



# Training Catalogue

2023/2024



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## Introduction

W D Training and Simulations is a UK based training company, in North Wales, The business was established over eight years ago, by husband-and-wife team, Dave and Fiona Redmond, who both have over thirty years experience and qualifications in trauma life support and nursing. They focus on the delivering both accredited and non-accredited courses to both public and private business and organisations, local, nationally and internationally.



## First Aid Training Suite

- First Aid at Work
- Emergency First Aid at Work
- Paediatric First Aid at Work
- Emergency Paediatric First Aid at Work
- Basic Life Support and Use of Automated External Defibrillator
- Cardiopulmonary Resuscitation and Automated External Defibrillator
- Activity First Aid
- First Aid Essentials
- Forestry Aid + F
- Paediatric First Aid (Annual Refresher)



## First Aid at Work (RQF)

- Ofqual regulated
- 3 day course
- Certificate valid for 3 years

Specifically designed for individuals who wish to act as a first aider in their workplace and covers:

### Course Content:

- The role and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and defibrillation
- Recovery Position
- Heart Attack
- Stroke
- Choking
- Epilepsy
- Asthma
- Diabetes
- Anaphylaxis Shock
- Head and spinal injuries
- Chest injuries
- Wounds and bleeding
- Fractures
- Sprains, strains and dislocations
- Minor injuries
- Burns and scalds
- Poisoning
- Eye injuries



## Emergency First Aid at Work (RQF)

- Ofqual regulated
- 1 day course
- Certificate valid for 3 years

Specifically designed for individuals who wish to act as an emergency first aider in their workplace and covers:

### Course Content:

- The roles and responsibilities of an emergency first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and defibrillation
- Recovery Position
- Choking
- Seizures
- Shock
- Wounds and bleeding
- Minor injuries
- Cuts, grazes and bruises
- Minor burns and scalds



## Paediatric First Aid at Work (RQF)

- Ofqual regulated
- 2 day course
- Certificate valid for 3 years

Specifically designed for those who have a childcare qualification, registered childminders/assistants and non-professionals who have an involvement with infants and children. The course covers:

### Course Content

- The roles and responsibilities of a paediatric first aider
- Assessing an emergency incident
- Dealing with an unresponsive infant or child
- Recovery Position
- CPR and defibrillation and choking
- Head, neck and back injuries
- Fractures
- Anaphylaxis and allergic reactions
- Meningitis
- Asthma
- Treatment for hot and cold body temperatures and febrile convulsions
- Seizures
- Diabetic Emergencies
- Poisoning
- Burns and scalds
- Electric Shock
- External Bleeding and hypovolaemic Shock
- Eye, ear and nose conditions
- Bites and stings and minor Injuries



## Emergency Paediatric First Aid at Work (RQF)

- Ofqual regulated
- 1 day course
- Certificate valid for 3 years

Specifically designed for those who have a childcare qualification, non-professionals who have an involvement with infants and children. The course covers:

### Course Content:

- The roles and responsibilities of an emergency paediatric first aider
- Assessing an emergency incident
- Dealing with an unresponsive infant or child
- Recovery Position
- CPR and defibrillation Choking
- Minor Injuries
- Bites and Stings
- Seizures
- External Bleeding and Hypovolaemic Shock



## Basic Life Support for Adults and Children (RQF)

- Ofqual regulated
- $\frac{1}{2}$  day course
- Certificate valid for 1 year

Specifically designed for those who have a childcare qualification, non-professionals who are involved with infants and children. The course covers:

### Course Content:

- The roles and responsibilities of an emergency paediatric first aider
- Assessing an emergency incident
- Dealing with an unresponsive infant or child
- Recovery Position
- CPR and defibrillation Choking
- Minor Injuries
- Bites and Stings
- Seizures
- External Bleeding Hypovolaemic shock



## Basic Life Support and Use of an Automated External Defibrillator (RQF)

- Ofqual regulated
- $\frac{1}{2}$  day course
- Certificate valid for 1 year

Specifically designed been designed to provide candidates with the skills needed to administer safe, prompt and effective basic life support and use an AED safely in emergency situations.

### Course Content:

- Chain of survival
- Assessing an incident
- Casualty assessment
- Managing an unresponsive casualty
- Recovery position
- CPR
- AED safety considerations
- Procedures for when Emergency Services arrive



## Cardiopulmonary Resuscitation and Automated External Defibrillator (RQF)

- Ofqual regulated
- $\frac{1}{2}$  day course
- Certificate valid for 1 year

Specifically designed been designed to provide candidates with the knowledge and skills needed to perform cardiopulmonary resuscitation (CPR) and use an AED safely in emergency situations.

