

No. **1** in
the
Midlands



HEALTH & SAFETY TRAINING SERVICES

SUCCESS THROUGH PARTNERSHIPS



AW

Safety Management Ltd

LET'S START A CONVERSATION

01623 827 850

awsafety.co.uk

Company Introduction from

ADAM WADE CMIOSH
MANAGING DIRECTOR

Since 2009 we have been providing professional Health & Safety training and consultancy services to a wide range of SME's and bluechip companies across the UK.



We are a well established family run business based in the heart of the idyllic village of Edwinstowe.

Our in-house team boast the expertise and experience to adapt and deal with Health and Safety related tasks in a flexible and professional manner.



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**"SUCCESS THROUGH
PARTNERSHIPS"**

AW HEALTH & SAFETY SOLUTIONS

SPEAK TO US ABOUT
YOUR REQUIREMENTS



MEET THE TEAM



TINA WADE - FINANCE DIRECTOR

Tina is a highly experienced Finance Director who offers technical support throughout the business. She works very closely with both the training and consultancy teams.

TONY DOYLE - TRAINING CENTRE COORDINATOR

Tony is an experienced trainer, manager, facilitator and coach, with a proven track record in operational management and project delivery. With many years of experience spent in the retail and hospitality industry, Tony offers exceptional communication and change-management skills and an objective attitude which he brings to the training environment.



ADRIAN KIRKBY TECHIOSH - CONSULTANCY MANAGER

Adrian manages the consultancy department at AW Safety and supervises training requirements, he is however so much more than just this. He is one of our dedicated SHE consultants available 24 hours a day to provide all our clients with advice and support for all matters big and small. Adrian has 30 years' experience in the construction industry and over 12 years' experience in supervisory roles with companies such as KIER.

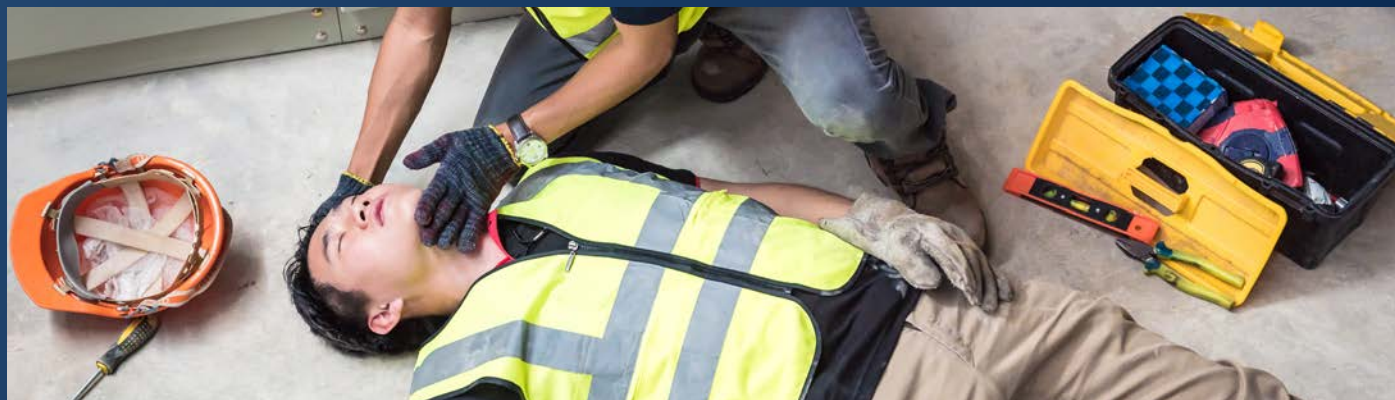
RICHARD KINNAIRD - BUSINESS DEVELOPMENT MANAGER

Richard started within the business in February 2019, within a few months, he had a team of business development executives which led to Richard becoming the Business Development Manager. Richard has 2 dogs, Milo (Bull Mastiff) and Teddy (German Shepherd Collie Cross). He is available to discuss all of your Health & Safety requirements, and finding the best solutions for you and your team.



DANIELLE SHAW - TRAINING ADMINISTRATION SUPPORT

Danielle has been with the business since October 2018, working in the training department. She has the responsibility for training administration, creating all course paperwork and liaising with our training team and clients on a daily basis. Danielle enables a seamless course delivery. And as the MD would say "an all round good egg!".



