



managing excellence  
through training

# High Quality & Essential Training For Your Business



First Aid



Catastrophic  
First Aid



Health and  
Safety



Fire Training



Manual  
Handling



Conflict  
Resolution

Teaching is conducted in a friendly, approachable manner with plenty of interactivity – a formula that has led to the company's proud boast that METT has never had a delegate fail any of its courses!



# Our Training Courses

## Catastrophic First Aid

This course is designed to teach people how to use life saving products such as tourniquets and haemostatic dressings (dressings that will control and stop an arterial bleed in 60 seconds). Who should attend? Members of the general public, industrial workers, tree surgeons, anyone working in populated public areas.



## First Aid at Work 3 days

This nationally accredited course meets the requirements that the Health and Safety Executive (HSE) insist companies must have regarding qualified first aiders in the workplace. This course is available as a three-day program or two-day requalification course equipping you with the skills to deal with major and minor emergencies in the workplace. Who should attend? Industrial workers, leisure and hospitality, education, engineering environments.

## Emergency First Aid at Work 1 day

This nationally accredited course gives you the skills to deal with major and minor emergencies. It gives you the confidence to prioritise casualties and administer the relevant treatment. Who should attend? Low risk environments, office workers, shop, food outlets.



## Paediatric First Aid 2 days

This two-day course meets Ofsted guidelines and is ideal for nursery nurses, teaching assistants, teachers, childminders or anyone working within an early years environment. It teaches you the relevant first aid skills when dealing with children and babies.

Also available as a 1 day Emergency Paediatric First Aid course.

## Basic Life Support and Safe Use of an Automated External Defibrillator (defib)

This qualification has been designed to provide candidates with the skills needed to administer safe, prompt and effective basic life support and use an AED safely in emergency situations. With an estimated 60,000 out of hospital cardiac arrests occurring every year in the UK alone, make sure you are prepared!



## Fire Marshal/ Fire Awareness Training

Candidates will learn basic fire safety principles to ensure they are keeping themselves and others in the workplace safe at all times. They will also learn what to do in the event of an emergency and the simple measures that can be taken to control the risk of fires. This course includes how to use fire extinguishers.



## Manual Handling (People and/or Loads)

This qualification is ideal for all employees as it provides candidates with an awareness of safe manual handling practices and the risks of unsafe manual handling. With subjects covered in just half a day, this course is an ideal way to reduce the risk of workplace manual handling injuries.

## Health & Safety in the Workplace 1 day

This course is ideal for all employees, as it helps candidates develop a greater understanding of health and safety issues and the role that everyone plays in maintaining a safe working environment. What's more, not only is this a regulated and nationally recognised qualification, it is an ideal health and safety course for all organisations throughout the UK.



## Conflict Resolution

This course is suitable for businesses and individuals who are customer facing or those who deal directly with members of the public. We offer bespoke courses based on the World Health Organisation model, used by the NHS. Suitable for doctors and dental surgeries, education providers and industry.

## Self Defence

We provide nationally accredited (National Federation of Personal Safety NFPS) self-defence training in which we deliver a legally defensible system of self-defence and a training system which is health and safety compliant. The training we provide is bespoke to your organisation and can be tailored to your requirements in terms of the full course, which is certified (BTEC Award nationally recognised) or an in-house training package.



# First Rate Health & Safety Training



managing excellence  
through training

## Keep Your Employees Safe, Your Company Compliant And Your Directors Out Of Jail

### Your One Stop Health & Safety Shop



*"Throughout the nine years METT Ltd has been facilitating training we have always found them to be a positive team, who understand our organisational needs. Reliable, consistent and flexible, METT always provides us with training conducive to a proactive learning environment."*

- Ali Webster, Head of Staff Development,  
West London Mental Health NHS Trust

**Contact us now on 01525 379521  
or [info@metttraining.co.uk](mailto:info@metttraining.co.uk)  
for a life-saving experience!**



#### First Aid Requirements Calculator

**Unsure of the first aid cover you need?**



Try our FREE first aid requirements calculator for a bespoke report.

Go to <http://tinyurl.com/1stAidCalculator>

**Train with  
METT for a  
life saving  
experience!**

