

Course Dates 2026

Stockport and Online

About Us

Founded over 25 years ago, Ouch provides modern, cost-effective, behaviour-based Health, Safety, Wellbeing, and Business training. Our experienced trainers and speakers use interactive training styles and materials to deliver a range of courses and events. We believe that if the learning experience is enjoyable and relevant, delegates will remember their new skills and be able to use them when they are really needed. We deliver training on a wide range of topics including:

First Aid | Mental Health & Wellbeing | Business Skills & Support | Driver CPC | Manual Handling | Health & Safety | Asbestos Safety | Fire Safety

We teach delegates not only how to take control in emergency situations but also how to carry out effective planning and prevention.

Training can be more than just a legal requirement, the acquisition of valuable skills also leads to greater confidence and self-esteem within an improved safety culture.

If you're looking to access training that really works, take a peek at the wide range of courses we offer. If you can't see what you are looking for, please contact us and we will be happy to help find a solution that's right for you. For smaller businesses and individuals, we offer open courses to provide learning opportunities for everyone.

We always value our customer feedback, here are some from our open courses...

FIRE SAFETY

"Great how it was based around how our day to day runs. The trainer made the course enjoyable and easy to understand"

ASBESTOS

"Great trainer. Tom made it interesting to learn and it is one of the best Asbestos courses I have done"

CONFLICT RESOLUTION

"The trainer was enthusiastic and passionate about what he was teaching which helped keep me engaged throughout"

EMERGENCY FIRST AID AT WORK

"I learn best through practical application, analogies. and acronyms, so this ensured the content stuck in my brain. The presenter was engaging, very well-informed and interesting (good pace, volume, on topic!)."

IOSH MANAGING SAFELY

"Simon was very friendly, approachable, and has an abundance of knowledge – he clearly loves what he does!"

How to book:

To learn more about our courses and book online, visit www.ouchlandd.co.uk/courses/. Alternatively, email enquiries@ouchlandd.co.uk or call 0800 389 1314.

Course delivery formats:

Face-to-face: The entire training course takes place in person here in Stockport
Live online: All attendees will join the live session via a video conferencing platform

FIRST AID

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
First Aid at Work	Face to face	3 days	£270	N/A		9-11		13-15			6-8			19-21		
Emergency First Aid at Work	Face to face	1 day	£120	N/A		13		17			10			22	13	

The Health and Safety (First Aid) Regulations 1981 place a legal duty on employers to provide an appropriate level of first aid provisions in the workplace. We are accredited to deliver first aid training to nationally approved standards by The First Aid Industry Body (FAIB) and Highfield. Our first aid courses combine essential knowledge with practical skills to ensure delegates feel confident to act appropriately in emergency situations.

ASBESTOS SAFETY

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
IATP Asbestos Awareness	Live online	Half day	£32	N/A	5		2		14		6		28		2	
	Face to face	Half day	£39	N/A	14				13				16			16
IATP Asbestos Awareness Refresher	Live online	2 hours	£26	N/A	9		3		26		3		29		3	
UKATA Asbestos Awareness for Groundworkers	Live online	Half day	£32	£3	8				14				28			
IATP Duty to Manage Asbestos	Live online	1 day	£85	N/A			2				6				2	
IATP Non-Licensed Asbestos Work	Face to face	1 day	£185	N/A	15				15				17			17
IATP Non-Licensed Asbestos Work refresher	Live online	Half day	£105	N/A	9		3		26		3		29		3	

The Control of Asbestos Regulations 'CAR 2012' places requirements on duty-holders to protect people from exposure to asbestos fibres, this includes employees, contractors, visitors, and members of the public. Our selection of asbestos courses provides delegates with the vital information and skills appropriate for the different levels of interaction with asbestos.

FIRE SAFETY

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Fire Marshal	Face to face	1 day	£110	N/A			19			19		13				

Fire safety at work should be a priority to protect lives, property, and your business. It is important that your employees know how to act if there is a fire. Fire safety training will encourage staff to reduce the fire risk and to be effectively prepared if a fire occurs. Our fire safety trainers and consultants are all experienced fire professionals with qualifications and memberships from nationally recognised organisations.

