

First Aid Training



SkillBaseTM
First Aid
Confidence, not just competence

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Turning people
into
HEROES



We  turning people into heroes with our
First Aid Training!

Emergencies happen. On ordinary days, for ordinary people, life can change in a heartbeat.

Imagine that you had absolutely no idea of what to do, never did first aid training, or let it go out of date. **That is unthinkable to us.** We believe that no one should ever feel anything less than confident in dealing with an emergency. **We will all have times in our lives when we are called upon to be a hero.** We're on a mission to turn ordinary into extraordinary. To fill the UK with heroes-on-standby, trained in a way that empowers them to help someone in need.

Be part of our mission!



98%

of over 125,000
delegates rate us
as excellent!



How we're different...

- **We believe** that no one should feel anything less than confident to approach someone in need
- **We believe** in our team of dedicated and passionate trainers who are the heroes-makers. They equip people with the skills they need to approach someone in need.
- **We believe** in zero stigma surrounding mental health. We want mental health to be openly discussed and supported.
- **We believe** in coaching confidence, not just competence.
- **We believe** in supporting our trained heroes-on-standby, that's why we touch base with them throughout the year and offer free annual skills update courses, to ensure the same level of confidence remains.
- **We believe** courses aren't just a qualification, they are a chance to have fun and a great experience!



Our Hero Maker Tools



Realistic, engaging and relaxed courses

By providing a relaxed training environment, delegates are more likely to interact and ask questions. This ensures that delegates go away feeling more confident and are therefore more prepared to help and assist with emergencies both inside and outside the workplace.



Defib included as standard on every course

With an increasing amount of defibs (AEDs) in workplaces and the community, we train everyone to feel confident in using them. Together we are working towards reducing the 250 people that die every day of sudden cardiac arrest in the UK.



Baby and child first aid covered as standard

Even if workplaces don't have children in the workplace, delegates will be more engaged during courses knowing that this could help a family member, which increases their confidence.



Tests banished to concentrate on the practical

You won't find any stressful tests on our courses, so we can concentrate on the important stuff - practicing confidence building,



Over 98% of our First Aiders rate us as excellent

We're pretty proud of that. Our unique, realistic, and engaging methods are designed all around first aider confidence.



Health & Safety Executive (HSE) and UK Resuscitation Council compliant

You can be assured that your training meets all the necessary guidelines and regulations. So first aiders always know how to act appropriately in an emergency.



Our friendly team make booking easy-peasy

It's really simple to book with us. We'll confirm your booking on email straight away, and of course, send you everything you need to know. Our team love making things super-easy for you!



Choosing Your Perfect Course!

The formal bit that you need to know is that the Health and Safety (First-Aid) Regulations require employers to enable first aid to be given to employees if they are injured or become ill at work.

Every employer should carry out an assessment of first aid needs, which should be reviewed at least annually. All staff must be informed of the arrangements.

To make this super easy for you we have a **Risk Assessment guide** that will allow you to answer some quick and simple questions to make sure that you've thought of everything you need to – **it's yours for free**.

Just give us a call and we will send you a blank template, or we'll be happy to go through and complete it on the phone with you. It's what we do.

Some Pro Tips...

- **Have a think if there are any special dangers like machinery, or if any of your team have medical conditions. Check the table on the next page to see what's covered on each course.**
- Accidents and illness happen on ordinary days. So cover for all shifts, holidays and sickness too. Most workplaces would need to have more than one first aider to have consistent cover.
- **If you need training for a childcare environment, skip straight to our Paediatric courses – but don't forget that all of our courses cover some bits of child first aid.**
- We have included detailed descriptions on each course page, so you can see exactly who they are suitable for and what's covered. If you are unsure just call us on 0330 335 1234, because we love this stuff!

