

# ABC life support

## First aid training for all

**ABC Life Support CIC (Community Interest Company) is a Social Enterprise organisation dedicated to delivering social value by providing Physical and Mental Health First Aid Training to organisations and individuals across the UK.**

Through our direct training services, we provide organisations with mandatory health and safety training and through our partnerships we offer parents and those with low social/economic mobility the opportunity to access the same lifesaving skills. By working with us you can be confident that your staff are accessing the most relevant and engaging training and that the investment continues to help us to train those in society who otherwise would not be able to access these lifesaving skills.

**EDUCATE**

**TRAIN**

**EMPOWER**



[www.abclifesupport.co.uk](http://www.abclifesupport.co.uk)

## About Us

ABC life support provides impactful and interactive first aid training for all. Courses are practical with real life scenarios that are specific to the types of incidents that our learners may come across in their lives at work or at home. With the expert guidance of our highly qualified, knowledgeable and CRB checked trainers, we teach everybody the skills that will help them to confidently carry out the essential procedures required to preserve a life.

## Physical First Aid (For up to 12 people)

According to official Health and Safety statistics 38.8 million working days were lost in 2019/20 due to work-related illness and workplace injuries. With our training, your team can learn to effectively manage first aid incidents and emergencies with confidence. It also makes for an engaging learning experience that can help your team bond.

### Courses

**Emergency First Aid at Work – 1 Day** (low risk environment)

From £850 +VAT\*

**Emergency First Aid at Work – 3 Days** (high risk environment)

From £1625 +VAT\*

**First Aid requalification – 2 Days**

From £1000 +VAT

**Fire Warden Training – 1 Day**

From £850 +VAT

\* Subject to internal risk assessment by client



## Mental Health Training (For up to 16 people)

Looking after the mental health of your staff is not only the responsible thing to do – it also positively impacts the day-to-day operation of your business. According to the Mental Health Foundation, 14.7% of people experience mental health problems at work, and 12.7% of all sick days are linked to mental health conditions.

### Courses

#### Mental Health First Aid

From £3300 +VAT

#### Mental Health First Aid Champions – 1 Day

From £1995 +VAT

#### Mental Health Awareness – 1/2 Day

From £1025 +VAT

#### MHFA Refresher – 1/2 Day

From £1025 +VAT

## CPD Mental Health Awareness (For up to 16 people)

Choosing Mental Health CPD (Continuing Professional Development) gives professionals the opportunity to work on gaps in their skill set and adapt in a fast changing environment. CPD stands for Continuing Professional Development and is the term used to describe the learning activities professionals engage in to develop and enhance their abilities.

We provide Mental Health CPD courses that are fully accredited by The CPD Standards Office, meaning you'll receive high-quality professional training that's up-to-date.

### Courses

#### Mental Health Awareness – 1/2 Day

From £525 +VAT

#### Mental Health Awareness – 1 Day

From £850 +VAT

**By choosing to work with ABC Life Support can ensure you are complying with your ESG policy.**

We understand that your team may need this training but at ABC Life Support we believe that this training should be much more than a tick box exercise. Our trainers are all dynamic individuals who share our passion for training, they provide thought-provoking, engaging, and in-depth courses where the learning quickly becomes part of the delegates skill base. All courses comply with HSE (Health & Safety Executive) guidelines on delivery and content.

**We provide Physical and Mental Health First Aid Training across the UK.**

**We can provide onsite training at your convenience, or you can access our training in one of our sites across the UK.**

**ABC** life support

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