



# WORCESTER BID TRAINING

## FEB-MARCH 2022

TRAINING 1  
DEFIBRILLATOR  
TRAINING

TRAINING 2  
FIRST AID TRAINING

TRAINING 3  
CATASTROPHIC BLEED  
TRAINING

TRAINING 4  
MENTAL HEALTH  
TRAINING

TRAINING 5  
FOOD HYGIENE TRAINING

HOVER OVER THE COLOURS TO SEE WHAT WE HAVE TO OFFER...



# [AED] DEFIBRILLATOR TRAINING

## TRAINING 2

[AED] Defibrillator Training

## LOCATION

Worcester BID, Rear Offices, Guildhall South Wing, Copenhagen St, Worcester, WR1 2EY

## DATES

Option 1 - 08/02/2022

**2 SPACES LEFT**

Option 2 - 22/02/2022

Option 3 - 08/03/2022

## TIMES

Option 1 - 9:15am- 12:15pm

Option 2 - 1:00pm- 4:00pm

Option 3 - 1:00pm-4:00pm

## GOAL

Learn how to use defibrillators to aid survival in cardiac arrest.

## WHAT IS INVOLVED

“Learning AED skills is becoming more important with the increase in the numbers of units in the community and workplace. They are easy to use with little training and make a real difference in the chance of survival to someone in cardiac arrest.”

“If you have already completed any other first aid course, you will understand the importance of the prompt use of an AED, making this an ideal course to develop your skills.”





# FIRST AID TRAINING

## TRAINING 2

First Aid

### DATES

Option 1 - 15/02/2022

FULLY BOOKED

Option 2 - 22/02/2022

1 SPACE LEFT

Option 3 - 15/03/2022

Option 4 - 22/03/2022

### TIMES

Option 1/2/3/4 - 9:30am - 4:30pm

### GOALS

Learn and feel confident in the use of first aid.

### WHAT IS INVOLVED

You will be trained in the areas of:

1. Priorities in First Aid
2. Control of Bleeding
3. Epilepsy
4. Poisoning
5. Burns and Scalds

### LOCATION

Drummonds, 28 New St, Worcester, WR1 2DP (TBC)

You will receive the Emergency First Aid at Work Certificate. This shows that you have completed the First Aid Training and are able to provide emergency treatment in the event of an individual injuring themselves or falling ill. The Certificate is valid for 3 years.





# CATASTROPHIC BLEED TRAINING

### TRAINING 3

Catastrophic Bleed

### LOCATION

Worcester BID, Rear Offices, Guildhall South Wing, Copenhagen St, Worcester, WR1 2EY

### DATES

Option 1 - 01/03/2022

Option 2- 08/03/2022

Option 3- 15/03/2022

Option 4- 29/03/2022

### TIMES

Option 1/2/4 - 9:15am - 12:15pm

Option 3- 1:00pm - 4:00pm

### GOALS

Learn techniques to help in situations with serious injuries.

### WHAT IS INVOLVED

“This Tourniquets and Haemostatic Dressings (VTQ) qualification is ideal for gaining an understanding of how to deal with a catastrophic bleed or injury. This subject has become popular as a result of disastrous situations and scenarios that sadly occur in our modern day.”

Catastrophic bleeding is life-threatening and can kill a casualty in minutes which means this training will cover lifesaving skills that can be used in the workplace or when called upon.

This course has been designed to cover the main types of commercial tourniquets including the CAT, MAT, SOFT T, SAM XT and Improvised Tourniquets. Haemostatic dressings from Celox, Quick Clot, Axiostat and other Haemostatic dressings and powders are also included. The course also covers the use of trauma dressings including the Air Wrap dressings.”





# MENTAL HEALTH TRAINING

**TRAINING**

MENTAL HEALTH TRAINING

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**DATES**

Option 1 - Wednesday 02/03/2022

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Option 2 - Wednesday 09/03/2022

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**TIMES**

Option 1/2 - 9:30am - 4:30pm

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**GOALS**

Workplace mental health training will enable staff to recognise and deal with mental health issues in the workplace.

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**WHAT IS INVOLVED**

Stress, depression or anxiety and musculoskeletal disorders accounted for the majority of days lost due to work-related ill health, 17.9 million and 8.9 million respectively. The mental health course is unique to others as it supports three key areas:

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- Mental Health
  - Wellbeing and supporting
  - Promoting and managing these in the workplace
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We should all learn how to recognise mental health issues in ourselves, colleagues, family, and friends.

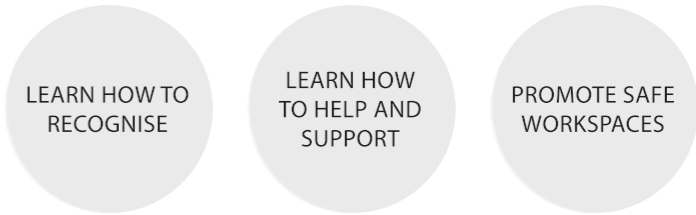
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**LOCATION**

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Worcester BID, Rear Offices, Guildhall South Wing, Copenhagen St, Worcester, WR1 2EY

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# FOOD HYGIENE TRAINING L2

**PROJECT**

FOOD HYGIENE TRAINING

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**LOCATION**

Location of Option 1 - Heart of Worcestershire College

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Location of Option 2 - Worcester BID, Rear Offices, Guildhall South Wing, Copenhagen St, Worcester, WR1 2EY

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**DATES**

Option 1 - Tuesday 08/02/2022

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Option 2 - Wednesday 16/03/2022

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**TIMES**

Option 1 - 9:00am - 4:00pm

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Option 2 - Time to be confirmed

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**GOALS**

Learn safe food preparation, handling, and cooking skills.

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**WHAT IS INVOLVED**

A Level 2 food hygiene training course is appropriate for most food handling staff within a catering business. You will learn how to safely prepare, handle and cook in a professional setting.

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Let's make Worcester safer...  
Join us at Worcester BID for training  
in 2022