What's covered on your course



	First Aid at Work	First Aid at Work Requalification	Emergency First Aid	Emergency First Aid for Schools	Emergency First Aid for Pharmacists	Emergency First Aid for Professional Drivers	Paediatric First Aid	Emergency Paediatric First Aid	Foundation First Aid	Essential Life Support	Action for Anaphylaxis	Activity First Aid	Forestry First Aid (+F Additional Upskilling)
Learning Hours	18	12	6	6	7	7	12	6	4	2.5	3	12	2
Emergency Plan	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Getting Help Effectively	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Adult Essential Life Support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Baby & Child Essential Life Support (CPR)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Baby & Child CPR (Further Modifications)				✓			✓	✓		✓	✓		
Hygiene	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Head, Neck & Back Injuries	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓	
Breathing Problems	✓	✓					✓					✓	
Choking, Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Choking, Baby & Child	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Using a Defib (AED)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Asthma	✓	✓		✓	✓		✓	✓				✓	
Panic Attack	✓	✓			✓		✓					✓	
Drowning	✓	✓					✓					✓	
Smoke / Fume Inhalation	✓	✓					✓					✓	
Anaphylaxis & Using an AAI (epipen)	✓	✓		✓	✓			✓			✓	✓	
Unconsciousness & Seizures	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	
Recovery Position	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Multiple Casualty Incidents	✓												
Heart Attacks & Angina	✓	✓			✓	✓					✓	✓	
Shock & Fainting	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
Hypovolemic Shock	✓	✓				✓	✓					✓	✓
Electric Shock	✓	✓			✓		✓				✓	✓	
Minor Wounds	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Major Wounds & Amputations	✓	✓										✓	✓
Life Threatening Bleeding	✓	✓											✓
Internal Bleeding	✓												
Crushing Injuries	✓	✓										✓	✓
Burns	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Bones, Muscles & Joints	✓	✓	✓		✓	✓	✓	✓			✓	✓	
Concussion & Compression	✓	✓			✓	✓	✓				✓	✓	
Strokes	✓	✓											
Minor & Major Seizures	✓	✓					✓					✓	
Febrile Convulsions							✓						
Sudden Poisoning	✓	✓			✓		✓				✓	✓	
Sepsis	✓	✓					✓						
Meningitis	✓	✓					✓						
Diabetes	✓	✓			✓		✓				✓		
Effects of Temperature	✓	✓					✓					✓	✓
First Aid Kits	✓	✓	✓		✓		✓	✓			✓	✓	
Accident Reporting	✓	✓	✓		✓	✓	✓	✓			✓	✓	
Croup & Sickle Cell							✓						
Insect Stings & Bites	✓	✓					✓					✓	✓
Snake, Spider, Tick Bites & Lyme disease													✓



Our Place or Yours?

Your Place

If you have a group of people to train, we can come to you at your preferred location for up to 12 delegates.

Additionally, when you train at your own venue, you'll also benefit from:

- Great value for money! Usually, if you have more than 4 people to train an 'in-house' course works out better value.
- No additional travelling or travel costs for your team.
- Times and dates can be tailored to suit you.

Our Place

If it's just you or a handful of people to train, or it's easier to train people throughout the year, then you'll be given a warm welcome on one of our scheduled courses at our training centres.

Plus - and you won't see this often - we also provide **free annual refresher courses, on ALL of the courses run at our centres.** No catches, but because we are absolutely committed to keeping first aiders confident. It's also very handy that it meets the 'strong recommendations' of the HSE too!

**Look out for the
Your Place and Our
Place icons on the
course pages!**

The Courses



Courses are fun and interactive workshops, with lots of time for practice and questions. There are no formal tests, we'll assess the course in a relaxed and non-threatening way!



Don't forget that all of our courses are backed by our 100% Confidence Guarantee!



First Aid at Work

HSE Compliant

3 days

Loved by

Super suitable for high risk and large workplaces, especially those with machinery or lots of manual work. However, people with a personal interest in first aid always really enjoy this course too!

The 'big daddy' of first aid courses, First Aid at Work is a nationally recognised certificate. Packed with practical, we'll get you super confident to deal with emergencies both in and out of the workplace. We'll have loads of time to look at specific injuries, illnesses and conditions so that you're super prepped - just in case!