LEVEL 3 FIRST AID AT WORK

3 DAY COURSE

From £185+VAT pp

COURSE OVERVIEW

Gain an understanding of First Aid within high risk work environments with our comprehensive 3 day Health & Safety course.

Our First Aid training course combines the key learning outcomes of the Emergency First Aid course on day 1, and supports learners who deal with larger volumes of employees within higher risk workplaces. Further theory and practical modules are covered on day 2 and 3.

This course has been designed in line with Health & Safety Executive (HSE) specified standards for the purposes of the Health & Safety (First Aid) Regulations 1981.

Available in Edwinstowe and at your site



- ★ Certificate Valid for 3 Years
- ★ Theory and Practical Elements
- ★ Delegates must be 16+
- ★ Multiple-choice Assessment
- ★ Observed Practical Assessment

WHAT'S COVERED:

- The Role and Responsibilities of a First Aider
- Assessing an Incident
- Managing an Unresponsive Casualty
- CPR and Defibrillation
- Recovery Position
- Heart Attack
- Stroke
- Choking
- Epilepsy
- Asthma
- Diabetes
- Anaphylaxis
- Shock
- Head and spinal injuries
- Chest injuries
- Wounds and bleeding
- Fractures
- Sprains, strains and dislocations
- Minor injuries
- Burns and scalds
- Poisoning
- Eye injuries



"Our guys were very impressed by your organisation, the warm welcome they received and the way the course was delivered. One Site Manager actually naming it as one of the best courses he has been on"



BOOK BY PHONE CALL: 01623 827 850



LEVEL 3 FIRST AID AT WORK REQUALIFICATION

2 DAY COURSE

From £150+VAT pp

COURSE OVERVIEW

Did you know that all workplace first aiders must complete requalification training every 3 years in order to continue carrying out their role?

Ensure compliance and renew your certificate with our 2 day Qualsafe course.

This course provides learners with the opportunity to practice essential first aid procedures along with the latest techniques and best practice for dealing with emergency situations and managing injuries and illnesses in the workplace.

Available in Edwinstowe and at your site



- ★ Certificate Valid for 3 Years
- ★ Theory and Practical Elements
- ★ Delegates must be 16+
- ★ Multiple-choice Assessment
- ★ Observed Practical Assessment

WHAT'S COVERED:

- The role and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and defibrillation
- Recovery Position
- Heart Attack
- Stroke
- Choking
- Epilepsy
- Asthma
- Diabetes
- Anaphylaxis
- Shock
- Head and spinal injuries
- Chest injuries
- Wounds and bleeding
- Fractures
- Sprains, strains and dislocations
- Minor injuries
- Burns and scalds
- Poisoning
- Eye injuries



"Excellent course and tutor"

Daniel - Confetti

BOOK BY PHONE CALL: 01623 827 850



COMBINED FIRST AID AT WORK & PAEDIATRIC FIRST AID

3 DAY COURSE

From £275+VAT pp

COURSE OVERVIEW

Minimise your downtime and maximise output with our combined 3 day Qalsafe First Aid at Work and Paediatric First Aid course.

For those working in schools, sports clubs or other childcare settings this course is an ideal place to start and to save you time.

Learners will cover a range of topics needed to provide effective first aid for adults, children and infants including CPR and defibrillation, choking, stroke, head injuries, asthma and much more.

Available in Edwinstowe and at your site



- ★ Certificate Valid for 3 Years
- ★ Theory and Practical Elements
- ★ Delegates must be 16+
- ★ Multiple-choice Assessment
- ★ Observed Practical Assessment

WHAT'S COVERED:

- Roles and responsibilities of both first aiders and paediatric first aiders
- Assessing an incident
- Casualty assessment
- Managing an unresponsive casualty
- Recovery position CPR and defibrillation
- Heart attack and Angina
- Stroke
- Choking
- Epilepsy
- Asthma
- Meningitis
- Diabetes
- Anaphylaxis
- Shock
- Seizures
- Febrile convulsions
- Head, neck and spinal injuries
- Wounds, bleeding and hypovolaemic shock
- Chest injuries
- Fractures Dislocations, sprains and strains
- Burns and scalds
- Hypoxia
- Hyperventilation
- Minor injuries Eye, nose and ear injuries
- Poisoning
- Electric shock
- Incident reporting

BOOK BY PHONE CALL: 01623 827 850



LEVEL 3 EMERGENCY FIRST AID AT WORK

1 DAY COURSE

From £95+VAT pp

COURSE OVERVIEW

Become your workplace Emergency First Aider with our 1 day course.

