

THE UK'S CORPORATE CHOICE FOR HEALTH & SAFETY TRAINING

COMPANY BROCHURE 2025

TAWG
Training at Work Group

Helping to keep organisations and their people safe and compliant at work

trainingatworkgroup.co.uk | 0800 470 2311

ABOUT US

At Training at Work Group, we specialise in helping to keep organisations and their people safe at work.

We provide a wide range of training in Health & Safety, Compliance and Professional Skills subjects, delivered by onsite, offsite and e-learning courses.

We are driven by a core mission to help organisations and individuals across the UK to enhance their skills and to safeguard themselves and others through training.

Our company vision is to contribute over 60,000 life-savers to the community each year!

And with Training at Work Group, you can trust that you are receiving the best training possible to help you and your team.

Our commitment to quality extends to every aspect of our training programs. From course materials to delivery methods, we strive to provide the highest level of quality in everything we do.





WHY TRAIN WITH US?

We understand that every organisation has unique needs, which is why we provide onsite, off-site and bespoke training options.

Our onsite training services are designed to be convenient for you, no matter where you're located in the country.

Our trainers will come directly to your premises, and the training can be customised to meet your specific needs. We understand that scheduling can be challenging, so we work with you to find a time that works best for you and your team, with 24/7 availability.

Off-site courses, such as First Aid and Fire Safety are provided through our training partners at the British Red Cross and St John's Ambulance, and are best suited for individual learners.

***Our free Flexibook option means that you can secure your booking, without needing to commit to specific dates - You have 12 months to book your training date(s)**

*Subject to T&Cs

OUR SERVICES INCLUDE:

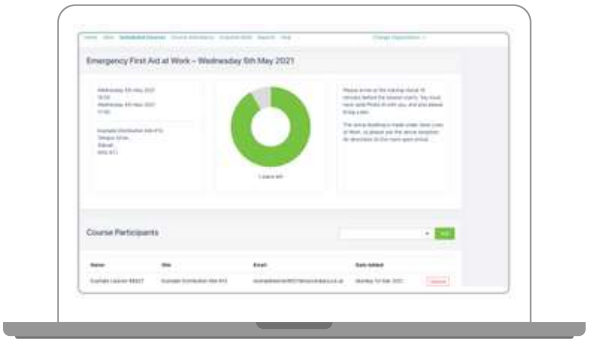
- ONSITE TRAINING
- OPEN COURSES
- E-LEARNING
- AUTOMATED EXTERNAL DEFIBRILLATORS (AEDS)
- SERVICE CONTRACTS
- CORPORATE SOLUTIONS
- BESPOKE COMPLIANCE MANAGEMENT SOFTWARE

For more info about our services, go to trainingatworkgroup.co.uk

TRAINING MANAGEMENT SYSTEM

TrainMyBusiness is a First Aid and Health & Safety management system, built specifically for large multi-site organisations.

With our innovative system, organisations can effectively manage and enhance compliance across their various locations and perform numerous other functions to streamline their operations.



Call 0800 470 2311 to book a free TrainMyBusiness demo!



ACCOUNT MANAGEMENT

We ensure a personalised service to our clients by assigning a dedicated Account Manager, who serves as their primary contact throughout the working relationship. Our skilled and experienced Account Managers are readily available to address any questions or issues that may arise.

Would you like to discuss things further?

Call **0800 470 2311** to speak to a member of our team.

COURSES

We have over 100 onsite, off-site and e-learning training courses available.

We provide training solutions that work around your business, with 24/7 availability, flexible invoicing options, bespoke training management software and more.