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Asthma, Panic Attacks, Drowning & Fumes
- Unconsciousness & Recovery Position
- Heart Attacks, Shock, Electrical Shock & Anaphylaxis
- Bleeding, Wounds & Burns
- Injuries to the Bones, Muscles & Joints
- Concussion, Seizures/Fitting & Diabetes
- Meningitis
- First Aider Responsibilities

Great to know!

- This course is HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free workbook, and a copy of our user-friendly manual **The Good First Aid Guide** to keep.

[See more information and upcoming dates on our website here!](#)

First Aid at Work Requalification

HSE Compliant 2 days

Loved by

First Aiders whose certificate is about to expire, and still have a good understanding of first aid - but need to fine-tune their knowledge and re-boost their confidence!

Once first aiders have completed an initial three day First Aid at Work course, they'll always have a good base knowledge of first aid. When their certificate is close to expiring, this two-day course is a fast track through everything we covered the first time around. It's still packed with plenty of practical, so we can renew confidence across a range of scenarios, injuries, illnesses and conditions.

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Asthma, Panic Attacks, Drowning & Fumes
- Unconsciousness & Recovery Position
- Heart Attacks, Shock, Electrical Shock & Anaphylaxis
- Bleeding, Wounds & Burns
- Injuries to the Bones, Muscles & Joints
- Concussion, Seizures/Fitting & Diabetes
- First Aider Responsibilities

Great to know!

- This course is HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free workbook, and a copy of our user-friendly manual **The Good First Aid Guide** to keep.

[See more information and upcoming dates on our website here!](#)

Yours or
Ours?

Emergency First Aid

HSE Compliant

1 day

Loved by

Being the swiss-army knife of first aid courses, Emergency First Aid is great for both low-risk small workplaces and larger ones wanting additional backup.

If there's one thing this course is it's popular! Our most used course is super-charged with activities. It takes a no-nonsense approach, meaning that delegates get to know, what they need to know - without the waffle. It'll well prepare you for an emergency situation both in and out of work - and centers around building an emergency plan, ready to quickly kick in should an emergency arise!

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Unconsciousness & Recovery Position
- Bleeding & Burns
- Injuries to the Bones, Muscles & Joints
- Seizures & Fitting
- First Aider Responsibilities
- Plus lots more!

Great to know!

- This course is HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free copy of our user-friendly quick guide **Your Emergency First Aid Plan** to keep.

[See more information and upcoming dates on our website here!](#)

Annual First Aid Skills Update

HSE Compliant

3 hours

Loved by

Ideal for meeting the strong recommendations of the HSE for anyone that has attended HSE compliant courses.

When people leave our courses they are brimming with confidence, ready to take action in an emergency. As time goes on, some of that confidence in their skills naturally fades. This is why the HSE 'strongly recommend' that everyone completes a skills refresher course at 12 & 24 months. In this short workshop style course we have loads of confidence building practice, so that you leave ready to take on the world again!

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Bleeding, Burns & Shock
- Unconsciousness & Recovery Position

Great to know!

- This HSE compliant course is suitable for those with a current first aid certificate. It does not re-qualify the delegate, and is aimed to boost their skills and confidence.
- While this course is a strong recommendation by the HSE, it is not mandatory to keep a certificate valid.
- When the original certificate expires, the delegate will need to re-qualify by attending a course again.

[See more information and upcoming dates on our website here!](#)

Yours or Ours?

Paediatric First Aid

OFSTED Compliant

2 days

Loved by

This course is written to be especially suitable for those working in childcare settings, and is therefore also ideal for; Nannies / Au pairs / Foster carers / Primary schools / Nursery staff / Parents and carers.

Our trainers (or hero-makers as we call them) absolutely love running this course! It's specifically written for childcare settings to comply with the Early Years Foundation Stage Statutory Framework. It's a relaxed workshop absolutely packed with plenty of practice and loads of time to ask questions and share stories. Covering childhood illnesses and conditions in-depth, it also covers some adult first aid for big kids that get into scrapes too!