Learn to confidently and competently deal with accidents and injuries in the workplace in line with HSE specified standards.

Our 1 day level 3 Emergency First Aid at Work training course has been designed for anyone looking to provide first aid to someone who is injured or becomes ill at work.

No prior first aid knowledge is required to attend.

Available in Edwinstowe and at your site



- ★ Certificate Valid for 3 Years
- ★ Theory and Practical Elements
- ★ Delegates must be 16+
- ★ Multiple-choice Assessment
- ★ Observed Practical Assessment

WHAT'S COVERED:

- The roles and responsibilities of an emergency first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and defibrillator
- Recovery Position
- Choking
- Seizures
- Shock
- Wounds and bleeding
- Minor injuries
- Cuts, grazes and bruises
- Minor burns and scalds



"Trainer was excellent and followed all COVID rules. Really enjoyed the course"

Xtratherm

BOOK BY PHONE CALL: 01623 827 850

MENTAL HEALTH FIRST AID

2 DAY COURSE

From £249+VAT pp

COURSE OVERVIEW

Reduce stigma surrounding Mental Health problems. Become your workplace Mental Health First Aider with our internationally recognised 2 day training course.

With statistics showing that 1 in 4 people will suffer from a mental health related illness throughout their lifetime, addressing mental health is just as important as physical health in the workplace.

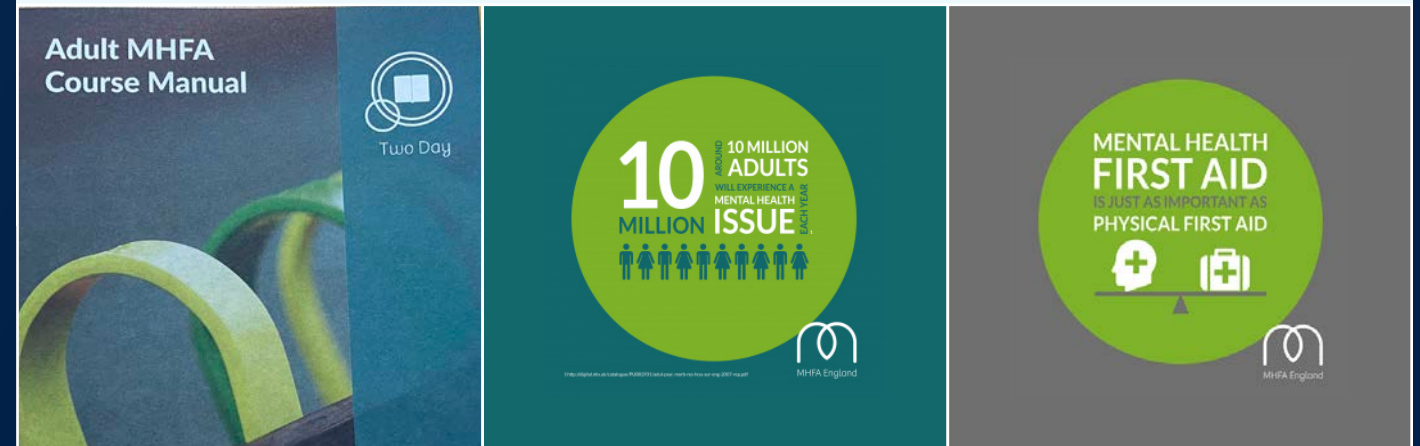
This course is designed to teach you how to spot and crucially recognise symptoms of mental ill health and guide individuals and family members to the appropriate support.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 3 Years
- ★ Theory Based Course
- ★ Delegates must be 16+
- ★ Delegates Assessed Throughout
- ★ Manual Provided

WHAT'S COVERED:

- An introduction to mental health
- Spotting the signs and symptoms
- Familiarity with the mental health continuum
- Risk factors and treatment options
- Mental health illnesses in detail
- Supporting employees with mental health
- Creating a workplace culture which encourages good mental health
- Using preventative methods to keep mentally healthy
- Resources and further reading



"For a sensitive subject you need a sensitive delivery. They were excellent with this. The open, honest and no shocks approach was inspirational. The tutor's shared experiences made the course more 'real'."

