



First Aid Courses

Tailor Made for Your Workplace

First Aid Courses:

We have been delivering first aid courses in all settings from the outdoors to industry, child and adult settings since 2013. We've sent hundreds (possibly thousands) of qualified first aiders into either the outdoors or the work place.

All of our First Aid Courses are OFQUAL and ITC regulated. Your certificate is a nationally recognised qualification which is valid for three years.

Our courses are sold on the fact that they are truly practical, this is not the old-fashioned course where candidates stare at a screen all day. Our courses are engaging, practical memorable and fun.

Outdoor First Aid – 2 Day – 16 hour OR 1 Day – 8 hour

We specialise in outdoor and remote first aid. Being a business within the outdoor activities industry, we are experts on that field and can contextualise our outdoor first aid training in real life experience. This course is delivered from the perspective of an outdoor activity practitioner, outdoor enthusiast or anyone who works in remote areas. Our trainer is a multi-activity outdoor instructor and a Core Team Member of Derbyshire Cave Rescue Organisation. Our trainer is also an ex-School teacher and former soldier. Much of our Outdoor First Aid course is delivered outside in the fresh air. Our reputation is built upon Outdoor First aid which is why we see people coming back repeatedly for their re-certification.

Emergency First Aid at Work – 1 Day – 6 Hour

This course satisfies the first aid needs of most business in the UK and covers all the essential emergency / life saving first aid skills plus some minor and common injuries. This course can be highly tailored to your work place and we can add in any first aid procedures you consider to be a higher risk in your workplace – just chat with us about your requirements. This course is quick paced and highly practical, memorable and we like to think – fun.



Paediatric First Aid – 1 or 2 Day

We deliver Paediatric first aid for any childcare setting. As with all of our first aid courses, this course is highly tailored to the needs of the workplace or childcare setting. Our courses are highly practical, memorable and fun. This course is an OFQUAL regulated qualification which is valid for three years. Our courses are engaging – no looking at PowerPoint slides all day!

