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# Course Dates 2024

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

"Another Excellent Ouch course. Well delivered, well-paced, covered everything, and used examples that related to our work. Precisely what we needed. Huge thanks to Max"

### ASBESTOS

"Really opened my eyes to the correct way to work safely"

### CONFLICT RESOLUTION

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

### EMERGENCY FIRST AID AT WORK

"Really professional, lots of really useful scenarios in examples to help remember some really helpful protocol. Everything was explained extremely well in a great manner. Everyone should do this course."

### IOSH MANAGING SAFELY

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


### How to book:

As you look through our open course catalogue, you can click on each course name to learn more about what the training involves. You can click on the date you would like to attend, which allows you to book online. Alternatively, you can contact us at [office@ouchlandd.co.uk](mailto:office@ouchlandd.co.uk) or 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	£250	N/A	8-10			15-17			8-10			29-31		
Emergency First Aid at Work	Face to face	1 day	£110	N/A	11		7	17		6	11		11	2		12

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	£30	N/A	5	2	26	12	2	26	25		26	28	21	
	Face to face	Half day	£37	N/A		7			9			9			8	
IATP Asbestos Awareness Refresher 	Live online	2 hours	£25	N/A	29	2	26	12	22	7	25	14		25	21	16
IATP Duty to Manage Asbestos 	Live online	1 day	£83	N/A	5				2				26			
	Face to face	1 day	£83	N/A		7			9			9			8	
IATP Non-Licensed Asbestos Work refresher 	Live online	Half day	£100	N/A	29				22	7		14		25		16





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	£105	N/A		8			10			8			7	

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 (Adult) 	Live online	2 days	£209	£35		29-1		25-26		13-14		15-16		3-4		5-6
	Face to face	2 days	£209	£36		5-6			7-8			6-7			5-6	
Mental Health Champion 	Live online	1 day	£159	£27	23		25	30	21		5		13		20	
Mental Health Awareness 	Live online	Half day	£75	£19			22				1				25	
Mental Health First Aid Refresher 	Live online	Half day	£75	£24			22				1				25	

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	£335	£48		26-28		22-24		10-12				22-24		2-4
	Face to face	3 days	£335	£48			4-6			3-5			9-11			9-11

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.



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. Funding available through CITB network for CITB members.

\*eligibility criteria applies. Please ask us for more details.

# 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 Heaton Centre,  
Thornfield Road,  
Stockport,  
SK4 3LD

Tel: 0800 389 1314

Email: [office@ouchlandd.co.uk](mailto:office@ouchlandd.co.uk)

Web: [www.ouchlandd.co.uk](http://www.ouchlandd.co.uk)

What 3 words: elbow.winter.yours

Asbestos Safety



Behavioural Support



Mental Health



Driver CPC



First Aid



Fire Safety



Business & Ethics



Health & Safety



Manual Handling





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# Course Dates 2025

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Manual Handling   Health & Safety   Asbestos Safety   Fire Safety

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## 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:

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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
First Aid at Work		Face to face	3 days	£260	N/A	15-17			22-24			7-9			15-17		
		Face to face	1 day	£115	N/A	14		13				26			8		
Emergency First Aid at Work		Face to face	1 day	£115	N/A	14		13			26			8			11

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	10		14		16		4		22		21	
		Face to face	Half day	£39	N/A		14			14			11				19
IATP Asbestos Awareness Refresher		Live online	2 hours	£26	N/A		4		8		27				1		12
UKATA Asbestos Awareness for Groundworkers		Live online	Half day	£32	£3	10				16				22			
IATP Duty to Manage Asbestos		Live online	1 day	£85	N/A			14				4				21	
IATP Non-Licensed Asbestos Work		Face to face	1 day	£185	N/A					15			12			20	
IATP Non-Licensed Asbestos Work refresher		Live online	Half day	£105	N/A		4		8		27				1		12

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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	£110	N/A		13		25			10			14		

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	£220	£35		17-18			1-2	9-10		4-5		2-3		18-19
	Face to face	2 days	£220	£36		10-11			12-13			13-14			17-18	
Mental Health Champion 	Live online	1 day	£165	£27		12					11				7	
Mental Health Awareness 	Live online	Half day	£80	£19	13			7						12		
Mental Health First Aid Refresher 	Live online	Half day	£80	£24	13			7						12		

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

				Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
IOSH Managing Safely®	Live online	3 days	£350		19-21		28-30		11-13				6-8		15-17
	Face to face	3 days	£350			10-12			23-25			9-11			8-10

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

				Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Manual Handling Operators	Face to face	1 day	£50		14			14			11			19	

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.

If you're a construction company, there are now two ways to access funding for your employees.

The CITB Grants scheme is available to construction employers of all sizes, whether or not you pay a levy to CITB.

The CITB Employer network is a new CITB initiative, whereby employers can access partial or full funding for training courses.

Please visit [www.citb.co.uk](http://www.citb.co.uk) for more information.

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