ONSITE TRAINING

Below is a list of our onsite training courses:

ONSITE FIRST AID TRAINING		
COURSE NAME	**DURATION**	**ACCRED.**
Level 2 Award in Basic Life Support (Adults and Children)	Half day	RQF
Level 3 Award in First Aid at Work (Annual Refresher)	Half day	RQF
Level 3 Award in Responding to Anaphylactic Reactions	Half day	RQF
Level 3 Award in Responding to Incidents with an AED	Half day	RQF
Level 3 Award in Emergency First Aid at Work	1 day	RQF
Level 3 Award in Emergency First Aid at Work (Forestry)	1 day	RQF
Level 3 Award in Emergency First Aid for Sport	1 day	RQF
Level 3 Award in Emergency Paediatric First Aid	1 day	RQF
Level 3 Award in Emergency First Aid at Work (Management of Catastrophic Bleeding)	1 day	RQF





ONSITE FIRST AID TRAINING CONTINUED...

Level 3 Award in First Aid at Work Requalification	2 days	RQF
Level 3 Award in Paediatric First Aid	2 days	RQF
Level 3 Award in Activity First Aid	2 days	RQF
Level 3 Award in First Aid at Work	3 days	RQF
Level 3 Award in First Aid at Work (Forestry)	3 days	RQF
Level 3 Award in First Aid at Work (Management of Catastrophic Bleeding)	3 days	RQF



ONSITE HEALTH & SAFETY TRAINING

COURSE NAME	DURATION	ACCRED.
Level 1 Award in Health & Safety in the Workplace	Half day	RQF
Level 2 Award in Principles of COSHH	Half day	RQF
Level 2 Award in Principles of Manual Handling at Work	Half day	RQF
Moving People Safely - Basics	Half day	Cert. of attendance
Level 2 Award in Health & Safety in the Workplace	1 day	RQF
Level 2 Award in Principles of Workplace Risk Assessment	1 day	RQF
IOSH Working Safely	1 day	IOSH
Level 2 Award in Manual Handling Loads at Work	1 day	RQF
Level 2 Award in Moving & Handling People	1 day	RQF
Level 2 Award in Principles of Handling Information in Health and Social Care	1 day	RQF





ONSITE HEALTH & SAFETY TRAINING CONTINUED...

Level 2 Award in Preventing Violence in the Workplace	1 day	RQF
Level 3 Award in Manual Handling Risk Assessment	2 days	RQF
Level 1 Award in Health & Safety in a Construction Environment	3 days	RQF
Level 3 Award in Health & Safety in the Workplace	3 days	RQF
IOSH Managing Safely	3 days	IOSH



ONSITE FOOD SAFETY TRAINING

COURSE NAME	DURATION	ACCRED.
Level 1 Award in Food Safety for Catering	Half day	RQF
Level 1 Award in Food Safety for Retail	Half day	RQF
Level 1 Award in Food Safety for Manufacturing	Half day	RQF
Level 2 Award in Food Safety for Catering	1 day	RQF
Level 2 Award in Food Safety for Retail	1 day	RQF
Level 2 Award in Food Safety for Manufacturing	1 day	RQF
Level 3 Award in Food Safety Supervision for Catering	3 days	RQF
Level 3 Award in Food Safety Supervision for Retail	3 days	RQF
Level 3 Award in Food Safety Supervision for Manufacturing	3 days	RQF





> **Excellent company to organize training with - office are quick to respond to any queries and trainers are always friendly and knowledgeable**
>
> **Will** ★★★★★

100%
of reviewers recommend
Save Lives At Work
REVIEWS.io



ONSITE FIRE SAFETY TRAINING

COURSE NAME	DURATION	ACCRED.
Level 1 Award in Fire Awareness at Work	Half day	RQF
Fire Extinguisher Training - Delegate Practical	Half day	Cert. of attendance
Level 2 Award in Fire Safety for Fire Marshals	1 day	RQF
Level 3 Award in Fire Risk Assessment	2 days	RQF

ONSITE SAFEGUARDING TRAINING

COURSE NAME	DURATION	ACCRED.
Level 2 Award in Understanding County Lines	Half day	RQF
Level 2 Award in Safeguarding and Protecting Children and Young People	1 day	RQF
Level 2 Award in Safeguarding Adults in Health and Social Care	1 day	RQF







