. You can book candidates on to a course 3 months before the certificate expires and we will issue the certificate from the original expiry date. If a certificate expires the candidate will have to complete the full initial (3 day) course. There is a 30-day extension if your candidate is ill – please discuss with us.

This course can be run in-house at your venue if you have more than 6 candidates requiring training and have rooms with sufficient space. We offer discounts for on-site courses and also for bookings of more than 6 candidates on an 'open' course. If you have more than 8 candidates but your venue is not suitable for training, we can book one of our venues and still offer you a discount.

Course Cost is £140:00 per candidate

Annual First Aid at Work Refresher

This is a 3-hour course (Not available as a blended course) designed to provide qualified first aiders with the opportunity to practice and update their skills. Employers are legally required to ensure their first aiders are competent and that they maintain their skills throughout the three years in which their certificates are valid. With health & safety making workplaces much safer and with accidents less common, first aiders skills can erode due to lack of opportunity to practice. This course helps to keep your first aiders on the ball!

The HSE strongly recommends that you attend a refresher session once every year during the three-year period of your First Aid at Work or Emergency First Aid at Work certification.

Continuous assessment is provided by the trainer. The course does not renew first aid at work certificates or extend the validity period of certificates.



This course will build on the prior knowledge of candidates and allow them to develop their skills through a series of scenarios covering areas such as unconsciousness, resuscitation, bleeding, burns and shock.

This course can be run in-house at your venue if you have more than 6 candidates requiring training and have rooms with sufficient space. We offer discounts for on-site courses and also for bookings of more than 6 candidates on an 'open' course. If you have more than 8 candidates but your venue is not suitable for training, we can book one of our venues and still offer you a discount.

Course Cost is £50:00 per candidate

Paediatric First Aid Course

This course is designed for those working in early years settings: childminders, day nurseries, private nursery schools, primary schools but it is also open to parents or others who look after children. It is advised that secondary schools also have some paediatric trained staff in case siblings accompanying older children to school become ill or injured whilst on-site. The course is approved by the Department of Education, meets Ofsted Early Years and Childminder Register requirements. The course is run over 2 days with 12 hours of contact training. (Blended 6 hours e-learn & 6 hours classroom).

It is open to anyone over the age of 16.

This is a comprehensive course covering a wide range of possible injuries & illnesses affecting babies and children. The course covers:

Incident Management	Health & Safety Regulations	The role of the first aider
Patient assessment & care	Resuscitation (baby/child CPR)	Managing Unconsciousness
Asthma	Bleeding external/internal	Bone & Muscle Injuries
Burns & scalds	Choking (baby/child)	Croup & childhood illnesses
Diabetes	Head Injury	Heat & cold injury
Poisoning	Seizures	Anaphylaxis
Shock	Bites/stings – tick bites	Sickle cell anaemia
Fainting	Objects in eyes / other orifices	Meningitis



This course covers a wide range of first aid knowledge and skills. Paediatric healthcare is a specialised subject and even healthcare professionals find the subject difficult. This is in part because of the difficulties in communicating with babies and young people. It is therefore important that candidates are carefully selected. The course is demanding, and candidates selected need to be made aware of that.

Candidates are assessed on their knowledge and 4 skill areas throughout the course by the trainer.

A short multi-choice question paper to check understanding completes the assessment process. Successful candidates receive a certificate valid for 3 years.

This course can be run in-house at your venue if you have more than 6 candidates requiring training and have rooms with sufficient space. We offer discounts for on-site courses and also for bookings of more than 6 candidates on an 'open' course. If you have more than 8 candidates but your venue is not suitable for training, we can book one of our venues and still offer you a discount.

Course Cost is £115:00 per candidate



Emergency Paediatric First Aid

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. The course is run over 1 day with 6 contact hours of training. (Not available as a blended course).