MENTAL HEALTH & WELLBEING

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Mental Health First Aid	Live online	2 days	£230	£35		16-17		27-28		29-30		24-25		8-9		7-8
	Face to face	2 days	£230	£36	12-13				11-12				14-15			14-15
Mental Health Champion	Live online	1 day	£170	£27			4								6	
Mental Health Awareness	Live online	Half day	£85	£19	19			29							4	
Mental Health First Aid Refresher	Live online	Half day	£85	£24	19			29							4	

Our range of mental health and wellbeing courses are designed to provide an appropriate level of skills and information to allow individuals to carry out their role in the implementation of a mental health at work plan. Our training is delivered by experienced and qualified ‘Mental Health First Aid (MHFA)’ instructors.

HEALTH & SAFETY

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
IOSH Managing Safely®	Live online	3 days	£350	£48		18-20		20-22		10-12				5-7		9-11
	Face to face	3 days	£350	£48			16-18			15-17		10-12			9-11	
IOSH Leading Safely®	Live online	1 day	£185	£65			11				7		23			

Often perceived as a tiresome chore, health and safety can end up being neglected and misunderstood, but effective safety management can help organisations to comply with legislation as well as prevent accidents & ill-health, increase productivity, save money and improve morale. Ouch provide an alternative style of health and safety courses designed to enthuse and involve delegates so they can gain a deeper insight and greater respect for the importance of health and safety in their workplace. Our trainers are highly qualified and have practical management experience in day-to-day health and safety issues.

MANUAL HANDLING

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Manual Handling Operators	Face to face	1 day	£50	N/A	14				13				16			16

Manual handling is an everyday task in most workplaces, whether you are filing paperwork in the office, stacking shelves in a shop, or bricklaying on site. Goods and materials, tools and equipment, all have to be moved, lifted and carried throughout the day. If any of these tasks are not carried out appropriately there is a risk of injury. Our manual handling courses provide essential knowledge that will help reduce the risk of injury in the workplace.

The Construction Industry Training Board (CITB) is the Sector Skills Council and Industry Training Board for the construction industry.
Ouch Learning and Development is a CITB Approved Training Organisation.
The CITB Employer network is a new CITB initiative, whereby employers can access partial funding for training courses.
Please visit www.citb.co.uk for more information.

Ouch Learning and Development

Ouch Learning and Development has been delivering a wide range of modern, cost-effective Health, Safety and Wellbeing training courses for over 20 years. Whether it's a nationally recognised qualification you require or completely bespoke training we can help you receive the right training for your organisation.



How to find us?

North West Training Venue

The Heatons Centre,
Thornfield Road,
Stockport,
SK4 3LD

Tel: 0800 389 1314

Email: office@ouchlandd.co.uk

Web: www.ouchlandd.co.uk

What 3 words: elbow.winter.yours



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FIRST AID

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Emergency First Aid at Work	Face to face	1 day	£125	N/A		8			20				13		26	

The Health and Safety (First Aid) Regulations 1981 place a legal duty on employers to provide an appropriate level of first aid provisions in the workplace. We are accredited to deliver first aid training to nationally approved standards by The First Aid Industry Body (FAIB) and Highfield. Our first aid courses combine essential knowledge with practical skills to ensure delegates feel confident to act appropriately in emergency situations.

ASBESTOS SAFETY

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
IATP Asbestos Awareness	Live online	Half day	£40	N/A	18				17		6					
IATP Asbestos Awareness Refresher	Live online	2 hours	£34	N/A		1		28						25		13
UKATA Asbestos Awareness for Groundworkers	Live online	Half day	£34	£3					17							
IATP Duty to Manage Asbestos	Live online	1 day	£90	N/A							6					
IATP Non-Licensed Asbestos Work	Face to face	1 day	£190	N/A		9			19				14		25	
IATP Non-Licensed Asbestos Work refresher	Live online	Half day	£125	N/A		1		28						25		13

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FIRE SAFETY

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Fire Marshal	Face to face	1 day	£115	N/A			9			28				20		

Fire safety at work should be a priority to protect lives, property, and your business. It is important that your employees know how to act if there is a fire. Fire safety training will encourage staff to reduce the fire risk and to be effectively prepared if a fire occurs. Our fire safety trainers and consultants are all experienced fire professionals with qualifications and memberships from nationally recognised organisations.

