

**T.E.A Training**

Training with Emma Armstrong

# SPECIALIST TRAINING

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Care Planning Awareness  
Stroke Awareness  
Supervision in Adult Health and Social Care Settings  
Oral Hygiene  
Catheter and Stoma Care  
Understanding Behaviours that Challenge  
Dementia Awareness  
COSHH Awareness  
Diabetes Awareness  
Falls Awareness  
Awareness of the Mental Capacity Act and Liberty Protection Safeguards  
Understanding Risk Assessment  
Learning Disability  
Autism Spectrum Conditions  
Parkinson's Disease Awareness  
Medication Practise in Domiciliary Care Settings  
Sepsis Awareness  
RIDDOR Awareness  
Care Home Medication Training  
End of Life Care  
Multiple Sclerosis  
Pressure Area Care  
Continence Awareness  
Alcohol and Drug Awareness  
Fire Marshal Training  
Fire Safety Awareness  
Asthma Awareness and PEAK flow monitoring Training

# T.E.A Training

Training with Emma Armstrong

Below are some of the most popular courses T.E.A Training is always asked to deliver; however, if you are unable to find what you are looking for, please do get in touch. I would love to hear from you and support you with your training requirements.

You can choose if you would like these courses to be delivered face to face on-site at a premise of your choosing (subject to risk assessment) or remotely via interactive zoom delivery.

All courses can be made bespoke to you if required; please just ask for this option and discuss your requirements with Emma on booking. She is always happy and on hand to support you.

All courses vary in length, so when booking, please advise Emma if the courses you are booking are for staff new to care or if you are looking to challenge your staff with our Updated refresher courses in these subjects.

# Care Planning Awareness

This course will enable delegates to understand the process and what is involved in Care Planning, know the information that is needed and how it should be recorded. They will also learn how to support an individual with advance care planning.

## WHO IS THIS COURSE AIMED AT?

This training applies to all health and social care workers that are involved in the process of care planning and work in settings such as Care Homes, Day Centres, or supporting an individual in their own home.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Know how each stage of the care planning cycle contributes to the care planning process
- Use person-centred approaches when planning care and support
- Gather the information needed for care and support planning, and record it in the appropriate way
- Understand capacity and advanced care planning and how it contributes to an individual's needs, preferences and quality of life

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Stroke Awareness

This course aims to increase knowledge and understanding about strokes and the impact they can have on an individual's life.

## WHO IS THIS COURSE AIMED AT?

This training applies to anyone working within Health and Social Care Settings

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Know what a stroke is
- Understand the different types of stroke
- Identify the factors that increase the risk of a stroke
- Know how to reduce the risk of a stroke
- Identify the warning signs of a stroke
- Know what to do if you suspect an individual is having a stroke
- Understand how a stroke is treated
- Know the complications and emotional effects that can occur after a stroke
- Understand how to support an individual after a stroke.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Supervision in Adult Health and Social Care Settings

Supervision is a fundamental right of all care practitioners, so it's vital that its carried out well. Poor supervision can lead to poor competencies, lack of confidence, poor care delivery and high staff turnover.

This course supports staff to understand the meaning and purpose of supervision and be able to carry out effective Supervisions within their teams.

## WHO IS THIS COURSE AIMED AT?

This training applies to all staff carrying out, or about to carry out supervision with their teams.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Meaning and purpose of supervision.
- Ground rules for supervision.
- Importance of good supervision and the role and responsibilities of the supervisor and supervisee.
- Functions of supervision and the forms supervision may take.
- Barriers to supervision and how they can be overcome.
- Role of reflective practice within the supervision process.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 6-8

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification

# Oral Hygiene

This course has been developed from the NICE Guidelines for oral care in care homes and as a result of the CQC report 'Smiling Matters' June 2019.

The training will inform delegates about the expectations of practice for every individual's oral health in a care home and domiciliary care. Delegates will also gain an understanding of oral ill health and how an individual should be assessed and supported.

## WHO IS THIS COURSE AIMED AT?

This training applies to all health and social care workers that work in a Care Home setting.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Have an understanding of national guidance, policies and procedures for oral health.
- Understand what effective care and treatment should be implemented for safe oral care.
- Understand dental health and the problems that can be prevented.
- Know what oral hygiene equipment is available.
- Understand how to support individuals with their oral care.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Catheter and Stoma Care

This course aims to raise your awareness and develop your understanding of Catheter and Stoma Care.