It is important though to note: In line with Ofsted Early Years and Childcare Register requirements, at least one person who has a current **full** paediatric first aid certificate must be on the premises and available at all times when children are present and must accompany children on outings. Childminders, and any assistant who might be in sole charge of the children for any period of time, must hold a current **full** paediatric first aid certificate. Details of the **full** Paediatric First Aid course – see previous page

This course covers

Incident Management	Health & Safety Regulations	The role of the first aider
Patient assessment & care	Resuscitation (baby/child CPR)	Managing Unconsciousness
Asthma	Bleeding external/internal	Burns & scalds
Anaphylaxis	Choking (baby/child)	Seizures
Shock	Poisoning	Secondary assessment



As with all our courses our trainers will be there to guide candidates and answer any questions.

Our aim is to provide candidates with all the information and aid them to develop skills so that in the real situation they can cope.

Candidates will be assessed on 4 skill areas and will need to complete an end of course multi choice question paper.

Successful candidates receive a certificate valid for 3 years.



This course can be run in-house at your venue if you have more than 6 candidates requiring training and have rooms with sufficient space. We offer discounts for on-site courses. If you have more than 10 candidates but your venue is not suitable for training, we can book one of our venues and still offer you a discount.

Course Cost is £65:00 per candidate

Mental Health and Wellbeing Courses



We are seeing more people suffering directly with mental ill health, one in four people in the UK are affected every year. Like physical illness it will affect people differently, some may experience short periods of difficulty with the way they feel, think and react, others may be ill for long periods and some will feel they cannot cope at all with life. Many people find it difficult to talk about their experiences, many do not ask for help. The suffering effects families, friends and work colleagues who often do not recognise the developing illness or are not sure how to help.

In the workplace employers have a legal responsibility to identify workers with mental health problems and to help them. In some cases, the mental ill health may have been caused by difficult life events such as bereavement or family disputes, in others it may be work related. If the cause is work place related the employer must measure the risk to their staff and remove or reduce it as far as reasonably practicable.

In 2017 the Government commissioned a report 'Thriving at Work' to look at how employers could better support individuals with mental health conditions in the workplace. The report set out a framework of actions called core standards for employers to put in place. These included: develop a mental health plan, develop mental health awareness amongst staff, encourage open discussion on mental health between management and staff, highlight support available, aim for a healthy work/life balance.

The Mental Health courses we provide are designed to help employers to achieve the core standards, helping employees to support colleagues suffering with mental health issues. Our Mental Health lead can work with you to incorporate your existing systems into the course or suggest areas of support you may wish to consider introducing.

All of our courses can be delivered on-site at your workplace for groups of 6 or more candidates. You will need to be able to provide a suitable room, we can arrange a site visit to check room suitability.

We can also provide a venue – if you have 6 or more candidates for our one day and two-day courses.

Workplace Mental Health – 6 ½ Hours

This course is aimed at supervisory staff and line managers to help them manage and support staff in the workplace.

Covers:

- Recognising signs and symptoms of a person with mental ill health
- Understanding mental health and its stigmas
- Using a Mental Health Action Plan to help those in crisis and need
- Finding external professional help and guidance
- The law in relation to mental health and the workplace
- Best practice in helping someone to stay in or return to work

Course Cost is £100:00 per candidate discounts for group bookings

Workplace Mental Health and Well-being Ambassador – 12 hours

This course is designed for employers, line managers and in particular for those with responsibility for staff well-being. It helps to increase awareness and looks at ways to positively influence mental health and wellbeing in the workplace.

Covers:

- Recognising signs and symptoms of a person with mental ill health & stress
- Understanding mental health and its stigmas
- Health inequalities
- Using a Mental Health Action Plan to help those in crisis and need
- Finding external professional help and guidance
- The law in relation to mental health and the workplace
- Best practice in helping someone to stay in or return to work
- Understanding of more complex mental health conditions
- Promoting wellbeing in the workplace – information on self-care

Course Cost is £200:00 per candidate – discounts for group bookings

Specialist and Non-Workplace Training

Anaphylactic Shock & Use of Adrenalin Auto Injector Pens

Severe allergy (anaphylaxis) is a serious medical condition and the UK along with other developed countries has seen this condition increase over the last 40 years. Allergies in general are increasing at the rate of 5% per year in the population. Anaphylaxis can develop quickly after encountering a 'trigger' such as certain foods, insect stings and medications – without immediate first aid and medical help people can die. Children are at particular risk and those working with and caring for babies and children should consider anaphylaxis as part of their first aid needs assessment.



