



SOURCE OLUTIONS UK



10 YEARS IN BUSINESS!

Commercial and Funded Training Schedule



ofqual

Accredited training and Ofqual regulated
www.sourcesolutionsuk.co.uk
01482 291 499



Have you a group of 8+ participants?
We can offer a bespoke date for you

Training Schedule

To book call 01482 291499 or email info@sourcesolutionsuk.co.uk
All participants are provided with their own PPE kit, this will be relevant to the course that they are attending.
Request course information sheet for further details

First Aid Courses

This course will cover:

1 Day Level 3 Emergency First Aid at Work

- Acting safely, promptly & effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR) & AED
- Wounds & bleeding
- Preventing cross infection, recording incidents and actions and the use of available equipment
- Catastrophic Bleeds
- Recovery position
- Treating an unconscious casualty (including seizure)
- Shock
- Minor Injuries
- Choking



1 day course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 4pm
Accredited Course with Certificate (OfQual Regulated)
£85 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
16 Mon	13 Mon	13 Mon	10 Mon	15 Mon	12 Mon	10 Mon	14 Mon	11 Mon	9 Mon	13 Mon	11 Mon

This course will cover:

3 Day Level 3 Award in First Aid at Work

- Acting safely, promptly & effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR) & AED
- Treating an unconscious casualty (including seizure)
- Wounds & bleeding including catastrophic
- Preventing cross infection, recording incidents and actions and the use of available equipment
- Minor Injuries and Choking
- Shock
- Eye Injuries
- Fractures, Sprains & Strains
- Spinal Injuries
- Chest Injuries
- Burns & Scalds
- Poisoning
- Anaphylaxis
- Heart Attack
- Stroke
- Epilepsy
- Asthma
- Diabetes



3 day course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 4pm
Accredited Course with Certificate (OfQual Regulated)
£200 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
9-11 Mon-Wed	6-8 Mon-Wed	6-8 Mon-Wed	3-5 Tue-Thur	9-11 Tue-Thur	5-7 Mon-Wed	3-5 Mon-Wed	7-9 Mon-Wed	4-6 Mon-Wed	2-4 Mon-Wed	6-8 Mon-Wed	4-6 Mon-Wed
23-25 Mon-Wed	20-22 Mon-Wed	20-22 Mon-Wed	17-19 Mon-Wed	22-24 Mon-Wed	19-21 Mon-Wed	17-19 Mon-Wed	21-23 Mon-Wed	18-20 Mon-Wed	16-18 Mon-Wed	20-22 Mon-Wed	18-20 Mon-Wed

This course will cover:

2 Day Level 3 Award in First Aid at Work Requalification

This course covers all subjects from the '3 Day Level 3 Award in First Aid at Work'.
An intense course for those who need to refresh skills.
Participants need to provide previous valid certificate.



2 day course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 4pm
Accredited Course with Certificate (OfQual Regulated)
£175 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
16-17 Mon-Tue	13-14 Mon-Tue	13-14 Mon-Tue	10-11 Mon-Tue	15-16 Mon-Tue	12-13 Mon-Tue	10-11 Mon-Tue	14-15 Mon-Tue	11-12 Mon-Tue	9-10 Mon-Tue	13-14 Mon-Tue	11-12 Mon-Tue





First Aid Courses

Basic Life Support and Safe Use of an Automated External Defibrillator (RQF)

This course will cover:

- Chain of survival
- Assessing an incident
- Casualty assessment
- Managing an unresponsive casualty
- Recovery Position
- CPR
- AED safety considerations
 - Using an AED
 - Combining AED use with CPR
 - Using an AED on a child
- Procedures for when Emergency Services arrive



½ day course



Certificate valid for 1 year



Ofqual regulated

Course Details:

9am - 1pm
Accredited Course with Certificate
(OfQual Regulated)
£55 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
12 Thurs	9 Thurs	9 Thurs	13 Thurs	11 Thurs	8 Thurs	13 Thurs	10 Thurs	14 Thurs	12 Thurs	9 Thurs	14 Thurs

1 Day Level 3 Award in Emergency Paediatric First Aid

This course will cover:

- Acting safely, promptly & effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR) & AED
- Treating an unconscious casualty (including seizure)
- Wounds & bleeding including catastrophic
- Preventing cross infection, recording incidents and actions and the use of available equipment
- Shock
- Minor Injuries
- Choking



1 day course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 4pm
Accredited Course with Certificate for Experienced Staff
(OfQual Regulated)
£85 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
10 Tue	6 Mon	6 Mon	4 Tue	18 Thur	27 Tue	24 Mon	21 Mon	18 Mon	23 Mon	20 Mon	18 Mon

12 Hour Level 3 Award in Paediatric First Aid

This course covers all subjects from the 1 Day Emergency Paediatric Course plus:

This course will cover:

- Coping with an emergency in the childcare baby environment
- The priorities of treatment
- Resuscitation: Adult, Child & Baby
- Control of bleeding
- Conditions: asthma, anaphylaxis, diabetes, epilepsy, febrile convulsions, meningitis etc
- Choking: Adult, Child & Babies
- General Paediatric medical
- Treatment of minor injuries, with emphasis on children & babies
- Treatment of fractures, with emphasis on children & babies
- Poisoning



12 hour course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 4pm
Accredited Course with Certificate
(meets OFQUAL requirements)
£135 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
10-11 Tue-Wed	6-7 Mon-Tue	6-7 Mon-Tue	4-5 Tue-Wed	16-17 Tue-Wed	27-28 Tue-Wed	24-25 Mon-Tue	21-22 Mon-Tue	18-19 Mon-Tue	2-3 Mon-Tue	6-7 Mon-Tue	4-5 Mon-Tue



First Response Emergency Care Courses

5 Day First Response Emergency Care Level 3 FREC3

5 day course
 Ofqual regulated
 Certificate remains valid by maintaining CPD portfolio and ILS certification

This course will cover:

- Roles and responsibilities of a first responder
- Medical emergencies
- Patient assessment
- Airway management
- Adult, child and infant CPR & AED usage
- Return of spontaneous circulation (ROSC) procedures
- Emergency oxygen
- Traumatic injuries
- Catastrophic bleeding
- Shock
- Poisoning and intoxicating substances
- External and internal bleeding
- Helmet removal
- Neck, spine and pelvic immobilisation
- Environmental exposure
- Burns and scalds
- Minor injuries
- Incident reporting

Course Details:
9am - 4pm
Accredited Course with Certificate (Ofqual Regulated)
£395 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
	13-17 Mon-Fri			15-19 Mon-Fri				11-15 Mon-Fri			

5 Day First Response Emergency Care Level 4 FREC4

5 day course
 Ofqual regulated
 Certificate remains valid by maintaining CPD portfolio and ILS certification

This course will cover:

- Initial patient assessment
- Physiological observations
- Anatomy and physiology
- Heart disease
- Electrocardiogram application and monitoring
- Managing a patient's airway - supraglottic airways
- Medical gases - including dosages and administration
- Thoracic trauma
- Sepsis
- Maternity care
- Respiratory disorders and infections
- Mechanisms of injury and kinetics
- Assisting the clinician with clinical interventions
- Full body and limb immobilisation
- Sexual assault
- Major incidents
- Psychosocial development in children
- Emergency care for sick and injured children
- Mental health crisis
- Triage

Course Details:
9am - 4pm
Accredited Course with Certificate (Ofqual Regulated)
£495 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
			17-21 Mon-Fri				14-18 Mon-Fri				4-8 Mon-Fri

Driver CPC 7hr Modules

NEW FOR
2023

9am - 5pm | £50 plus VAT & Upload £13.55 plus VAT

Customer Service LGV & PCV & Disability Awareness LGV & PCV

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
25 Wed	22 Wed	22 Wed	19 Wed	24 Wed	21 Wed	19 Wed	23 Wed	20 Wed	18 Wed	22 Wed	20 Wed
				13 Sat					14 Sat		

Possible 60% Funding Available on one of the below selected courses
(subject to availability and terms & conditions)

Health & Safety LGV & PCV & Road Traffic Collisions LGV & PCV

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
17 Tues	14 Tues	14 Tues	11 Tues	16 Tues	13 Tues	11 Tues	15 Tues	12 Tues	10 Tues	14 Tues	12 Tues
	11 Sat					15 Sat					

Fire Awareness LGV & PCV & Mental Health Awareness LGV & PCV

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
11 Wed	8 Wed	8 Wed	5 Wed	10 Wed	7 Wed	5 Wed	9 Wed	6 Wed	4 Wed	8 Wed	6 Wed
		11 Sat					12 Sat				

Manual Handling LGV & PCV & First Aid Awareness LGV & PCV

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
24 Tues	21 Tues	21 Tues	18 Tues	23 Tues	20 Tues	18 Tues	22 Tues	19 Tues	17 Tues	21 Tues	19 Tues
			15 Sat					9 Sat			

Emergency First Aid at Work LGV & PCV

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
18 Wed	15 Wed	15 Wed	12 Wed	17 Wed	14 Wed	12 Wed	16 Wed	13 Wed	11 Wed	15 Wed	13 Wed
28 Sat	25 Sat	25 Sat	29 Sat	27 Sat	24 Sat	29 Sat	26 Sat	30 Sat	28 Sat	25 Sat	9 Sat



You need
this to enable
you to apply
for CSCS
CARD

Health & Safety in a Construction Environment

1 Day Level 1

This course will cover:

- Legislation
- Health, Safety & Welfare
- The workplace & workplace equipment
- COSHH
- Risk Assessment
- Manual Handling
- Hazardous Substances
- Fire Awareness
- Ergonomics & Workstation design
- Transport & Vehicles
- Noise & Vibration
- Safety Signs

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
13 Fri	10 Fri	17 Fri	14 Fri	12 Fri	16 Fri	7 Fri	11 Fri	8 Fri	6 Fri	10 Fri	1 Fri
27 Fri	24 Fri	31 Fri	28 Fri	26 Fri	30 Fri	21 Fri	25 Fri	22 Fri	20 Fri	24 Fri	15 Fri

Course Details:

9am - 4pm | Accredited Course with Certificate (Ofqual Regulated)
£100 plus VAT with CSCS Test & Card: £200 plus VAT



1 day
course



Ofqual
regulated



Health & Safety in the Workplace

This course will cover:

1 Day Level 2 Award in Safe Moving & Handling

- Common manual handling injuries
- Manual handling laws
- Safe movement principles associated with manual handling, including the body's:
 - Musculoskeletal system
 - Centre of gravity
 - Lever system
- Responsibilities of employers and employee
- Risk assessments
- Manual handling practical sessions:
 - Solo lifting, carrying and lowering an object
 - Team manual handling
 - Using equipment
- Manual handling equipment:
 - Types of manual handling aids and equipment
 - Maintenance and requirements for testing



1 day course



Ofqual regulated



Refresher training recommended every 3 years

Course Details:

9am - 4pm
Accredited Course with Certificate
 (QualSafe Regulated)
£85 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
	20 Mon		19 Wed		23 Fri		14 Mon		25 Wed		13 Wed

This course will cover:

1 Day Level 2 Award in Manual Handling/Moving

- Current Legislation
- Function of Spine
- Causes of back pain
- Avoidance of Manual Handling
- Maintenance & Accessibility of equipment
- Workplace & Task Improvements
- Personal protective equipment & clothing
- Guidance for lifting and lowering
- Guidance for pushing & pulling
- Guidance for carrying
- Knowledge & skills assessment



1 day course



Ofqual regulated



Refresher training recommended every 3 years

Course Details:

9am - 4pm
Accredited Course with Certificate
 (OfQual Regulated)
£85 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
	20 Mon		19 Wed		23 Fri		14 Mon		25 Wed		13 Wed

This course will cover:

1 Day Level 2 Health & Safety in the Workplace

- Legislation
- Health, Safety & Welfare
- The workplace & workplace equipment
- Risk Assessment
- Manual Handling
- Hazardous Substances
- Ergonomics & Workstation design
- Transport & Vehicles
- Noise & Vibration



1 day course



Ofqual regulated



Refresher training recommended every 3 years

Course Details:

Suite 3
9am - 4pm
Accredited Course with Certificate
 (OfQual Regulated)
£85 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
12 Thur		9 Thur		5 Fri		13 Thur		7 Thur		23 Thur	



Fire Safety

1 Day Level 2 Award in Fire Safety (Fire Warden)

This course will cover:

- Fire Prevention
- Means of Escape
- Fire-fighting equipment and systems
- Duties and responsibilities of employers and employees
- Fire safety risk assessments
- Roles and responsibilities of the nominated fire warden:
 - Fire detection and raising the alarm
 - Principles of extinguishing fires
 - Fire safety laws
 - Undertaking a fire safety inspection



1 day course



Ofqual regulated



Refresher training recommended every 3 years

Course Details:

Suite 3
9am - 4pm
Accredited Course with Certificate
(OfQual Regulated)
£85 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
20 Fri	20 Mon	15 Wed	12 Wed	15 Mon	22 Thur	18 Tue	14 Mon	13 Wed	23 Mon	16 Thur	7 Thur



Food Safety

1 Day Level 2 Food Safety

This course will cover:

- Legislation
- Food Safety Hazards
- Temperature controls
- Refrigeration, Chilling & Cold Holding
- Coking, Hot Holding & Reheating
- Food Handling
- Principles of Safe Food Storage
- Cleaning
- Food Premises & Equipment



1 day course



Ofqual regulated



Refresher training recommended every 3 years

Course Details:

Suite 1
9am - 4pm
Accredited Course with Certificate
(OfQual Regulated)
£85 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
25 Wed	15 Wed	22 Wed	26 Wed	17 Wed	21 Wed	19 Wed		20 Wed	18 Wed	22 Wed	13 Wed

Mental Health Courses

This course will cover:

1/2 Day Level 1 Award in Mental Health Awareness

- What is Mental Health?
- Factors which affect mental health
- Stress and Stress Management
- Mental health conditions
- Starting a supportive conversation
- Useful statistics
- Mental health continuum
- Stigma
- Spotting signs of distress
- Recovery
- Supporting mental health in the workplace
- Helpful resources