## WHO IS THIS COURSE AIMED AT?

This training applies to anyone providing direct care to those who need support with catheter and/or Stoma Care.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Know what a urinary catheter is.
- Know the types of urinary catheter.
- Know the reasons for catheterisation.
- Know the benefits of catheterisation.
- Know the equipment used for catheterisation.
- Know the risks associated with catheterisation and how they are managed.
- Know how to solve common problems.
- Know how to empty and change a urinary drainage bag.
- Understand Stoma and Care of Stoma.
- Understand how to provide psychological support for individuals.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Understanding Behaviours that Challenge

This course aims to increase and refresh your knowledge about working with individuals who display 'behaviours that challenge'.

## WHO IS THIS COURSE AIMED AT?

This training applies to all health and social care workers that work in a Care Home setting.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Define what is meant by the term 'behaviour that challenges' and the reasons individuals may display them.
- Identify how legislation, frameworks and codes of practice relate to working with behaviour that challenges.
- Understand the positive behavioural support model (PBS).
- Define the context in which these behaviours occur.
- Explain the use of proactive and reactive strategies.
- Identify the importance of supporting individuals and others after an incident of challenging behaviour.
- Identify the importance of reviewing and revising approaches to promoting positive behaviour.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Dementia Awareness

This course aims to raise delegates awareness of Dementia and develop their understanding of dementia.

More than 920,000 people in the UK are living with dementia – a number expected to rise to over a million by 2024 (Alzheimer's Society, 2019). The vast majority of people with dementia are aged 65 and over, accounting for over 880,000 people.

With these statistics deep in our knowledge, its important we have a skilled and competent workforce to support high quality care for those currently living with Dementia.

## WHO IS THIS COURSE AIMED AT?

Any staff member working within Health and Social Care Settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Know the meaning of the term dementia, the 4 main types and their causes.
- Know the symptoms of 4 types of dementia.
- Know how dementia is diagnosed and why early diagnosis is important.
- Know the factors that may increase the risk of dementia and how to reduce them.
- Know how dementia may be treated.
- Becoming a dementia friend.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# COSHH Awareness

This course aims to familiarise you with the Control of Substances Hazardous to Health (COSHH) Regulations 2002.

## WHO IS THIS COURSE AIMED AT?

Anyone working within the Health and Social Care environment.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Identify the principles of the Control of Substances Hazardous to Health (COSHH) Regulations 2002.
- Know the employer's responsibilities and the employee's responsibilities within the COSHH regulatory framework.
- Know what 'REACH' is.
- Define the term 'hazardous substance'.
- Identify the common routes of exposure to hazardous substances.
- Identify the symbols used on packaging for hazardous chemicals.
- Identify what should be included in a COSHH assessment.
- Define good practice measures for storing, using and disposing of hazardous substances.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Diabetes Awareness

This course aims to introduce delegates to the topic of diabetes in Health and Social Care.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Define diabetes and the associated implications.
- Identify the most common types of diabetes and their causes.
- Know how to implement a person-centred approach when supporting individuals with diabetes.
- Outline the nutritional needs of individuals with diabetes.
- Recall factors relating to an individual's experience of diabetes.
- Outline the importance of monitoring diabetes.
- Recall the links between diabetes and other conditions.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Falls Awareness

This course is designed to enable delegates to increase their awareness of how to help an individual reduce their risk of slipping, tripping and falling.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Define what is meant by a fall and the negative impact of falls.
- Define the term 'multifactorial assessment' and know what should be included in a multifactorial assessment.
- Identify different hazards in the environment that can increase the risk of a fall.
- Know how to respond if an individual falls in your work environment.
- Outline different multifactorial interventions including strength and exercise programmes, aids and adaptations.
- Outline know how eyesight, medication and bladder and bowel problems can increase the risk of falls.

**COURSE LENGTH:** Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Awareness of the Mental Capacity Act and Liberty Protection Safeguards

This course aims to introduce learners to the topic of the Mental Capacity Act (MCA) and Liberty Protection Safeguards (LPS).

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- State what the Mental Capacity Act is and who is affected by it.
- Recall the 5 principles of the Mental Capacity Act.
- Know how to support individuals to make decisions.
- Recall the 2 stage test for assessing capacity.
- State the role of the Mental Capacity Advocate, the Court of Protection and Lasting Power of Attorney.
- Explain the Deprivation of Liberty Safeguards.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Understanding Risk Assessment

This course is designed to enable you to increase delegates understanding of risk assessment and risk management in health and social care.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Identify the meaning of the term 'risk' and outline the meaning of 'risk assessment'.
- Recall legislation, policy and guidelines on managing risks to individuals and others.
- Outline the process of risk assessment and the development of risk management plans.
- Know the importance of reviewing incidents and learning from them.
- Recall the principles of sensible risk management.
- Outline good practice in risk assessment of individuals and identify what should be included in an individual's risk assessment.
- Define the terms 'positive risk management' and 'strengths-based approach'.
- Know the importance of working with other agencies to manage risks and communicating these risks effectively.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Learning Disability