### Course Content:

- Basic life support
- Recovery Position
- CPR
- Choking
- Safe use of Automated External Defibrillator
- Procedures for when Emergency Services arrive
- Basic AED maintenance



## Activity First Aid (RQF)

- Ofqual regulated
- 2 day course
- Certificate valid for 3 years

Specifically designed for those who have a specific interest or responsibility at work, or in voluntary and community activities, to provide basic first aid in emergency situations.

### Course Content:

- The role and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and use of AED
- Recovery position
- Heart Attack and Stroke
- Head, neck, back, chest and abdominal injuries
- Fractures
- External bleeding and shock
- Burns and scalds
- Choking
- Poisoning
- Anaphylaxis
- Asthma, Diabetes, Epilepsy and Seizures
- Treatment for hot and cold temperatures
- Minor injuries, sprains, strains and dislocations
- Eye injuries



## First Aid Essentials (RQF)

- Ofqual regulated
- 1 day course
- Certificate valid for 3 years

Specifically designed for those who have a specific interest or responsibility at work, or in voluntary and community activities, to provide basic first aid in emergency situations.

### Course Content:

- The role and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and use of AED
- Recovery position
- External bleeding and shock
- Choking
- Minor injuries
- Accident Reporting



## Forestry First Aid

+ F (RQF)

- Ofqual regulated
- 2 hour course
- Certificate valid for 3 years

Specifically designed for those who work or intend to work in a forestry, agricultural or remote environment, such as tree surgeons and farmers.

### Course Content:

- Extreme cold
- Extreme Heat
- Treatment of Adder snake bites
- Catastrophic bleeding inc. direct pressure, tourniquets and haemostatic agents
- Crush injuries
- Lyme disease



## Paediatric First Aid (Annual Refresher) (RQF)

- Ofqual regulated
- 3 hour course
- Recommend Annually until paediatric first aid requalification training is required

Specifically designed to allow qualified paediatric first aiders to refresh their knowledge and practise essential paediatric first aid skills every year until requalification training is required.

### Course Content

- Assessing an incident
- Managing an unresponsive infant or child
- Recovery position
- CPR and defibrillation
- Choking
- Seizures



## Health & Social Care Training Suite

- Infection Prevention and Control
- Contenance Awareness
- Deprivation of Liberty Safeguards (DOLS)
- Diabetes Awareness
- End of Life Care
- Epilepsy Awareness
- Advanced Epilepsy Awareness, Treatment and Care with the addition of administration of Buccal Midazolam
- Advanced Epilepsy Awareness, Treatment and Care with the addition of administration of Rectal Diazepam
- Safeguarding and Protecting Children, Young People and Adults at Risk
- Asthma Awareness
- Healthcare Anaphylaxis



## Infection Prevention and Control(RQF)

- Ofqual regulated
- 3 hour course
- Refresher training recommended every 3 years

Specifically designed for those with a responsibility to help stop the spread of infection within their job role, particularly useful for health care assistants, health care workers or social care workers.

### Course Content:

- The importance of infection prevention and control
- Roles and responsibilities
- Minimising the risk of infection
- Personal protective equipment Personal hygiene
- Hand washing procedures



## Continence Awareness

- 4 hour course
- Certificate valid for 1 year

Specifically designed for care workers, families, first aiders, schools, workplace, focusing on the considerations put in place when someone in care has known continence issues.

### Course Content:

- Managing patient dignity
- Incontinence Aids
- Cleaning and hygiene techniques



## Deprivation of Liberty Safeguards (DOLS)

- 2 hour course
- Certificate valid for 3 years

Specifically designed to protect people in care homes and hospitals from being inappropriately deprived of their liberty. The course is suitable for care workers, support staff, social worker, doctors and nurses.

### Course Content

- An overview DOLS or safeguards that have been put in place to make sure that a care home or hospital only restrict someone's liberty safely and correctly and that this is done when there is no other way to take care of that person safely.
- The rules and planning needed to ensure compliance and understanding.



## Diabetes Awareness

- 3 hour course
- Certificate valid for 3 years

Specifically designed for those who require a course in diabetes awareness in any workplace or family setting. The course is suitable for care workers, families, first aiders, schools and workplace.

### Course Content

- An overview of Diabetes
- Diabetes management



## End of Life Care

- 3 hour course
- Certificate valid for 3 years

Specifically designed for those who require an introduction to providing Palliative Care. The course is suitable for care workers and nurses

### Course Content

- An overview of Palliative Care
- The requirements when dealing with service users at the end-of-life care



## Epilepsy Awareness

- 4 hour course
- Certificate valid for 2 years

Specifically designed for those who are caring for people with Epilepsy. The course is suitable for care workers, families, first aiders, schools, and the workplace.