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Asthma, Panic Attacks, Drowning & Fumes
- Unconsciousness & Recovery Position
- Shock, Electrical Shock & Anaphylaxis
- Bleeding, Wounds & Burns
- Injuries to the Bones, Muscles & Joints
- Concussion, Seizures/Fitting & Diabetes
- Meningitis, Croup & Sickle Cell
- First Aider Responsibilities

Great to know!

- This course is OFSTED compliant and complies with the Early Years Foundation Stage Statutory Framework.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free workbook and a copy of our user-friendly manual **The Good First Aid Guide** to keep.

[See more information and upcoming dates on our website here!](#)

Yours or
Ours?

Emergency Paediatric First Aid

OFSTED Compliant

1 day

Loved by

This course is written to be especially suitable for those working in childcare settings, and is therefore also ideal for; **Nannies / Au pairs /Nursery staff / Parents and carers.**

This course is fantastic for childcare settings - especially those applying for Millie's Mark. Childcare settings that need to comply with the Early Year Foundation Stage Statutory Framework should assess their needs and should consider training their team on the 2 day full Paediatric First Aid Course.

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Asthma & Inhalers
- Anaphylaxis
- Unconsciousness & Recovery Position
- Seizures & Fitting
- Bleeding, Burns & Fractures
- Fainting
- First Aider Responsibilities

Great to know!

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free copy of our user-friendly quick guide **Your Emergency First Aid Plan** to keep.

[See more information on our website here!](#)

Your
Place

Emergency First Aid for Schools

HSE Compliant 1 day

Loved by

This course is available
for groups at your
school and covers all the
essentials you need for
Emergency First Aid.

This course is fantastic for KS1 & KS2 Schools, giving confidence with often worrying topics such as Anaphylaxis and Asthma. It'll well prepare you for an emergency situation both in and out of school - and centers around building an emergency plan, ready to quickly kick in should an emergency arrive!

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Asthma
- Anaphylaxis & Adrenaline Auto-Injectors (including Epipens)
- Unconsciousness & Recovery Position
- Bleeding & Burns
- Seizures & Fitting
- First Aider Responsibilities

Great to know!

- Settings that need to comply with the Early Years Foundation Stage Statutory Framework should assess their needs and consider training their team on the 2 day full Paediatric First Aid Course.
- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free copy of our user-friendly quick guide **Your Emergency First Aid Plan** to keep.

[See more information on our website here!](#)

Your
Place

Foundation First Aid

HSE Compliant
4 hours

Loved by

Those short of time or wanting a great confidence boosting session covering essential first aid. Workplaces that are really small and have very low risks, who don't need to have a HSE compliant first aider on site.

The 'baby of the family', Foundation First Aid is a shorter course for those with limited time, or just needing an overview of first aid. While a bit on the short side, Foundation First Aid still packs a punch, and you can still expect the same SkillBase First Aid training and a good boost in first aider confidence.

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Unconsciousness & Recovery Position
- Bleeding & Burns

Great to know!

- This course is also HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- This course is also great for workplaces looking for additional back up cover to assist workplace first aiders already fully trained.

[See more information on our website here!](#)

Your
Place

Essential Life Support

UK Resuscitation Council
Compliant
2.5 hours

Loved by

Great for those who have a need to regularly update their essential life support skills, especially primary care settings such as;
**General Practices /
Community Healthcare /
Dental Practices**

This is the mini first aid course that packs a punch! A friendly workshop, covering the essentials of what to do if someone is not breathing. Fantastic for primary care settings, and those wanting to know the essentials of what to do in a life-threatening emergency.

We'll cover

- Emergency Actions
- Child, Baby & Adult Essential Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)

Great to know!

- This course is UK Resuscitation Council Compliant.
- Each delegate will get a certificate valid for 3 years.
- This course is suitable for novices and experienced people alike - and can also be used by community groups and organisations.

