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Training Solutions

# FIRST AID TRAINING

Across The United Kingdom

## PRICE LIST FOR **Aberystwyth** 2025

**INTERACTIVE**

**FIRST AID**

**COURSES**



**BeePositive**  
Training Solutions

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All of our course prices in this booklet are based on training at your place of work.  
If you require this to be done at a different venue, please [contact us](#).

Just click on the course below to go directly there, or scroll through and look at your options

All prices are subject to change. We will always send you a final quote before booking.  
Included in the price are training materials, certification, and travel costs.

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# Annual Refresher Course

## About the Course

The HSE recommend that all first aiders complete an annual refresher. This is a short course that refreshes the essentials to reduce skill fade. This course is valid for the Emergency First Aid at Work and First Aid at Work. Certificate of Attendance issued.

**Duration:** 3-4 Hours **Minimum Age:** 14 **Minimum/Maximum Numbers:** 12 **Valid For:** 1 Year **Level:** 2 (RQF)

**Course Contents:** Responsibilities • Primary Survey • Recovery Position • Resuscitation • Wounds and Bleeding • Hygiene • Communication Skills • Top to Toe Survey • Action for Vomit • Chain of Survival • Bandaging

Number of Learners	Cost Per Person	Total Cost
Three	160.00	480.00
Four	127.00	508.00
Five	108.00	540.00
Six	94.00	564.00
Seven	85.00	595.00
Eight	78.00	624.00
Nine	72.00	648.00
Ten	68.00	680.00
Eleven	64.00	704.00
Twelve	61.00	732.00

If your organisation is of charitable status, please [contact us](#) for discounted rates.

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# Basic Life Support

## About the Course

This regulated Level 2 Basic Life Support qualification will give learners the skills, knowledge and practical competence to administer first aid until professional medical help arrives. It is particularly suitable for healthcare professionals for the purpose of Continual Professional Development (CPD).

The Basic Life Support qualification will give learners the skills and knowledge to act in an emergency situation providing the casualty with critical life-saving assistance until support arrives.

The qualification is delivered following the protocols set by the Resuscitation Council (UK) Guidelines.

**Duration:** 3-4 Hours **Minimum Age:** 14 **Minimum/Maximum Numbers:** 12 **Valid For:** 3 Years **Level:** 2 (RQF)

**Course Contents:** Cardiopulmonary Resuscitation • Primary Survey • Recovery Position • Choking

Number of Learners	Cost Per Person	Total Cost
Three	166.00	498.00
Four	133.00	532.00
Five	113.00	565.00
Six	100.00	600.00
Seven	90.00	630.00
Eight	83.00	664.00
Nine	78.00	702.00
Ten	73.00	730.00
Eleven	70.00	770.00
Twelve	67.00	804.00

If your organisation is of charitable status, please [contact us](#) for discounted rates.

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# Emergency First Aid at Work

## About the Course

Where a workplace first aid risk assessment identifies a need for an Emergency First Aider in the Workplace, this one-day qualification meets the requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

All learners will have the skills and knowledge to provide the organisation with Emergency

**Duration:** Min 6 Hours **Minimum Age:** 14 **Minimum/Maximum Numbers:** 12 **Valid For:** 3 Years **Level:** 3 (RQF)

**Course Contents:** Responsibilities and reporting • Resuscitation and AED awareness • Burns • Assessment of the situation • Choking • Dealing with an unresponsive casualty • Minor injuries • Epilepsy • Basic hygiene in First Aid • Bleeding control • Shock

Number of Learners	Cost Per Person	Total Cost
Three	172.00	516.00
Four	139.00	556.00
Five	119.00	595.00
Six	106.00	636.00
Seven	97.00	679.00
Eight	90.00	720.00
Nine	84.00	756.00
Ten	80.00	800.00
Eleven	76.00	836.00
Twelve	73.00	876.00

## With Catastrophic Bleed Module (+1 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	187.00	561.00
Four	154.00	616.00
Five	134.00	670.00
Six	121.00	726.00
Seven	112.00	784.00
Eight	104.00	832.00
Nine	99.00	891.00
Ten	95.00	950.00
Eleven	91.00	1001.00
Twelve	88.00	1056.00

If your organisation is of charitable status, please [contact us](#) for discounted rates.

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# First Aid at Work

## About the Course

Specifically designed for those who are involved in any form of activity, including sports, leisure and recreation. Not only is Basic Life Support included, but many other First Aid conditions are also included, making this qualification very comprehensive. This Level 3 qualification is made up of two units including First Aid Essentials. It is specifically designed for those who are involved in any form of activity, including sports, leisure and recreation.

Unit 1, (or day 1) of this qualification contains and covers the learning outcomes of the level 3 Award in Emergency First Aid at Work, so those who wish to gain the level 3 award in EFAW are able to sit day 1 of this qualification.

