

OUR COURSES

personal safety

- **Children's Care Homes/Fostering Agencies**

2 day course covering all aspects of dealing with Children in Care, including legislation in relation to dealing with children and the appropriate use of force according to the law.

- **Refresher Course**

1 day course revisits physical skills and updates participants on recent legislation and events relating to dealing with children.

- **Self Defence** (suitable for general public/bailiffs/doormen)

This course, designed to equip a person with the skills to defend themselves if faced with an aggressor/attacker, also teaches participants the legal aspects of using force upon another.

safe movement and handling

- **Non-clinical Personnel**

Half-day course covers lifting techniques to help prevent back injury and legislation relating to manual handling.

first aid

- **First Aid at Work**

4 day course covering all aspects of first aid to equip persons with all the necessary skills to deal with any emergency that occurs in the workplace.

- **First Aid Refresher**

2 day course updates participants on their first aid skills and knowledge and brings them up to date with changes, such as those from the Resuscitation Council.

- **'Appointed Persons'**

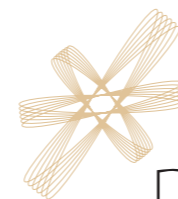
6 hour course covers the basics of first aid including responsibilities, first aid stocks and emergency life saving skills.

- **Emergency Response**

Short course suitable for people such as referees, equips persons with the very basics of life saving skills.

rewarding and positive training

If you are interested in booking one of our training courses, or would like further information regarding any of the courses we offer please call Rick Parry on 01568 611 811.



raptraining

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why take the risk?

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There are many risks we can take but training shouldn't be one of them.

RAP Training specialise in Personal Safety, Safe Movement and Handling and First Aid training. Our wide range of informative courses educate staff by teaching effective methods that help to minimise risk in the workplace.



personal safety

RAP Personal Safety courses give your staff the confidence and awareness to deal with confrontational situations.

Our courses cover Health and Safety obligations taking into account 'A Safe Place' guidelines, which set out clear targets regarding the management of violence and aggression.

Our techniques help your staff to reduce the risk of physical injury and trauma, which could lead to long-term absence, low morale or even the possibility of civil or criminal proceedings.

- Our courses teach the legislation relating to the use of force, practical breakaway skills, physical intervention/restraint techniques, communication skills, anger management, conflict resolution, incident recording and many other aspects of dealing with confrontation.
- Courses are tailored to meet organisational needs; and to correlate with their policies and procedures.
- On-site training available (subject to venue's suitability).

safe movement and handling

Employers have a legal obligation to ensure their staff have a safe and ergonomic environment in which to work.

RAP Safe Movement and Handling courses explain your Health and Safety obligations as an employer.

We teach your staff about the physiology of the spine and give them practical lifting techniques to help reduce injury and prevent the subsequent cost to you as an employer of lost time due to injury, and even compensation.

- Courses cover Health and Safety obligations in the work place.
- This training will help you to ensure your staff have a safe and ergonomic environment in which they can work.
- Courses can be tailored to suit organisational needs.
- On-site training available (subject to venue's suitability).

first aid

As an employer you are obliged under Health and Safety regulations to provide a minimum level of first aid for your staff.

RAP First Aid courses train your staff to appropriately respond to emergencies which may occur within your workplace.

- Courses cover all aspects of general first aid, including the unconscious casualty.
- Courses can be tailored to suit the first aid needs of individual organisations, for example 'strains and sprains' or 'child CPR'.
- On-site training available (subject to venue's suitability).