This course aims to provide delegates with an introduction to Learning Disabilities and aims to raise awareness and develop understanding in this topic.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Know the meaning of the term learning disabilities.
- Know the legislative and policy framework for supporting individuals with learning disabilities.
- Know how to overcome barriers those with learning disabilities face.
- Know the causes of learning disabilities.
- Know how people with learning disabilities have been cared for in the past.
- Know the barriers related to communication and how to overcome them.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Autism Spectrum Conditions

This course aims to introduce you to Autistic Spectrum Conditions in Health and Social Care.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Outline a range of theories on autistic spectrum conditions and the characteristics of the condition.
- Recall the sensory and perceptual difficulties commonly experienced by individuals with autistic spectrum conditions.
- Identify other conditions that may be associated with autistic spectrum conditions.
- Outline how language and intellectual abilities vary across autistic spectrum conditions.
- Identify the legislative frameworks that relate to an individual with an autistic spectrum condition and know how they underpin the development of services.
- Outline an individual's experience of the autistic spectrum condition, and the impact on themselves and others.
- Know how to support an individual in transitions and change.
- Know how to make adaptations to the physical environment to reduce or increase sensory stimulation.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Parkinson's Disease Awareness

This course is designed to enable you to increase your awareness and understanding of Parkinson's disease.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Recall the prevalence rates for Parkinson's disease.
- Explain what dopamine is and its link to Parkinson's disease.
- Recall the difference between Parkinson's and Parkinsonism.
- Identify the primary motor symptoms of Parkinson's disease.
- Recall the common symptoms of Parkinson's disease.
- Recall the main treatment options for Parkinson's disease, including medications, surgery and complementary therapies.
- Identify good practice in supporting those with a diagnosis of Parkinson's disease

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Medication Practise in Domiciliary Care Settings

It is vital that staff responsible for the administration, use and support of medication are competent and competent at being able to do so safely, this course is designed to do just that!

## WHO IS THIS COURSE AIMED AT?

This course is suitable for care staff working in domiciliary care where they have to work remotely in the community. It is also suitable for staff working in an Extra Care setting where a domiciliary care service is provided.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Understand legislation, regulations and national guidelines that govern medication practice in health and social care.
- Know of policies and local procedures to support medication practice.
- Understand the levels of medication practice.
- Know the types of medicines they will support with.
- Understand the routes of administration.
- Identify medication aids and safe practice.
- Correctly record and report medication practice.
- Identify and report errors in medication.
- Understand the support they will receive for medication practice

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Sepsis Awareness

The aim of this course is to develop delegates knowledge and understanding of sepsis, severe sepsis and septic shock.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Define sepsis and septic shock.
- Know the causes of sepsis.
- Know who may be most at risk of developing sepsis.
- Know the signs and symptoms of sepsis, severe sepsis and septic shock.
- Know the symptoms of sepsis.
- Know the symptoms of septic shock.
- Know what to do if sepsis is suspected.
- Know how sepsis is diagnosed.
- Know how sepsis is treated.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# RIDDOR Awareness

This course aims to develop delegates knowledge and understanding of how the Reporting of Injuries, Diseases and Dangerous Occurrence Regulations 2013 applies within health and social care services.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Know the meaning and purpose of RIDDOR.
- Know the deaths and specified injuries that must be reported under RIDDOR.
- Know the occupational diseases which must be reported under RIDDOR.
- Know what constitutes a dangerous occurrence reportable under RIDDOR.
- Know who is responsible for reporting injuries, diseases and dangerous occurrences and how and when reports are to be made.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Care Home Medication Training

It is vital that staff responsible for the administration, use and support of medication are competent and competent at being able to do so safely, this course is designed to do just that!

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings that is responsible for use of medications in care homes.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Understand legislation, regulations and national guidelines that govern medication practice in health and social care.
- Know of policies and local procedures to support medication practice.
- Understand the levels of medication practice.
- Know the types of medicines they will support with.
- Understand the routes of administration.
- Identify medication aids and safe practice.
- Correctly record and report medication practice.
- Identify and report errors in medication.
- Understand the support they will receive for medication practice

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# End of Life Care

This course is designed to raise awareness and enhance delegates skills at providing and promoting high quality End of life care.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Outline the requirements of legislation and agreed ways of working to protect the individual at the end of life.
- Identify factors affecting end of life care.
- Define advanced care planning, it's purpose and how to implement it.
- Know the role of specialist organisations and support services available to individuals and key people in relation to end of life care.
- Know how to address sensitive issues in relation to end of life care.
- Identify when support would be best offered by other members of the team.
- Identify actions to take following the death of individuals.
- Know how to manage your own feelings in relation to dying or death of individuals.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Multiple Sclerosis