**Duration:** 3 Days    **Minimum Age:** 16    **Minimum/Maximum Numbers:** 12    **Valid For:** 3 Years    **Level:** 3 (RQF)

**Course Contents:** Legalities, responsibilities and reporting • Control of bleeding • Poisoning • Asthma • Dealing with an unresponsive casualty • Shock (including Anaphylaxis) • Bandaging • Diabetes • Fractures and spinal injuries • Heart attacks • Choking • Stroke • Resuscitation and AED awareness • Head injuries • Eye injuries • Burns • Assessment of the situation • Sprains and strains • Chest injuries • Epilepsy

Number of Learners	Cost Per Person	Total Cost
Three	424.00	1272.00
Four	332.00	1328.00
Five	276.00	1380.00
Six	239.00	1434.00
Seven	213.00	1491.00
Eight	193.00	1544.00
Nine	178.00	1602.00
Ten	166.00	1660.00
Eleven	156.00	1716.00
Twelve	147.00	1764.00

## With Forestry Module (+2 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	440.00	1320.00
Four	348.00	1392.00
Five	293.00	1465.00
Six	256.00	1536.00
Seven	229.00	1603.00
Eight	210.00	1680.00
Nine	194.00	1746.00
Ten	182.00	1820.00
Eleven	172.00	1892.00
Twelve	164.00	1968.00

If your organisation is of charitable status, please [contact us](#) for discounted rates.

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# First Aid at Work Requalification

## About the Course

This 2-day First Aid at Work course is designed for those who currently hold a First Aid at Work qualification and are due to expire and meets the requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

The important thing to remember is that as soon as the certificate expires, the First Aider is no longer considered competent to act as a First Aider in the workplace which may well leave the employer with a shortfall of First Aiders. Therefore, it would be prudent to arrange their requalification before they expire. In addition, this course will include any protocol changes that may have arisen since their last training course.

**Duration:** 2 Days **Minimum Age:** 16 **Minimum/Maximum Numbers:** 12 **Valid For:** 3 Years **Level:** 3 (RQF)

**Course Contents:** Legalities, responsibilities and reporting • Control of bleeding • Poisoning • Asthma • Dealing with an unresponsive casualty • Shock (including Anaphylaxis) • Bandaging • Diabetes • Fractures and spinal injuries • Heart attacks • Choking • Stroke • Resuscitation and AED awareness • Head injuries • Eye injuries • Burns • Assessment of the situation • Sprains and strains • Chest injuries • Epilepsy

Number of Learners	Cost Per Person	Total Cost
Three	292.00	876.00
Four	233.00	932.00
Five	197.00	985.00
Six	173.00	1038.00
Seven	157.00	1099.00
Eight	144.00	1152.00
Nine	134.00	1206.00
Ten	126.00	1260.00
Eleven	120.00	1320.00
Twelve	114.00	1368.00

## With Forestry Module (+2 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	308.00	924.00
Four	249.00	996.00
Five	213.00	1065.00
Six	190.00	1140.00
Seven	173.00	1211.00
Eight	160.00	1280.00
Nine	150.00	1350.00
Ten	142.00	1420.00
Eleven	136.00	1496.00
Twelve	131.00	1572.00

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# Emergency Outdoor First Aid

## About the Course

This one-day emergency outdoor first aid qualification will provide learners with the skills and knowledge to respond to a range of emergency outdoor situations in a prompt, safe and effective way, particularly where professional medical help is not immediately available.

The course will provide learners with the skills and knowledge to respond to a range of emergency outdoor situations including summoning assistance, responding to changes in vital signs, and administering CPR and blood loss. The qualification meets the requirements of the Institute for Outdoor Learning band 2 training.

**Duration:** 8 Hours    **Minimum Age:** 14    **Minimum/Maximum Numbers:** 12    **Valid For:** 3 Years    **Level:** 3 (RQF)

**Course Contents:** What is outdoor first aid? • First aid equipment • Summon assistance • Monitoring • Scene survey • Primary survey • Secondary assessment • Resuscitation • Disorders of respiration • Wounds and bleeding • Hypovolaemic shock

Number of Learners	Cost Per Person	Total Cost
Three	180.00	540.00
Four	147.00	588.00
Five	127.00	635.00
Six	114.00	684.00
Seven	105.00	735.00
Eight	98.00	784.00
Nine	92.00	828.00
Ten	88.00	880.00
Eleven	84.00	924.00
Twelve	81.00	972.00

If your organisation is of charitable status, please [contact us](#) for discounted rates.

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# Outdoor First Aid

## About the Course

This comprehensive two-day qualification is designed for outdoor professionals and employees who work in rural or remote environments. It will enable learners to undertake the role of the First Aider when emergency medical assistance could be more than 30 minutes away. It will provide learners with the skills and knowledge to respond to a range of emergency outdoor situations including when and how to move a casualty, major illnesses and injuries, administering CPR and managing an unresponsive casualty.

The qualification meets the Outdoor First Aid Band 3 requirements set by the Institute for Outdoor Learning and the requirements for the first aid element of the expedition syllabus for the bronze, silver and gold Duke of Edinburgh awards.