Learner Feedback

BOOK BY PHONE CALL: 01623 827 850



IOSH MANAGING SAFELY

3 DAY COURSE

From £349+VAT PP

COURSE OVERVIEW

Equipping managers and supervisors with the skills and know-how to evaluate workplace safety systems and implement new health & safety control measures.

This 3 day health & safety training course is designed for those within health & safety management positions or for those with these responsibilities in the workplace.

Each of the 7 modules on this course consist of learning objectives supported with short video clips, interactive activities and links to further reading and additional references.

Available in Edwinstowe and at your site



- ★ Evergreen Qualification
- ★ Theory and Practical Elements
- ★ Course Manual Provided
- ★ Multiple-choice Assessment
- ★ Observed Practical Assessment

WHAT'S COVERED:

- Introducing managing safely
- Assessing risks
- Controlling risks
- Understanding responsibilities
- Understanding hazards
- Investigating incidents
- Measuring performance
- Creating a workplace culture which encourages good mental health
- Using preventative methods to keep mentally healthy
- Resources and further reading



"I really enjoyed the course. It was delivered very well and understandable. I look forward to more courses with you in the future."

Emma - Waring Waste

BOOK BY PHONE CALL: 01623 827 850



LEVEL 2 HEALTH & SAFETY IN THE WORKPLACE

1 DAY COURSE

From £85+VAT PP

COURSE OVERVIEW

This course will provide learners with the opportunity to build an understanding of Health & Safety in the workplace.

Further to this, learners will also gain an insight into the roles that all employees play in maintaining a safe working environment.

Health & Safety plays an important role in the workplace. Health & Safety not only protects the well-being of employees, visitors and customers but it also makes good business and financial sense. Having the correct measures in place helps to avoid absenteeism through work injury or illness and potential prosecutions.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 3 Years
- ★ Theory Based Course
- ★ Delegates must be 16+
- ★ Delegates Assessed Throughout

WHAT'S COVERED:

- Recognising employers' and employees' duties relating to health, safety and welfare at work
- Identifying the consequences for non-compliance with health and safety legislation
- The requirements for training and competence in the workplace
- Ways of communicating health and safety information
- The definitions of 'hazard' and 'risk'
- The processes for carrying out a risk assessment
- The use of risk assessments to reduce accidents and ill health at work
- Hazards that may be found in a range of workplaces
- How hazards can cause harm or damage to people, work processes, the workplace and the environment
- The principle of the risk control hierarchy
- Examples of risk controls for common workplace hazards
- Common causes of workplace accidents and ill health
- Actions that might need to be taken following an incident in the workplace
- Arrangements that should be in place in a workplace for emergencies and first aid
- Why it is important to record all incidents, accidents and ill health

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INTERMEDIATE FOOD SAFETY IN CATERING

1 DAY COURSE

From £75+VAT PP

COURSE OVERVIEW

Our in-depth 1 day food safety course is suitable for managers and supervisors working in the catering industry.

This could include various establishments from restaurants, pubs and bars to cafes, takeaways, hotels and education environments etc.

This is an ideal qualification for catering businesses looking to achieve a 5 star food safety rating.

As well as this, the course equips learners with an understanding of their day-to-day responsibilities.

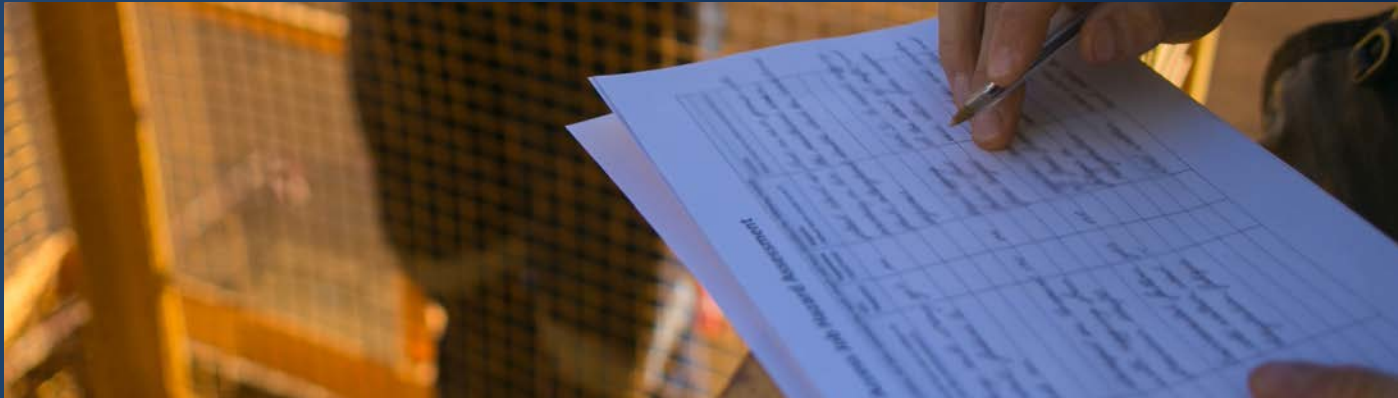
Available in Edwinstowe and at your site