This is a 3-hour course (Not available as a blended course) and will be continuously assessed by our trainer. Successful candidates receive a certificate valid for 3 years.

Our course covers:

What is allergy	What is anaphylaxis	Recognition & treatment
Use of adrenalin injectors	Managing the conscious casualty	Managing unconsciousness
Resuscitation adults	Resuscitation baby/child	

This course is normally run as an on-site course – a minimum of 6 candidates.
Contact us for details.

Course Cost is £30:00 per candidate

Healthcare Basic Life Support

Healthcare professionals have a duty of care to their patients which includes being able to manage patients who collapse and need resuscitation. Others working in healthcare settings should also be able to assist and should know CPR. Our Healthcare BLS course is designed to provide training in life threatening conditions. The Course covers:



Incident Management	The role of the first aider	Patient assessment & care
Heart Attack and Angina	Managing unconsciousness	CPR (all ages) use of AED
Use of bag v mask / airways	Revise Dental Emergency Drugs	Safe use of oxygen

This is a 4- hour course (Not available as a blended course) and will be continuously assessed by our trainer. Successful candidates receive a certificate valid for 2 years.

Course Cost is £70 per candidate

Sports First Aid Course



This course is designed to provide comprehensive training to those involved in sports. The course covers all the emergency aid aspects of first aid including: Patient assessment, managing an unconscious breathing patient, adult and child resuscitation and bleeding. It also though looks at typical sports injury such as strains, sprains, dislocations, fractures, and head injuries.

This is a 8-hour course

(Blended 4-hour e-learn 4-hour classroom)

Incident Management	First Aid kits/record keeping	The role of the first aider
Patient assessment & care	Resuscitation (Adult CPR)	Managing Unconsciousness
Bleeding & shock	Choking adult/child	Heart Attack
Asthma & Anaphylaxis	Head Injuries	Strains and sprains
Dislocation and fractures	Spinal injury	Use of a defibrillator
Hypothermia	Heat Exhaustion	

This is an 8-hour course and will be continuously assessed by our trainer. Successful candidates receive a certificate valid for 3 years.

This course is normally run as an on-site course – a minimum of 6 candidates.
Contact us for details.

Course Cost is £50:00 per candidate

Automated External Defibrillator (AED) Course

Over the last decade many workplaces have come to realise the importance of providing a defibrillator as an additional piece of first aid equipment. These life-saving machines need to be used within minutes of a cardiac arrest (heart & breathing stopped) and though all emergency ambulances carry defibrillators they often cannot reach the patient in time. A heart that is 'fibrillating' needs to be shocked ideally within 5 minutes of the person collapsing but the sooner it is used the better.



This course is designed to give candidates the confidence to use the defibrillator within the overall resuscitation procedure.

The defibrillator (AED) gives verbal and pictorial commands to the operator and AED's are located in public places for untrained persons to use.

However, in the workplace it makes sense to provide training that includes CPR to ensure the best possible efforts can be made to revive the patient.

Incident Management	The role of the first aider	What is an AED
Patient assessment & care	Heart Attack and Angina	Managing Unconsciousness
Adult Resuscitation (CPR)	Use of a defibrillator	Records & Reports

This is a 4-hour course (Not available as a blended course) and will be continuously assessed by our trainer.

Successful candidates receive a certificate valid for 1 year.

This course is normally run as an on-site course – a minimum of 6 candidates. Contact us for details.

Course Cost is £60:00 per candidate Automated External Defibrillator (Re-qualification) Session

Candidates who hold a valid AED certificate can attend our re-qualification sessions. These are 45 minute one to one sessions during which our trainer will test the candidate on a scenario involving a patient requiring CPR/defibrillation.