This course aims to increase delegates knowledge and understanding of Multiple Sclerosis (MS) and how to support and care for an individual who is living with this condition.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Know what Multiple Sclerosis (MS) is.
- Know the types of MS.
- Know common symptoms of MS.
- Know how MS is diagnosed.
- Understand how MS is treated.
- Know how you can support an individual with MS.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Pressure Area Care

This course aims to introduce you to the topic of pressure area care in Health and Social Care.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Recall the anatomy and physiology of the skin in relation to pressure area care.
- Identify good practice in relation to own role when undertaking pressure area care.
- Outline the use of materials and equipment when undertaking pressure area care.
- Know why you must follow the agreed care plan.
- Identify legislation and guidance relevant to pressure area care.
- Know how to prepare to undertake pressure area care.
- Know how to undertake pressure area care.
- Know what to report in relation to pressure area care.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Continence Awareness

This course is designed to provide knowledge to support the management of continence support.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following

- Identify factors that affect continence.
- Identify risks when managing continence and outline how to manage continence in a safe way.
- Outline how to support an individual to manage their own continence.
- Describe how to support an individual to use continence equipment.

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Alcohol and Drug Awareness

This course will help provide delegates with tools to understand this complex, difficult, and often sensitive, subject. This course covers many topics relating to drug and alcohol use, misuse, and addiction. It covers skills and knowledge on supporting recovery.

## WHO IS THIS COURSE AIMED AT?

It is suitable for anyone who would like to increase their understanding on substance abuse, its causes, and its effects.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following

An overview on the effects of alcohol consumption:

- Have an awareness of the effects of alcohol consumption in terms of: Hospital Admissions, Mortality.
- You will be able to define: Government Recommendations for Alcohol Consumption, Hazardous Drinking and Harmful Drinking.
- Identify the physical signs of alcohol dependence.
- Identify the psychological signs of alcohol dependence.
- Discuss long term effects of alcohol.
- Effects of binge drinking.
- Legal, health and social implications of alcohol use.
- Identify signs and symptoms of alcohol withdrawal.
- Different treatments available for alcohol withdrawal.

An overview of the effects of drug use:

- What is a drug?
- Why people use drugs?
- Identify the main drugs commonly used and distributed:
- Legality
- What do they look like?
- How are they taken?
- Effects
- Signs of use
- Risks
- Stages of Use
- Drugs and the human body

**COURSE LENGTH: Full/Half Day**

**DELEGATE GROUP SIZE: 15**

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Fire Marshal Training

This course is specially designed to help delegates learn new skills and knowledge, or refresh existing fire safety skills.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following:

- Understanding Legislation
- Statistics
- The role and responsibility of a fire marshal
- Fire Risk Assessment
- PEEPS
- Practical fire drill and use of fire extinguisher and fire blanket

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Fire Safety Awareness

This Fire Safety course will teach delegates about the fire safety measures and procedures that all work premises covered by the Regulatory Reform (Fire Safety) Order 2005 must have in place. This training enables delegates to minimise fire risks in your workplace, understand fire prevention and detection systems, and follow evacuation procedures when necessary.

Fires can cause serious devastation to businesses, whether it's harming people, damaging the building, or causing a loss of production time and valuable resources. Receiving suitable fire safety training is required by the Fire Safety Order, so taking this course is an effective way to help your business comply with the law and keep your workplace safe.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following

- The fire triangle, which explains how fires start.
- What the law requires of businesses regarding fire safety and what everyone's responsibilities are.
- The importance of a fire risk assessment.
- Ways to prevent or control fires in your workplace.
- The type of detection and warning systems which should be in place.
- The different types of fire safety signs that workplaces should have.
- How to ensure your evacuation routes and exits remain effective at all times.
- The evacuation procedures that businesses should have in place.

COURSE LENGTH: Full/Half Day

DELEGATE GROUP SIZE: 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.

# Asthma Awareness and PEAK flow monitoring Training

This course will help delegates to understand what Asthma is, its pathology and prevalence, genetic characteristics, triggers, and treatment and management of the condition.

## WHO IS THIS COURSE AIMED AT?

This course is suitable for anyone working within Health and social care settings.

## LEARNING OUTCOMES

On completion of this course learners should know and understand the following

- Introduction to Asthma
- Risk factors for developing Asthma #
- Allergy awareness
- Prevention and triggers
- Managing Asthma
- Peak Flow Monitoring
- When to call for help

**COURSE LENGTH:** Full/Half Day

**DELEGATE GROUP SIZE:** 15

Assessment will be carried out at the end of the day. Delegates are required to achieve a minimum of 80% pass mark and evidence of learning will be provided with certification.