- ★ Certificate Valid for 3 Years
- ★ Theory Based Course
- ★ Delegates must be 16+
- ★ Delegates Assessed Throughout

WHAT'S COVERED:

- Food safety legislation
- Importance of food safety in the catering industry
- The role of enforcement officers and local authority powers
- Consequences of non-compliance and poor food hygiene standards
- Benefits of implementing good food safety practices.
- Food Safety Management System purpose and use
- Maintaining high levels of personal hygiene
- Food handler risks to food safety
- Hazards and prevention methods
- Temperature taking and recording
- Refrigeration, chilling and cold holding of foods
- Cooking, hot holding and re-heating of foods.
- Safe food storage principles and putting them into practice
- Stock control operations
- Cleaning regimes in food premises and cleaning schedules
- Cleaning methods to ensure equipment and premises are in kept in suitable clean conditions
- Storing and disposing of waste
- Pest control methods
- First aid equipment requirements for food premises
- Equipment standards required in food safety

BOOK BY PHONE CALL: 01623 827 850



RISK ASSESSMENT AND METHOD STATEMENTS (RAMS)

1 DAY COURSE

From £550+VAT For Max 12 Learners

COURSE OVERVIEW

Providing you with a clearer understanding of Risk Assessments and Method Statements and their role in the workplace.

Our 1 day training course is designed to provide you with an understanding of the management of the Health & Safety at Work Act 1999.

On successful completion of the course you will leave with a developed understanding of how method statements are key documents in describing and communicating safe systems of work and the output from risk assessments.

Available in Edwinstowe and at your site

- ★ Theory and Practical Elements
- ★ Multiple-choice Assessment
- ★ Observed Practical Activity

WHAT'S COVERED:

- Legal requirements & responsibilities
- Purpose of a risk assessment
- 5 steps of risk assessment
- How to complete a risk assessment
- The purpose and components of Method Statements
- Roles and responsibilities
- Safe Systems of Work



"I have had nothing but good reports back from the attendees. They were particularly complimentary about your techniques and the way you put things across."

Andy Clemson
Risk & Compliance Advisor



BOOK BY PHONE CALL: 01623 827 850



MIX & MATCH
£65+VAT
EACH WHEN BOOKING
2+ COURSES

FIRE MARSHALL

HALF DAY COURSE

£75+VAT

COURSE OVERVIEW

Control fire safety situations. Be your workplace Fire Marshall.

If you are looking to or have already being appointed as a Fire Marshall/Warden we have the perfect course to support you in the workplace.

Gain a clear understanding of the role and the basic principles of fire safety in line with the Regulatory Reform Order 2005.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 3 Years
- ★ Theory Based Course
- ★ Delegates must be 16+
- ★ Multiple-choice Assessment

BOOK BY PHONE CALL: 01623 827 850



MIX & MATCH
£65+VAT
EACH WHEN BOOKING
2+ COURSES

MANUAL HANDLING

HALF DAY COURSE

£75+VAT

COURSE OVERVIEW

Handle with care. Reduce accidents in the workplace with our half day Manual Handling training course.

Handling, lifting or carrying contributes to over 19% of injuries in the UK workplace (2019/20 Statistics, RIDDOR).

Build on best practice guidance from the HSE and learn the reasons for safe manual handling and how to apply the safety principles.

Available in Edwinstowe and at your site

BOOK BY PHONE CALL: 01623 827 850



MIX & MATCH
£65+VAT
EACH WHEN BOOKING
2+ COURSES

WORKING AT HEIGHT & HARNESS

HALF DAY COURSE

£75+VAT

COURSE OVERVIEW

Falls from a height are the main contributor to workplace fatalities.

Gain an understanding of the risk associated with work at heights in order to comply with the Work at Height Regulations 2005.