Debrief and any training points will be dealt with.

Successful candidates receive a certificate valid for 1 year.

Session Cost is £35:00 per candidate

Management of Bleeding – including Life Threatening Bleeding

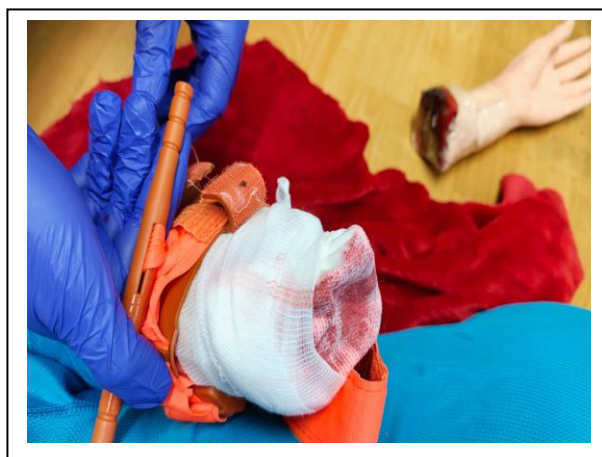
This course is designed to provide the skills required to manage a range of situations in which bleeding may occur. The course would be an excellent add on to those qualified first aiders who hold a current certificate in EFAW and FAW as it would give them more time to practice catastrophic (life threatening bleeding) management.

It would be ideal for those working in industries that use cutting equipment, use heavy machinery or those such as security staff who may come across serious disorder involving knives or guns.

The course looks at managing minor bleeding, infection and tetanus.

It looks at severe bleeding and the cause, recognition and treatment of shock. Candidates are provided the opportunity to use various types of dressings and bandages that they may find in a works first aid kit plus specialised dressings such as trauma fix and blast dressings.

The course then develops to look at casualties who have suffered injuries that have created bleeding so severe that death may occur in minutes. These incidents often occur in inherently dangerous situations including terrorism. Our trainers will explore the dangers and your actions in such situations. Candidates will then learn how to use tourniquets, haemostatic dressings and chest seals. Our training team will continuously assess throughout the course.



Incident Management	Minor Bleeding	Infection / Tetanus
Severe bleeding	Shock	Use of dressings/bandages
Life threatening bleeding	Tourniquets	Haemostatic Dressings
Unconscious casualty	CPR - non breathing casualty	Defibrillation

This is a 3½ -hour course (Not available as a blended course) and will be continuously assessed by our trainer.

Successful candidates receive a certificate valid for 3 years.

This course is normally run as an on-site course – a minimum of 6 candidates. Contact us for details.

Course Cost is £80:00 per candidate

Newark 'Open' Courses 2026

(More dates will be added to meet demand – please ask when booking for latest list)