[See more information on our website here!](#)

Action for Anaphylaxis

UK Resuscitation Council
Compliant
2.5 hours

Loved by

Great for those who are in an environment where they need to be really prepared for anaphylactic emergencies, such as;
General Practices /
Community Healthcare /
Schools & Nurseries /
Pharmacies.

Anaphylaxis is scary, and this friendly workshop will give delegates the confidence of what to do should an emergency arrive. Fantastic for primary care and childcare settings and those wanting to know the essentials of what to do in a life-threatening emergency.

We'll cover

- Recognising Anaphylaxis
- Using Adrenaline Auto-Injectors (AAI's) including Epipens, Jext & Emerades
- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)

Great to know!

- This course is UK Resuscitation Council Compliant.
- Each delegate will get a certificate valid for 3 years.
- This course is suitable for novices and experienced people alike - and can also be used by community groups and organisations.

[See more information on our website here!](#)

Emergency First Aid for Pharmacists

HSE Compliant
1 day

Loved by

Pharmacy teams and
pre-registration
pharmacists
completing their
training.

Packed with useful content this course is suitable for all working in a pharmacy setting - and also meets the requirement for pre-registration pharmacists. It'll prepare you for an emergency situation both in and out of work - and centers around building an emergency plan, ready to quickly kick in should an emergency arrive!

We'll cover

- Emergency Actions
- Child, Baby & Adult Basic Life Support (CPR)
- Child, Baby & Adult Choking
- How to use a defib (AED)
- Head, Neck & Back Injuries
- Unconsciousness & Recovery Position
- Bleeding & Burns
- Injuries to the Bones, Muscles & Joints
- Seizures/Fitting
- Anaphylaxis
- Heart Attacks
- Head Injuries & Concussion
- Poisoning
- First Aider Responsibilities

Great to know!

- This course is HSE compliant.
- Each delegate will get a certificate valid for 3 years.
- Each delegate will also get a free copy of our user-friendly quick guide **Your Emergency First Aid Plan** to keep.

[See more information on our website here!](#)

'Train the Trainer' First Aid Instructor Training

3 days

Loved by

This course is suitable for everyone wanting to become first aid trainers including; Self employed people / Existing training companies / In-company & corporate trainers / Community trainers.

If you are looking to become a First Aid Instructor to train independently or for your workplace, this is the ideal course for you. You don't need to have previous experience of teaching first aid, as this course will give you all the skills you need to teach a range of lively and engaging courses. In our experience, we find that embarking on training a new subject (or a familiar subject in a new way) can sometimes be daunting. This course is all about confidence building and ensuring that you feel comfortable.

Experience

- You don't have to have previous experience in teaching First Aid, as this course will give you all the skills you need to teach a range of lively and engaging courses.
- You will need to have a current First Aid at Work (3 day) certificate (unless you already have a valid nursing, doctor or paramedic qualification).
- If you do not have a current first aid or medical qualification, we can get that sorted for you too!

Prerequisites

You'll also need a teaching or training qualification, for example:

- Cert Ed, PGCE, B Ed, M Ed, CTLLS/DTLLS
- Further and Adult Ed Teacher's Certificate
- IHCD Instructional Methods / Instructor Certificate
- Nursing mentorship qualifications
- PTLLS inc. Principles & Practice of Assessment
- S/NVQ level 3/4 in training & development
- TQFE A22, B22, C21, C23, C24
- Level 3/4 Award in Education & Training
- Level 5 Diploma in Education & Training

No qualification? No problem! We can add the Level 3 Award in Education & Training to the instructor course.

[See more information and upcoming dates on our website here!](#)

First Aid Essentials- The Shop!

KITTING YOU OUT!

Tried and trusted by our trainers, our First Aid Essentials range helps workplaces make sure that their first aiders are fully equipped and ready for an emergency.

The full range, specially selected for quality and value, can be seen at our online shop at

[skillbasefirstaid.com/shop](https://www.skillbasefirstaid.com/shop)

or call us on 0330 335 1234
for more details.