Our half day course covers the health & safety considerations for work in these environments suitable for employees and employers.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 3 Years
- ★ Theory and Practical Elements
- ★ Delegates must be 16+
- ★ Multiple-choice Assessment
- ★ Observed Practical Assessment

BOOK BY PHONE CALL: 01623 827 850



MIX & MATCH
£65+VAT
EACH WHEN BOOKING
2+ COURSES

ASBESTOS AWARENESS

HALF DAY COURSE

£75+VAT

COURSE OVERVIEW

Mitigate against the risks associated with asbestos.

It is a legal requirement for anyone who comes across asbestos in their day to day work to have asbestos awareness training.

Our course also details the legislation and risks associated with the material, in order to avoid any work which may disturb asbestos.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 1 Year
- ★ Theory and Practical Elements
- ★ Delegates must be 16+
- ★ Oral Assessment

BOOK BY PHONE CALL: 01623 827 850



MIX & MATCH
£65+VAT
EACH WHEN BOOKING
2+ COURSES

ABRASIVE WHEEL

HALF DAY COURSE

£75+VAT

COURSE OVERVIEW

Learn to safely work with Abrasive Wheels in the workplace.

Our half day training course covers the common hazards when it comes to selecting, handling and mounting wheels on angle / bench grinders in line with the latest health & safety legislation and guidelines.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 1 Year
- ★ Theory Based Course
- ★ Delegates must be 16+
- ★ Oral Assessment

BOOK BY PHONE CALL: 01623 827 850



MIX & MATCH
£65+VAT
EACH WHEN BOOKING
2+ COURSES

CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH (COSHH)

HALF DAY COURSE

£75+VAT

COURSE OVERVIEW

Working with hazardous substances? Understand the health risks, hazards and safety precautions to take.

Our half day course provides clear health & safety guidance for anyone working with hazardous substances.

Understand how risk assessments contribute to the safe use of substances and the relevant control measure to implement.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 1 Year
- ★ Theory Based Course
- ★ Delegates must be 16+
- ★ Multiple-choice Assessment

BOOK BY PHONE CALL: 01623 827 850



MIX & MATCH
£65+VAT
EACH WHEN BOOKING
2+ COURSES

FIRST AID AT WORK ANNUAL REFRESHER

HALF DAY COURSE

£75+VAT

COURSE OVERVIEW

The HSE strongly recommends that all first aiders undertake annual refresher training to practise their skills and update their knowledge on the latest first aid procedures.

Our half day course has been designed to allow qualified first aiders to refresh first aid skills yearly, until requalification training is required. With all subjects covered in just 3 hours, this course is an ideal way to satisfy HSE requirements.

Available in Edwinstowe and at your site

- ★ Certificate Valid for 1 Year
- ★ Theory Based Course
- ★ Delegates must be 16+

BOOK BY PHONE CALL: 01623 827 850

WHY CHOOSE AW SAFETY

No. **1** in
the
Midlands



We are only too pleased to thank Adam and all the team for their continued help and support

Their wealth of knowledge and experience across various industries allows them to respond quickly and positively to calls and requests, and we have found nothing to be too much trouble when providing solutions to issues that arise.



What can I say about AW Safety?

They are a great company who have supported our company for some time now and I have noticed the positive effect they have had on our performance across the board.

The training provided to our employees and supply chain is of a high standard and also engages the attendees which is a rare find. They have been instrumental in achieving our goals and maintaining our values so much so I wouldn't consider using anyone else.



Very impressed with the extent and flexibility of services provided

I am in no doubt that AW Safety's continued support has strengthened and developed our business and therefore I would highly recommend them to any company or individual.



You Are Top Of My List

I have had nothing but good reports back from the attendees. They were particularly complimentary about your techniques and the way you put things across.

I think the whole process of getting the course done from start to finish was easy and well managed. Certainly if I have any further needs you are on top of my list.

Andy Clemson - Risk & Compliance Advisor



I am delighted with the support I have received from AW Safety

They have provided first class support for our UK wide engineering business that operates 24/7, 365 on life safety systems. All of our queries from navigating complex construction protocols and support with bids and tenders to coordinating nationwide mandatory training was done to a high standard within our time critical environment. I will continue to recommend AW Safety to any business.

YOUR HEALTH & SAFETY SOLUTIONS



LET'S START A CONVERSATION
CONTACT OUR TEAM TODAY

Call: 01623 827 850
Email: info@awsafety.co.uk
Visit: awsafety.co.uk