**Duration:** 2 Days **Minimum Age:** 16 **Minimum/Maximum Numbers:** 12 **Valid For:** 3 Years **Level:** 3 (RQF)

**Course Contents:** Legalities, responsibilities and reporting • Control of bleeding • Poisoning • Asthma • Dealing with an unresponsive casualty • Shock (including Anaphylaxis) • Bandaging • Diabetes • Fractures and spinal injuries • Heart attacks • Choking • Stroke • Resuscitation and AED awareness • Head injuries • Eye injuries • Burns • Assessment of the situation • Sprains and strains • Chest injuries • Epilepsy

Number of Learners	Cost Per Person	Total Cost
Three	290.00	870.00
Four	231.00	924.00
Five	195.00	975.00
Six	172.00	1032.00
Seven	155.00	1085.00
Eight	142.00	1136.00
Nine	132.00	1188.00
Ten	124.00	1240.00
Eleven	118.00	1298.00
Twelve	112.00	1344.00

## With Catastrophic Bleed Module (+1 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	305.00	915.00
Four	246.00	984.00
Five	210.00	1050.00
Six	186.00	1116.00
Seven	169.00	1183.00
Eight	157.00	1256.00
Nine	147.00	1323.00
Ten	139.00	1390.00
Eleven	133.00	1463.00
Twelve	127.00	1524.00

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# Activity First Aid

## About the Course

Specifically designed for those who are involved in any form of activity, including sports, leisure and recreation. Not only is Basic Life Support included, but many other First Aid conditions are also included, making this qualification very comprehensive. This Level 3 qualification is made up of two units including First Aid Essentials. It is specifically designed for those who are involved in any form of activity, including sports, leisure and recreation.

Unit 1, (or day 1) of this qualification contains and covers the learning outcomes of the level 3 Award in Emergency First Aid at Work, so those who wish to gain the level 3 award in EFAW are able to sit day 1 of this qualification.

**Duration:** 2 Days **Minimum Age:** 16 **Minimum/Maximum Numbers:** 12 **Valid For:** 3 Years **Level:** 3 (RQF)

**Course Contents:** Legalities, responsibilities and reporting • Control of bleeding • Poisoning • Asthma • Dealing with an unresponsive casualty • Shock (including Anaphylaxis) • Bandaging • Diabetes • Fractures and spinal injuries • Heart attacks • Choking • Stroke • Resuscitation and AED awareness • Head injuries • Eye injuries • Burns • Assessment of the situation • Sprains and strains • Chest injuries • Epilepsy

Number of Learners	Cost Per Person	Total Cost
Three	187.00	561.00
Four	154.00	616.00
Five	134.00	670.00
Six	121.00	726.00
Seven	112.00	784.00
Eight	105.00	840.00
Nine	99.00	891.00
Ten	95.00	950.00
Eleven	91.00	1001.00
Twelve	88.00	1056.00

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# Emergency Paediatric First Aid

## About the Course

This one-day Emergency Paediatric First Aid course has been designed for those who have an interest in child and infant Basic Life Support, including parents, guardians and family members.

The qualification is designed for learners with a responsibility for the care of children and babies and provides knowledge and skills to deal with a range of paediatric first-aid conditions and incidents. The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of Paediatric First Aid situations.

**Duration:** 7 Hours    **Minimum Age:** 16    **Minimum/Maximum Numbers:** 12    **Valid For:** 3 Years    **Level:** 3 (RQF)

**Course Contents:** Role of the Paediatric First Aider • Seizure • Primary survey • Choking • Resuscitation (CPR including the safe use of an AED) • Minor injuries • Wounds, bleeding and shock • Recovery position

Number of Learners	Cost Per Person	Total Cost
Three	174.00	522.00
Four	141.00	564.00
Five	121.00	605.00
Six	108.00	648.00
Seven	99.00	693.00
Eight	92.00	736.00
Nine	86.00	774.00
Ten	82.00	820.00
Eleven	78.00	858.00
Twelve	75.00	900.00

If your organisation is of charitable status, please [contact us](#) for discounted rates.

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# Paediatric First Aid

## About the Course

This course has been developed for those who are working with children and infants. It will be of particular interest to teachers, child minders, crèche assistants, playgroup personnel and anyone else who has a responsibility for their welfare whilst in your care. The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of paediatric first-aid situations.

Ofsted and the Early Years Foundation Stage

This two-day qualification fulfils the requirements for first aid training detailed in the Department for Education's statutory framework for the Early Years Foundation Stage.

**Duration:** 2 Days    **Minimum Age:** 16    **Minimum/Maximum Numbers:** 12    **Valid For:** 3 Years    **Level:** 3 (RQF)

**Course Contents:** Role of the Paediatric First Aider • Seizure • Diabetic emergencies • Primary survey • Choking • Asthma • Resuscitation (CPR including the safe use of an AED) • Minor injuries • Meningitis • Wounds, bleeding and shock • Recovery position • Febrile convulsions • Allergic reactions including anaphylaxis • Fractures • Extreme cold and heat • Head, neck and back injuries • Foreign bodies • Electrical incidents

Number of Learners	Cost Per Person	Total Cost
Three	293.00	879.00
Four	234.00	936.00
Five	198.00	990.00
Six	174.00	1044.00
Seven	157.00	1099.00
Eight	145.00	1160.00
Nine	135.00	1215.00
Ten	127.00	1270.00
Eleven	121.00	1331.00
Twelve	115.00	1380.00

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