WE ALSO SELL...

Mediana defibs

- Pads attached, ready for use
- Clear voice prompts giving real time guidance
- Easy to use, with or without training





Pricing

For groups & individuals

Great to know!

- Group courses are provided at your premises or a location of your organising.
- Open courses are held at one of our training centres and are priced per person, for more information and upcoming dates, please see our [website](#).
- Our pricing structure is transparent. There are no hidden costs such as mileage or certification. **Prices exclude VAT.**

Course Title	Length	At Your Place (outside M25)	At Your Place (inside M25)	At Our Place (per person)	Maximum delegates per trainer
First Aid at Work (FAW)	3 day	£1,769	£2,137	£291	12
First Aid at Work Requalification (FAR)	2 day	£1,184	£1,422	£218	12
Emergency First Aid (EFA)	1 day	£592	£713	£132	12
Annual First Aid Skills Update (FAU)	3 hour	£524	£649	£53*	12
Paediatric First Aid (PAE)	2 day	£1,115	£1,360	£119	12
Emergency Paediatric First Aid (EPAE)	1 day	£592	£713	-	12
Emergency First Aid For Schools (EFAS)	1 day	£592	£713	-	12
Foundation First Aid (FFA)	4 hour	£524	£660	-	12
Essential Life Support (ELS)	2.5 hour	£516	£605	-	12
Basic Life Support in a Primary Care Setting (BLS)	2.5 hour	£516	£605	-	12
Action For Anaphylaxis (ANA)	3 hour	£524	£649	-	12
Emergency First Aid for Pharmacists (EFAP)	1 day	£691	£759	-	12
Activity First Aid (AFA)	2 day	£1,115	£1,360	-	12
*First Aid Instructor Training 'Train the Trainer'	3 day	Quote	Quote	£540	6
Level 3 Award in Education & Training (Online)	90 days to complete			£299	

*Annual First Aid Skills Update is run free of charge at our centres for any delegate that has attended any of our courses! Call our team to book your places

Don't just take our word for it...



Tutor used a great method of training with visual, writing and practical demonstrations. Class was a perfect size. Really pleased I attended and would not hesitate in signing up to a SkillBase course again because of this experience.
– Sarah

I attended the Instructor training. I thought the training was second to none. The instructors were very knowledgeable and experienced in First Aid. The practical aspects of the course were fun, which made the content easy to remember. I would highly recommend this training to others!
– Rebecca,
Leicestershire County Council

WOW!!!
Been on quite a few first aid courses over the years, this one was very different. The trainer was amazing. The course content was very relevant to what we could encounter in everyday life, it was put over to us in a fun and practical way.
– Martin

I thought the course was great – well delivered, very informative, went home and remembered important elements! Book was fantastic and user friendly, will deffo be back!
– Nina, Tree Tops Day Nursery

Made to feel welcome from beginning to end. Professional in every aspect, the set-up, organisation, materials/resources and delivery.
I'd highly recommend SkillBase First Aid, best first aid provider I've experienced.
– Tom



*4 in 4 of us
have
mental
health!*



Mental Health Training

Poor mental health accounts for more than half of all work-related illnesses, including 51% of long-term sick leave. An estimated 17 million work days were lost in the UK in 2021/22 due to stress, depression, or anxiety.

We have a wide range of courses to suit all types of organisations and individuals. From 2.5 hour awareness to 2 day mental health first aid training, **we're on a mission to see an equal number of mental wellbeing first aiders to physical first aiders** in the workplace!

Ready to join up your health, safety and wellbeing at work?

Talk to us today about [mental health training!](#)

Let's Talk!

You can chat with us on our [website](#), **call the team** on 0330 335 1234, **email us** info@skillbasefirstaid.com or book a free consultation!

It all starts with a conversation!

Book a **free** consultation today to discuss your workplace first aid, health & wellbeing needs.






No one should feel anything less than confident to approach someone in need!

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