MENTAL HEALTH & WELLBEING

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Mental Health First Aid	Live online	2 days	£240	£36		22-23		26-27		29-30		12-13		4-5		14-15
	Face to face	2 days	£240	£36				14-15						18-19		
Mental Health First Aid Refresher	Live online	Half day	£105	£25	18								15			
Mental Health Skills for Managers	Live online	Half day	£137	£23									15			

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HEALTH & SAFETY

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IOSH Managing Safely®	Live online	3 days	£350	£48		15-17				7-9				11-13		
	Face to face	3 days	£350	£48			1-3						27-29			
IOSH Managing Safely Refresher®	Live online	1 day	£145	£44									6			
IOSH Leading Safely®	Live online	1 day	£180	£65		9				30						
Risk Assessment	Live online	1 day	TBC	TBC							5					

Often perceived as a tiresome chore, health and safety can end up being neglected and misunderstood, but effective safety management can help organisations to comply with legislation as well as prevent accidents & ill-health, increase productivity, save money and improve morale. Ouch provide an alternative style of health and safety courses designed to enthuse and involve delegates so they can gain a deeper insight and greater respect for the importance of health and safety in their workplace. Our trainers are highly qualified and have practical management experience in day-to-day health and safety issues.

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First Aid

- First Aid at Work
- First Aid at Work Requalification
- Emergency First Aid at Work
- Basic Life Support + AED
- Emergency Paediatric First Aid
- Paediatric First Aid
- First Aid for Parent & Child Carers
- Emergency Outdoor First Aid
- Outdoor First Aid
- Emergency First Aid Forestry
- First Aid for Schools
- First aid Annual Refresher

Business Training

- Conflict Resolution
- Equality & Diversity
- Introduction to Professional Boundaries
- Introduction to Business & Professional Ethics
- Introduction to Critical Thinking and Reasoning
- Change Management

Asbestos Safety

- Asbestos Awareness
- Asbestos Awareness Refresher
- Asbestos Awareness for Groundworker
- Asbestos Awareness for Groundworker Refresher
- Duty to Manage Asbestos
- Non-Licensed Asbestos Work
- Non-Licensed Asbestos Work Refresher
- Non-Licensed Asbestos Work for Groundworker
- Non-Licensed Asbestos Work for Groundworker Refresher

Mental Health First Aid

- Mental Health First Aid
- Mental Health Champion
- Mental Health Awareness
- Mental Health First Aid Refresher
- Mental Health First Aid (Youth)
- Mental Health Awareness (Youth)
- Stress Awareness
- Stress Management
- Mental Health Skills for Managers

Manual Handling

- Manual Handling Operators
- Supervising Manual Handling

Fire Safety

- Fire Warden in Construction
- Fire Marshal
- Fire Awareness
- Fire Extinguisher

Health and Safety

- IOSH Working Safely
- IOSH Managing Safely
- IOSH Managing Safely Refresher
- IOSH Leading Safely
- Risk Assessment Awareness
- Principles of Risk Assessment
- Needlesticks & Sharps Awareness
- Abrasive Wheels Operators
- Introduction to Working at Height
- Ladder and Steps Awareness
- Introduction to Working at Height Refresher
- Ladder Restraint
- Ladder Restraint (column)
- HABC Level 1 Health & Safety in a Construction Environment
- HABC Level 2 Health & Safety in the Workplace
- Display Screen Equipment Assessors
- COSHH Awareness
- COSHH Management
- Accident/Incident Investigation
- Behavioural Safety Awareness in Construction
- Behavioural Safety Management in Construction

Driver CPC

- Driver CPC Modular Health & Safety
- Manual Handling
- Vehicle Fire Safety
- Introduction to Health & Safety
- Drivers Risk Assessment
- COSHH Awareness
- Conflict Resolution
- Driver CPC Mental Health & Wellbeing Awareness
- Driver CPC Emergency First Aid

Consultancy

- Ethics Consultancy
- Change Management Consultancy
- Health and Wellbeing Audit
- Behaviour-based Consultancy

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