E-LEARNING COURSES

Below is a list of our e-learning courses:

ONLINE FIRST AID COURSES		
COURSE NAME	**DURATION**	**ACCRED.**
Emergency First Aid at Work*	2 hours	HABC
First Aid at Work*	6 hours	HABC
Paediatric First Aid*	8 hours	HABC



***Please note:** Online training courses are awareness courses







ONLINE HEALTH & SAFETY COURSES		
COURSE NAME	**DURATION**	**ACCRED.**
Anaphylaxis and Autoinjectors	40 mins	HABC
Infection Prevention and Control	40 mins	HABC
Display Screen Equipment (DSE)	40 mins	HABC
Electrical Safety	45 mins	IIRSM
CDM Awareness	1 hour	IIRSM
Basic Legionella Management	75 mins	CPD / IIRSM
Abrasive Wheels	100 mins	CPD / IIRSM
Asbestos Awareness	2 hours	HABC
Assessing Display Screen Equipment (DSE)	2 hours	CPD / IIRSM
Control of Substances Hazardous to Health (COSHH)	2 hours	IIRSM & Institute of Hospitality
Health & Safety Level 1	2 hours	HABC / CPD
Health & Safety Level 2	3 hours	HABC / CPD
Health & Safety Level 3	8 hours	HABC





ONLINE HEALTH & SAFETY COURSES (CONTINUED)

COURSE NAME	DURATION	ACCRED.
Working in Confined Spaces	25 mins	CPD / IIRSM
Manual Handling	40 mins	HABC / CPD
Workplace Health and Safety	45 mins	CPD / IIRSM
Introduction to Personal Safety for Lone Workers	45 mins	IIRSM
Introduction to Risk Assessment	90 mins	CPD / IIRSM
Noise Awareness	1 hour	CPD / IIRSM
Personal Protective Equipment (PPE)	1 hour	CPD
Sharps Awareness	1 hour	CPD
Slips, Trips and Falls	1 hour	IIRSM
Working at Height	105 mins	CPD / IIRSM
Working Safely	150 mins	CPD / IIRSM

ONLINE FOOD SAFETY COURSES

COURSE NAME	DURATION	ACCRED.
Achieving Food Hygiene Rating Level 5	50 mins	CPD & Institute of Hospitality
Introduction to HACCP Level 2	80 mins	CPD, Institute of Hospitality & IIRSM
Hazard Analysis & Critical Control Training (HACCP)	2 hours	HABC
Introduction to Allergens	2 hours	HABC
Food Safety Level 1	3 hours	HABC / CPD
Food Safety Level 2 (All Sectors)	4 hours	HABC / CPD
Supervising Food Safety Level 3	5 hours	CPD, Institute of Hospitality & IIRSM
Food Safety Level 3	9 hours	HABC / CPD

ONLINE FIRE SAFETY COURSES

COURSE NAME	DURATION	ACCRED.
Fire Extinguisher	25 mins	CPD, Institute of Hospitality & IIRSM
Introduction to Fire Safety in the Workplace	40 mins	HABC
Principles of the Role of a Fire Marshal Level 2	3 hours	HABC / CPD