1 day course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 12.30pm
Accredited Course with Certificate
(OfQual Regulated)
£125 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
	23 Thur		20 Thur		22 Thur		24 Thur		26 Thur		14 Thur

This course will cover:

1 Day Level 2 Award in Mental Health at Work

- About Mental Health First Aid
- Stigma and Discrimination
- Anxiety Disorders
- Early warning signs of mental ill health
- Mental Health First Aid action plan
- Recovery
- Depression
- Other Mental Health Issues (eating disorders, self harm & psychosis)
- Alcohol, Drugs and Mental Health
- Suicide
- Building a mentally healthy workplace
- About mental health & stress in the work place



1 day course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 4pm
Accredited Course with Certificate
(OfQual Regulated)
£200 plus VAT

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
26 Thur	23 Thur	20 Mon	20 Thur	15 Mon	22 Thur	10 Mon	24 Thur	11 Mon	26 Thur	13 Mon	14 Thur

This course will cover:

2 Day Level 3 Award in Mental Health at Work

- Why Mental Health First Aid?
- Crisis first aid after a traumatic event
- What is depression?
- What is mental health?
- Impact of mental health issues
- Cognitive distortions and cognitive behavioural therapy
- Depression in the workplace
- Symptoms of depression
- What is an anxiety disorder?
- First aid for anxiety disorders
- Stigma and discrimination
- Personality disorders
- Treatment and resources for depression
- Eating disorders
- Self-harm
- Risk factors for depression
- What is psychosis?
- Risk factors for psychosis
- Suicide figures
- Schizophrenia
- Alcohol, drugs and psychosis
- First aid to assist a suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Recovery and building resources
- Alcohol, drugs and anxiety disorders
- Alcohol, drugs and mental health
- Treatment and resources for anxiety disorders
- Treatment and resources for psychosis



2 day course



Certificate valid for 3 years



Ofqual regulated

Course Details:

9am - 4pm
Accredited Course with Certificate
(OfQual Regulated)
£300 plus VAT

- Self-care
- Bipolar disorder

JAN'23	FEB'23	MAR'23	APR'23	MAY'23	JUN'23	JUL'23	AUG'23	SEPT'23	OCT'23	NOV'23	DEC'23
26-27 Thur-Fri	23-24 Thur-Fri	20-21 Mon-Tue	20-21 Thur-Fri	15-16 Mon-Tue	22-23 Thur-Fri	10-11 Mon-Tue	24-25 Thur-Fri	11-12 Mon-Tue	26-27 Thur-Fri	13-14 Mon-Tue	14-15 Thur-Fri

60% OFF STAFF TRAINING IN 2023*

HELPING YOU TO BE BETTER EMPLOYERS

Source Solutions offer the following training with 60% funding.*

- First Aid
- Fire Safety
- Health & Safety
- Mental Health First Aid
- Food Hygiene

If you are a business in Hull & East Riding and would like to provide training for female staff of any age and/or male staff over the age of 50, we can help fund it.

*2023 only. Terms and conditions apply.



FOR MORE INFORMATION: Email: sally@sourcesolutionsuk.co.uk | Call: 01482 291499

“ We have worked with Source Solutions on multiple projects and they have always delivered outstanding training with a 100% pass rate. Through working in partnership with SS we have seen successful outcomes in a variety of areas of our business, particularly construction. Having always received exceptional service at a great price we look forward to continuing to use Source Solutions for our mandatory training needs and exciting employment projects. ”

Sam Foster

Project Manager, Riverside Housing

“ We have used Source Solutions to provide first aid training for our school staff for over 5 years. They are professional, reliable and deliver tailored solutions that suit our organisations needs. They use up to date industry standards but tailor them to our workplace in order for staff to feel engaged and get best value for the training. We would highly recommend. ”

Claire Bunker

Business Manager, Inmans Primary School

“ We have worked with Dave from Source Solutions for many years and I just want to say, what is a pleasure he is to work with. The Training he delivers for our Company is well received. His knowledge and enthusiasm helps make the training engaging. Nothing is too much trouble, and he will go above and beyond to work around our business needs. ”

Im so pleased we chose him as our Training provider.

Michele Dawson

Manager of Business Support, Smithers

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Online Courses visit:

www.upskillnow.co.uk





Did you know you can book and pay for your course on

eventbrite



All prices are per person and inclusive of certificate and exam fees where applicable



If you are registered with CITB you may be able to claim funding towards your training costs.



We have on-site training or we can deliver at your premises for a group of 8 or more delegates.



Looking for a course not listed? Please get in touch and we can create a solution for you.



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Registered in England Company Number 8722405