Date	Course	E-Learn	Course Times
January			
Friday 16 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
Wednesday 21 st	Mental Health First Aid (1 day)		09:00 – 16:00
Friday 23 rd	Paediatric First Aid	6 hours	09:00 – 16:00
February			
Monday 2 nd and Tues 3 rd	First Aid at Work Initial	6 hours	09:00 – 16:00 both days
Wednesday 18 th	First Aid at Work Requalification	6 hours	09:00 – 16:30
Thursday 19 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
Friday 27 th	Paediatric First Aid	6 hours	09:00 – 16:00
March			
Thursday 26 th	Paediatric First Aid	6 hours	09:00 – 16:00
Friday 27 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
April			
Wednesday 15 th	First Aid at Work Requalification	6 hours	09:00 – 16:30
Monday 20 th	Mental Health First Aid (1 day)		09:00 – 16:00
Tuesday 21 st	Emergency First Aid at Work	2 hours	09:00 – 13:30
May			
Thurs 14 th & Fri 15 th	First Aid at Work Initial	6 hours	09:00 – 16:00 both days
Wednesday 20 th	Paediatric First Aid	6 hours	09:00 – 16:00
Thursday 21 st	Emergency First Aid at Work	2 hours	09:00 – 13:30
June			
Wednesday 24 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
Thursday 25 th	Mental Health First Aid (1 day)		09:00 – 16:00
July			
Wednesday 8 th	Paediatric First Aid	6 hours	09:00 – 16:00
Monday 20 th	First Aid at Work Requalification	6 hours	09:00 – 16:30
Wednesday 29 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
September			
Thursday 10 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
Friday 18 th	Paediatric First Aid	6 hours	09:00 – 16:00
Wed 23 rd and Thurs 24 th	First Aid at Work Initial	6 hours	09:00 – 16:00 both days
October			
Monday 5 th	First Aid at Work Requalification	6 hours	09:00 – 16:30
Thursday 8 th	Mental Health First Aid (1 day)		09:00 – 16:00
Wednesday 14 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
Thursday 15 th	Paediatric First Aid	6 hours	09:00 – 16:00
November			
Monday 16 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
Wednesday 25 th	Paediatric First Aid	6 hours	09:00 – 16:00
Thurs 26 th & Fri 27 th	First Aid at Work Initial	6 hours	09:00 – 16:00 both days
December			
Monday 7 th	Emergency First Aid at Work	2 hours	09:00 – 13:30
Wed 9 th	First Aid at Work Requalification	6 hours	09:00 – 16:30

We run our regular open courses at South Muskham Village Hall, Main Street, South Muskham NG23 6EE. This is a high-quality venue with ample parking – 2 miles outside of Newark. We provide tea/coffee and biscuits for all open courses. **We suggest that candidates bring a packed lunch, alternatively a butchers/grocery store is within 400 metres.** The venue has a refrigerator, so we can keep your lunch cool if required.





**LICENCE OF APPROVAL FOR ALL FAIB COURSE SCHEDULES
(FIRST AID TRAINING AND QUALIFICATIONS)**

Health and Safety at Work etc. (Act 1974)

Health and Safety (First Aid) Regulations 1981 and The Health and Safety (First Aid)
Regulations (Northern Ireland) 1982

Statutory Framework For The Early Years Foundation Stage 2021

THIS IS TO CERTIFY THAT
Newark Community First Aid

6 Mount Road, Balderton,
Newark, Nottinghamshire, NG24 3HF

HAS FAIB APPROVAL TO DELIVER TRAINING IN FIRST AID

FROM
01/10/2023 – 30/09/2028
Licence No: 14/13 (544)

In pursuance of Regulation 3 (2) of the Health and Safety (First Aid) Regulations 1981 (for First Aid at Work, First Aid at Work Requalification, Emergency First Aid at Work and First Aid Annual Refresher) and the Department for Education, Statutory Framework for Early Years Foundation Stage (for Paediatric First Aid and Emergency Paediatric First Aid) and for all other FAIB First Aid courses (listed in the Schedules), and subject to the conditions set out in this licence and the content within the schedules to this licence.

Authorised By:


Ian Kershaw MBE



Newark Community First Aid



As a charity, in addition to providing workplace training, we also provide FREE training to the public, community groups and charities through our community range of courses in Newark and surrounding parts of Nottinghamshire & Lincolnshire.

We also provide fully trained and equipped first aiders to provide first aid cover at local events.

To ensure we can meet the growing demand for our event services we need more volunteers. We would therefore ask if employers would encourage their first aiders to become volunteers with us. This has great benefits to the volunteer, who as a member will be able to develop their skills, gain more confidence, make new friends, and help their community. It will also be beneficial to your operations as they will become confident first aiders and we update all their qualifications saving you the cost of doing so.

By using our services, you are helping **your community.**



**Registered
Member**



To Contact us for bookings or information:

Tel: 07973 904808

Email: events.courses.ncfa@outlook.com

Visit our website: www.newarkcommunityfirstaid.co.uk

Follow us on Facebook: www.facebook/newarkcommunityfirstaid