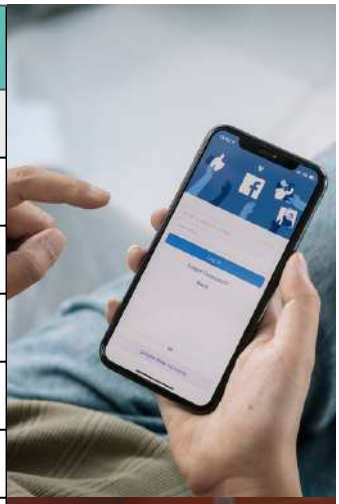


ONLINE HEALTH & SOCIAL CARE COURSES

COURSE NAME	DURATION	ACCRED.
Handling Information in a Care Setting	20 mins	CPD
Dementia Awareness	25 mins	CPD
End of Life Care	25 mins	CPD
Autism Awareness	30 mins	CPD
Epilepsy Awareness	30 mins	CPD
Understanding your Role in Care	40 mins	CPD
Diabetes Awareness	45 mins	CPD
Person-Centred Care	45 mins	CPD
Dignity and Privacy	50 mins	CPD
Duty of Care	50 mins	CPD
Learning Disability Awareness	50 mins	CPD
Introduction to the Safe Handling of Medicines	1 hour	CPD
Stroke Awareness	1 hour	CPD
Nutrition and Hydration	70 mins	CPD
Fire Marshal for Care Homes	4 hours	CPD / IIRSM
Care Certificate	13 hours	HABC

BUSINESS SKILLS & PERSONAL DEVELOPMENT COURSES

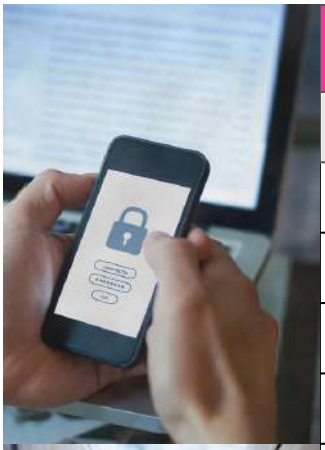
COURSE NAME	DURATION	ACCRED.
Communication	30 mins	HABC
Objective Setting	30 mins	CPD
Teamworking	30 mins	HABC
Self Awareness & Personal Development	40 mins	HABC
Stress Management	40 mins	HABC
Managing Conflict	40 mins	HABC
LinkedIn for Business	45 mins	CPD
Negotiation	45 mins	CPD
Managing Meetings	1 hour	CPD
Presentation Skills	1 hour	CPD
The Principles of Performance Management	1 hour	CPD
Twitter for Business	1 hour	CPD
Awareness of Mental Health and Wellbeing	40 mins	HABC
Principles of Communication	75 mins	CPD
Search Engine Optimisation (SEO) for Business	80 mins	CPD
Facebook for Business	80 mins	CPD
Leadership Skills	90 mins	CPD / ILM
Project Management	90 mins	CPD
Social Media for Business	100 mins	CPD
Time Management	105 mins	CPD
Customer Service Level 2	2 hours	HABC
Effective Delegation	2 hours	CPD
Sales Skills	2 hours	CPD















HR COMPLIANCE & STAFF INDUCTION COURSES

COURSE NAME	DURATION	ACCRED.
Introduction to Emotional Intelligence	25 mins	CPD
Drug and Alcohol Awareness	30 mins	HABC
Equality & Diversity	35 mins	HABC
Anti Harassment and Bullying	40 mins	HABC
Behavioural Safety	40 mins	HABC
Cyber Security	40 mins	HABC
Developing Good Employee Relations	40 mins	HABC
Disciplinary Procedures	40 mins	HABC
General Data Protection Regulation (GDPR)	45 mins	HABC
Introduction to Fraud and Fraud Prevention	45 mins	HABC
Introduction to the Bribery Act	45 mins	HABC
Managing Sickness and Absence	50 mins	CPD
Sexual Harassment in the Workplace	1 hour	CPD
Introduction to the Prevention of Money Laundering	80 mins	HABC

EDUCATION COURSES

COURSE NAME	DURATION	ACCRED.
Introduction to Early Years Foundation Stage (EYFS)	1 hour	CPD
Lockdown Procedure in Schools	1 hour	CPD
Positive Handling in Schools	100 mins	CPD



SAFEGUARDING TRAINING COURSES

COURSE NAME	DURATION	ACCRED.
Prevent Duty	70 mins	CPD
Mental Capacity Act and Deprivation Of Liberty Safeguards (DOLS)	75 mins	CPD
Safeguarding Adults	75 mins	CPD
Safeguarding Children	75 mins	CPD







