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Training Solutions

# FIRST AID TRAINING

Across The United Kingdom

## PRICE LIST FOR **Ashford, Kent** 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	60.00	180.00
Four	52.00	208.00
Five	48.00	240.00
Six	44.00	264.00
Seven	42.00	294.00
Eight	40.00	320.00
Nine	39.00	351.00
Ten	38.00	380.00
Eleven	37.00	407.00
Twelve	36.00	432.00

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	66.00	198.00
Four	58.00	232.00
Five	53.00	265.00
Six	50.00	300.00
Seven	47.00	329.00
Eight	46.00	368.00
Nine	44.00	396.00
Ten	43.00	430.00
Eleven	42.00	462.00
Twelve	42.00	504.00

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	72.00	216.00
Four	64.00	256.00
Five	59.00	295.00
Six	56.00	336.00
Seven	54.00	378.00
Eight	52.00	416.00
Nine	51.00	459.00
Ten	50.00	500.00
Eleven	49.00	539.00
Twelve	48.00	576.00

## With Catastrophic Bleed Module (+1 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	87.00	261.00
Four	79.00	316.00
Five	74.00	370.00
Six	71.00	426.00
Seven	69.00	483.00
Eight	67.00	536.00
Nine	66.00	594.00
Ten	65.00	650.00
Eleven	64.00	704.00
Twelve	63.00	756.00

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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	194.00	582.00
Four	159.00	636.00
Five	138.00	690.00
Six	124.00	744.00
Seven	115.00	805.00
Eight	107.00	856.00
Nine	101.00	909.00
Ten	97.00	970.00
Eleven	93.00	1023.00
Twelve	90.00	1080.00

## With Forestry Module (+2 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	210.00	630.00
Four	175.00	700.00
Five	155.00	775.00
Six	141.00	846.00
Seven	131.00	917.00
Eight	123.00	984.00
Nine	118.00	1062.00
Ten	113.00	1130.00
Eleven	109.00	1199.00
Twelve	106.00	1272.00

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	133.00	399.00
Four	114.00	456.00
Five	102.00	510.00
Six	94.00	564.00
Seven	89.00	623.00
Eight	84.00	672.00
Nine	81.00	729.00
Ten	79.00	790.00
Eleven	76.00	836.00
Twelve	75.00	900.00

## With Forestry Module (+2 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	150.00	450.00
Four	130.00	520.00
Five	118.00	590.00
Six	111.00	666.00
Seven	105.00	735.00
Eight	101.00	808.00
Nine	98.00	882.00
Ten	95.00	950.00
Eleven	93.00	1023.00
Twelve	91.00	1092.00

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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	80.00	240.00
Four	72.00	288.00
Five	67.00	335.00
Six	64.00	384.00
Seven	62.00	434.00
Eight	60.00	480.00
Nine	59.00	531.00
Ten	58.00	580.00
Eleven	57.00	627.00
Twelve	56.00	672.00

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	131.00	393.00
Four	112.00	448.00
Five	100.00	500.00
Six	92.00	552.00
Seven	87.00	609.00
Eight	83.00	664.00
Nine	79.00	711.00
Ten	77.00	770.00
Eleven	75.00	825.00
Twelve	73.00	876.00

## With Catastrophic Bleed Module (+1 Hour)

Number of Learners	Cost Per Person	Total Cost
Three	146.00	438.00
Four	127.00	508.00
Five	115.00	575.00
Six	107.00	642.00
Seven	102.00	714.00
Eight	97.00	776.00
Nine	94.00	846.00
Ten	92.00	920.00
Eleven	89.00	979.00
Twelve	88.00	1056.00

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

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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	87.00	261.00
Four	79.00	316.00
Five	74.00	370.00
Six	71.00	426.00
Seven	69.00	483.00
Eight	67.00	536.00
Nine	66.00	594.00
Ten	65.00	650.00
Eleven	64.00	704.00
Twelve	63.00	756.00

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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	74.00	222.00
Four	66.00	264.00
Five	61.00	305.00
Six	58.00	348.00
Seven	56.00	392.00
Eight	54.00	432.00
Nine	53.00	477.00
Ten	52.00	520.00
Eleven	51.00	561.00
Twelve	50.00	600.00

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	134.00	402.00
Four	115.00	460.00
Five	103.00	515.00
Six	95.00	570.00
Seven	90.00	630.00
Eight	85.00	680.00
Nine	82.00	738.00
Ten	80.00	800.00
Eleven	77.00	847.00
Twelve	76.00	912.00

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