



managing excellence
through training

High **quality** and **essential**
training for your
business



ARMED FORCES
COVENANT

Proud to employ ex-service personnel and reservists



www.metttraining.co.uk



managing excellence
through training

A **life-saving** experience

Over the 12 years that METT has been established we are proud to have built our reputation on **delivering realistic training tailored to the specific needs of the client.**

The training team are all qualified to the minimum of Level 3, all with operational expertise in their field, ensuring **top class, comprehensive training across a wide variety of nationally recognised courses.** 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 a 100% success/pass rate on all of its courses!

Mike Neary

Mike served 22 years in the RAF Regiment. Whilst deployed operationally he learnt how to hone his leadership and first aid skills. He was also a Recruit Training Instructor and Station Defence Advisor. He holds a BA Hons in Education and a Cert Ed, enabling him to lecture in various fields. Mike was awarded a commendation in the New Year's Honours List for meritorious service in the field of operational training. After leaving the service he became Course Team Leader at a College of Further Education, a role that included professional and personal development of staff, mentoring and coaching new lecturers through their PGCE. Mike is also a Nordic Walking Fitness Instructor and Sports Massage Therapist.

Ann-Marie Neary

After many years supporting research and educational establishments, Ann-Marie is now a Director, overseeing all the qualification paperwork and quality assurance for our awarding body. She is a qualified First Aid Assessor and Internal Quality Assurer, responsible for maintaining the high standards among our trainers. She deals with all the course and trainer bookings as well as recruitment and representing the company at business and networking events.



Ann-Marie and Mike Neary, Directors, METT

First Aid Courses

First Aid is a life skill, not just for the workplace.

METT offer a variety of First Aid training courses meeting the needs of a wide sector including NHS, education, industry, SME's, corporate, childcare, leisure, private practices and clinics. Every organisation has a duty of care and should be able to respond to a situation and protect those they employ.



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>



First Aid at Work

3 DAY COURSE

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.

The course is available as a 3 day initial or 2 day re-qualification course equipping you with the skills to deal with major and minor emergencies in the workplace.

Who should attend?

Industrial workers, leisure and hospitality, engineering environments, corporate.



Emergency First Aid at Work

1 DAY COURSE

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, retail outlets, education, general public, SME's.



Basic Life Support & Safe Use of an AED

½ DAY COURSE

This qualification has been designed to provide candidates with the skills needed to administer safe, prompt and effective basic life support and use of an Automated External Defibrillator (AED) safely in emergency situations.

With an estimated 60,000 out of hospital cardiac arrests occurring every year in the UK alone, are you prepared to assist in a life threatening situation?

Who should attend?

NHS workers, doctors and dental surgeries, private practice clinics, retail outlets, SME's and general public.



RQF: Regulated
Qualification Framework



Paediatric First Aid

2 DAY COURSE

This 2 day course meets Ofsted guidelines. It teaches you the relevant first aid skills when dealing with children and babies.

Also available as a 1 day Emergency Paediatric First Aid and a new 3 day combined First Aid at Work and Paediatric course.

Who should attend?

Ideal for those who work in settings that require both first aiders and paediatric first aiders, such as schools or sports clubs.



Catastrophic First Aid

½ DAY COURSE

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 for the Outdoors

1 OR 2 DAY COURSE

This nationally accredited course is designed for those who have a responsibility to provide first aid in outdoor and activity based environments.

This can be delivered as a one day Emergency First Aid at Work (EFAW) or a 2 day programme where the learner will be taught advanced skills in outdoor settings.

Who should attend?

This course is ideal for Nordic Walking Instructors/Leaders, Duke of Edinburgh Award students, Public Services students, Teaching staff responsible for running expedition training.



Health & Safety Courses

Much of health and safety is common sense. If individuals are aware of potential hazards and adopt safe working practices, they can control the risks and reduce the number of accidents and injuries in the workplace. Good health and safety standards will not only minimise the pain and personal consequences to individual employees, but also reduce the financial impact on employers and services funded by the taxpayer.



IOSH Courses

IOSH training courses help people in all sectors stay healthy and safe at work. METT offer three types of IOSH courses: **Working Safely**, **Managing Safely** and **Directing Safely**. Please contact us for more details.



Fire Marshal/Fire Awareness Training

½ DAY COURSE

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.

Who should attend?

This course is ideal for anyone who has a specific responsibility for fire safety in the workplace, such as designated fire wardens/ fire marshals.



Manual Handling

½ DAY COURSE

This course 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.

Who should attend?

This qualification is ideal for all employees.



Health & Safety in the Workplace

1 DAY COURSE

A course that 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.

Who should attend?

This qualification is ideal for all employees.





Mental Health First Aid (MHFA)

3, 6 OR 12 HOUR COURSE

The mental health training we offer is at three levels and is regulated by Ofqual. The courses cover a variety of topics including: What is first aid for mental health?

How to identify mental health conditions, how to provide advice and start a conversation, stress awareness, drugs and alcohol, first aid for mental health action plan and first aid for mental health in the workplace.

Who should attend?

This course benefits team leaders, HR supervisors, managers or senior managers, sports coaches anyone working with young people or vulnerable adults.



Conflict Resolution

1 DAY COURSE

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.

Who should attend?

Suitable for doctors and dental surgeries, education providers and industry.



Self-Defence

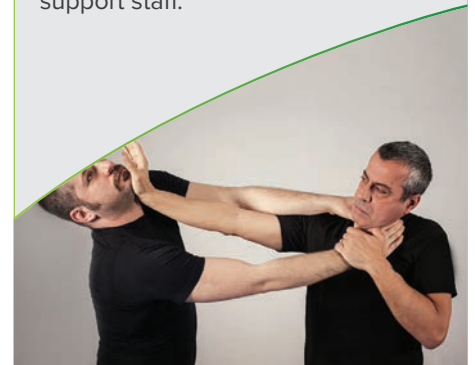
½ - 2 DAY COURSE

We provide nationally accredited NFPS (National Federation of Personal Safety) 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.

Who should attend?

Anyone in a customer facing role, NHS staff, teachers and support staff.





managing excellence
through training

First Aid and Health & Safety training provider

First Rate Health & Safety Training

“ Throughout the 11 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 provide us with training conducive to a proactive learning environment.”

*Ali Webster, Head of Staff Development,
West London NHS Trust*

Contact METT today

- ☎ 01525 379521
- ☎ 07790 546239 / 07956 078392
- ✉ info@metttraining.co.uk
- 📍 Unit 5, Harmill Industrial Estate, Grovebury Road,
Leighton Buzzard, Bedfordshire LU7 4FF

