



Course Dates 2026

Wimborne 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 Training 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.

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.

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!"

Course delivery formats:

Face-to-face: The entire training course takes place in person here in Wimborne

Live online: All attendees will join the live session via a video conferencing platform

Blended learning: A combination of e-learning prior to a face-to-face practical session at our training venue.

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	5-7	11-13	11-13	14-16	11-13	17-19	7-9	11-13	9-11	19-21	11-13	7-9
First Aid at Work Requalification	Face to face	2 days	£195	N/A	15-16		9-10	27-28	14-15	4-5	13-14		7-8	7-8	9-10	
Emergency First Aid at Work	Face to face	1 day	£120	N/A	9 & 22	3 & 23	4 & 20	13	1 & 26	3 & 29	6 & 27	10	4 & 28	9 & 16	6 & 30	10

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	19	26	16	20	6	24	16		2	13	23	15
IATP Asbestos Awareness Refresher	Live online	2 hours	£26	N/A	9		3		26		3		29		3	
	Face to face	2 hours	£32	N/A	21		18		5		15		1		24	
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	
	Face to face	1 day	£85	N/A		26								13		
IATP Non-Licensed Asbestos Work	Face to face	1 day	£185	N/A	20	27	17	23	7	25	17		3	14	25	
IATP Non-Licensed Asbestos Work refresher	Live online	Half day	£105	N/A	9		3		26		3		29		3	
	Face to face	Half day	£120	N/A	21		18		5		15		1		24	

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.

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	19		16	20	6	24	16		2		23	15

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.

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	£36		16-17		27-28		29-30		24-25		8-9		7-8
	Face to face	2 days	£230	£36	29-30		23-24		18-19		20-21		16-17		16-17	
Mental Health Champion	Live online	1 day	£170	£27			4								6	
	Face to face	1 day	£170	£27				30						5		
Mental Health Awareness	Live online	Half day	£85	£19	19			29							4	
	Face to face	Half day	£85	£19		26				26				12		
Mental Health First Aid Refresher	Live online	Half day	£85	£24	19			29							4	
	Face to face	Half day	£85	£24		26				26				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.

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	12	25	19	17	8	23	10		24	15	27	11
Fire Warden in Construction	Face to face	1 day	£110	N/A		17		29		30				6		18

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.

HEALTH & SAFETY

	Type	Duration	Price (+VAT)	Awarding Body Fee (+VAT)	Jan	Feb	Mar	April	May	Jun	July	Aug	Sep	Oct	Nov	Dec
IOSH Working Safely®	Face to face	1 day	£125	£44	13			22			3			22		
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	26-28		25-27		20-22		22-24		21-23		18-20	
IOSH Managing Safely Refresher®	Face to face	1 day	£145	£44			6			2				2		
IOSH Leading Safely®	Live online	1 day	£185	£65			11				7		23			
	Face to face	1 day	£185	£65						9					5	
Behavioural Safety Awareness in Construction	Face to face	Half day	£65	N/A		5		23			1		14			2
Behavioural Safety Management In Construction	Face to face	1 day	£159	N/A		6		24			2		15			3

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. The CITB Employer network is a CITB initiative, whereby employers can access partial funding for training courses. Please visit www.citb.co.uk for more information.

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

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

Ouch Learning and Development

Ouch Learning and Development have been delivering a wide range of modern, cost-effective Health, Safety and Wellbeing training courses for over 25 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?

Head Office

Ouch Learning and Development,
13c Riverside Park, Station Road,
Wimborne, Dorset, BH21 1QU

Tel: 0800 389 1314

Email: office@ouchlandd.co.uk

Web: www.ouchlandd.co.uk

What 3 words: envisage.dumplings.abacus

Asbestos Safety



Behavioural Support



Mental Health



Driver CPC



First Aid



Fire Safety



Business & Ethics



Health & Safety



Manual Handling





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Live online: All attendees will join the live session via a video conferencing platform

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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	£280	N/A	13-15	8-10	15-17	14-16	26-28	22-24	12-14	11-13	13-15	13-15	15-17	14-16
First Aid at Work Requalification	Face to face	2 days	£200	N/A	7-8		8-9	12-13	5-6	8-9	15-16		20-21	11-12	18-19	
Emergency First Aid at Work	Face to face	1 day	£125	N/A	6 & 25	5 & 25	3 & 25	19	4 & 17	10 & 28	7 & 22	16	6 & 28	6 & 21	5 & 24	10

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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					
	Face to face	Half day	£40	N/A		11		21		11			7		4	
IATP Asbestos Awareness Refresher	Live online	2 hours	£34	N/A		1		28						25		13
	Face to face	2 hours	£34	N/A	18		2				5		29		29	
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	29	26	22	22	7	15	8		8	7	25	
IATP Non-Licensed Asbestos Work Refresher	Live online	Half day	£125	N/A		1		28						25		13
	Face to face	Half day	£125	N/A	18		2				5		29		29	

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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	Half day	£52	N/A			1			11			30		4	

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.

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	27-28		23-24		24-25		1-2		16-17		22-23	
Mental Health First Aid Refresher	Live online	Half day	£105	£25	18								15			
	Face to face	Half day	£105	£25		3				18				18		
Mental Health Skills for Managers	Live online	Half day	£137	£23									15			
	Face to face	Half day	£137	£23		3				18				18		

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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	11	12	18	20	14	16	6		9	19	26	13
Fire Warden in Construction	Face to face	1 day	£115	N/A		4			21					5		9

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.

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		15-17				2-4				11-13		
	Face to face	3 days	£350	£48	20-22		10-12		11-13		19-21		22-24		10-12	
IOSH Managing Safely Refresher®	Live online	1 day	£145	£44									6			
	Face to face	1 day	£145	£44						29						
IOSH Leading Safely®	Live online	1 day	£185	£65		9				30						
	Face to face	1 day	£185	£65			19							20		
Risk Assessment	Live online	1 day	TBC	TBC							5					
	Face to face	1 day	TBC	TBC				27						22		
Introduction to Working at Height	Face to face	Half day	£52	NA			1						30			

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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Asbestos Safety



Behavioural Support



Mental Health



Driver CPC



First Aid



Fire Safety



Business & Ethics



Health & Safety



Manual Handling