ROLE SPECIFIC COURSES

COURSE NAME	DURATION	ACCRED.
Licensed Premises Staff Training	1 hour	CPD & Institute of Hospitality
Asbestos Awareness for Architects and Designers	75 mins	IATP / CPD
Working Within the Private Security Industry	90 mins	CPD
Warehousing and Storage Awareness	3 hours	HABC
Personal Licence Holders (APLH Level 2)	4 hours	HABC
Scottish Certificate for Personal Licence Holders	5 hours	HABC
An Awareness of Spectator Safety	12 hours	HABC

> **Every element was really easy to organise and execute before the training, and communication was really good. The training itself was really thorough, engaging and informative - will book again.** **Sian** ★★★★★

100%
of reviewers recommend
Save Lives At Work
REVIEWS.io

DEFIBRILLATORS

Quality AED Defibrillators and storage packages with Automatic External Defibrillator Training Solutions.

Indoor Packages

For covered, enclosed spaces that are always maintained above 0°C.
Such as: Offices, shops, medical centres, schools



Defib (AED) & Indoor Wall Mounted Cabinet with Audible/Visual Alarm
+
Accredited Emergency First Aid at Work Training for 1 delegate

£1,495.00 + VAT



Defib (AED) & Indoor Cabinet & Stand with Audible/Visual alarm
+
Accredited Emergency First Aid at Work Training for 1 delegate

£2,195.00 + VAT

Outdoor Packages

For open spaces that are subject to the elements, or enclosed areas that are not kept above 0°C, 24/7.
Such as: Sports facilities, warehouses, business outdoor areas, construction sites



Defib (AED) & Outdoor Wall Mounted Cabinet with Audible/Visual Alarm
+
Accredited Emergency First Aid at Work Training for 1 delegate

£1,695.00 + VAT



Defib (AED) & Outdoor Cabinet & Stand with Audible/Visual alarm
+
Accredited Emergency First Aid at Work Training for 1 delegate

£2,275.00 + VAT

Quality AED Defibrillators and storage packages with Automatic External Defibrillator Training Solutions.

Public Access

Lockable defibrillator cabinet suitable for areas that are accessed by the general public

Such as: Sporting venues, churches, village halls, public car parks



Public Access Locked Heated Cabinet & Defib
+
Accredited Emergency First Aid at Work Training for 1 delegate

£1,995.00 + VAT



Public Access Locked Heated Cabinet & Defib
+
Accredited Emergency First Aid at Work Training for 1 delegate
+
On-Site Basic Life Support & AED Training for up to 12 delegates

£2,295.00 + VAT

Paediatric Package

For indoor facilities catering for children

Such as: Like nurseries, play groups and schools



Indoor Wall Mounted Cabinet with Audible/Visual alarm, Defib (AED) & Extra Paediatric Pad-Pak
+
Accredited Emergency First Aid at Work Training for 1 delegate

£1,625.00 + VAT

OUR BRANDS

We operate several different brands within the Health & Safety marketplace, focussing on specific training sectors or client needs.

Our brands include:

save lives at work

eLearning at Work

Defibs at work

Onsite Manual Handling Training Company

Food Safety at work

Online First Aid Courses

Onsite First Aid Training Company

Fire Safety at work

Level 3 Food Hygiene Courses

Onsite Fire Safety Training Company

TRAIN LOCALLY FIRST AID

hellofirstaid

"The training provided by Training at Work Group is always of a high quality. Our store teams are always very happy with the training they receive. They are very efficient at arranging our first aid requirements and are very good at what they do! Nothing is too much trouble for them." - Homebase

OUR CUSTOMERS

We provide bespoke training solutions to thousands of organisations across the UK, including:

TheWorks.co.uk

KFC

CALOR

HOMEBASE

JUST EAT

THE SALVATION ARMY

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@trainingatworkgroup

INSIST ON OFQUAL
REGULATED TRAINERS
REGULATED QUALIFICATIONS

Regulated OFQUAL first aid courses are provided as standard by Onsite First Aid Training Company and they are the only courses that we recommend.