### Course Content

- An overview of Epilepsy to promote education and patient care



Advanced Epilepsy Awareness,  
Treatment and Care with the  
addition of administration of  
Buccal Midazolam

- 3 hour course
- Certificate valid for 2 years

Specifically designed for those who are caring for people with Epilepsy. The course is suitable for care workers and nurses

Course Content

- An overview of Epilepsy, seizures and the administration of Buccal Midazolam including effects, side effects and dose
- Record keeping
- After treatment care



Advanced Epilepsy Awareness,  
Treatment and Care with the  
addition of administration of  
Rectal Diazepam

- 4 hour course
- Certificate valid for 2 years

Specifically designed for those who are caring for people with Epilepsy. The course is suitable for care workers and nurses

Course Content

- An overview of Epilepsy, seizures and the administration of Rectal Diazepam
- Record keeping
- After treatment care



## Safeguarding and Protecting Children, Young People and Adults at Risk

- 3 hour course
- Refresher training recommended every 3 years

Specifically designed for those who have a responsibility for safeguarding and protecting in environments such as the NHS, education, healthcare, social services and those who work in voluntary/unpaid positions.

### Course Content

- Understanding safeguarding and protection responsibilities and different types of abuse
- Procedures for reporting, recording and responding to suspected, alleged or disclosure of abuse
- The Government's person-centered approach to safeguarding and protection
- Support mechanisms available for staff and others following abuse



## Asthma Awareness

- 3 hour course
- Certificate valid 3 years

Specifically designed for those who care for someone with Asthma or are suffering with the condition. This course is suitable for care workers, families, first aiders, schools, workplace and sports trainers

### Course Content

- Promote awareness of the condition and provide an awareness to avoid hospital admissions



## Healthcare Anaphylaxis

- 3 hour course
- Certificate valid for 1 year

Specifically designed for healthcare professionals who require a more advanced course in Anaphylaxis care. This course is suitable for care workers, nurses, workplace and schools

### Course Content

- The use of Epi-Pens, Jext and Emerade
- Recognition of signs, treatment and concerns regarding the treatment and anaphylaxis
- The care of the casualty and the activation of Emergency Medical Services



## Manual Handling Training Suite

- Principles of Manual Handling (RQF)
- Safe Moving and Handling
- Principles and Practice of Moving People Safely



## Principles of Manual Handling (RQF)

- 3 hour course
- Refresher training recommended every 3 years

Specifically designed for all employees to reduce the risk of workplace manual handling injuries.

### Course Content:

- Common manual handling injuries
- Manual handling laws
- Responsibilities of employers and employees
- Risk assessment
- Safe movement principles associated with manual handling
- Theory of safe manual handling principles
- Manual handling equipment



## Safe Moving and Handling (RQF)

- 1 day course
- Refresher training recommended every 3 years

Specifically designed for those who work, or intend to work, in a role that involves manual handling. It is an ideal course for those working in a variety of environment's including shops and warehouses

### Course Content:

- Common manual handling injuries
- Manual handling laws
- Responsibilities of employers and employees
- Risk assessment
- Safe movement principles associated with manual handling
- Theory of safe manual handling principles
- Manual handling equipment
- Manual handling practice sessions



## Principles and Practice of Moving People Safely

- 1 day course
- Refresher training recommended every 3 years

Specifically designed for those who work, or intend to work, in a role that involves assisting and moving people. It is an ideal course for those working in a variety of environments including shops and warehouses

### Course Content:

- Importance of safe manual handling
- Injuries and ill health caused by incorrect manual handling
- Employee and employer requirements
- Manual handling laws
- Consequences of non-compliance with health and safety requirements
- Risk assessment
- Personal Handling plans, personal safety and unsafe manoeuvres
- Anatomy of the spine and mechanics of movement
- Principles of moving people and procedures for emergency handling
- Requirements for testing and servicing equipment
- Manual handling practice sessions



## Mental Health First Aid Training Suite

- Awareness of First Aid for Mental Health
- First Aid for Mental Health
- Supervising First Aid for Mental Health



## Awareness of First Aid for Mental Health

-  $\frac{1}{2}$  day course

Specifically designed for those specifically designed for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

### Course Content

What is First Aid for Mental Health?

Identifying mental health conditions

Providing advice and starting a conversation



## First Aid for Mental Health

- 1 day course

Specifically designed to provide learners with the knowledge to identify suspected mental health conditions as well as covering the effects of drugs and alcohol and the First Aid for Mental Health Action Plan.

### Course Content

- What is First Aid for Mental Health
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace



## Supervising First Aid for Mental Health

- 2 day course

Specifically designed to focus on a wide range of mental health conditions and the support and help provided by healthcare professionals. This course is aimed at those within a supervisor/ manager level within the workplace, as the designated First Aider for Mental Health.

### Course Content

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- A large range of Mental Health conditions covered in detail



## Pet First Aid Training Suite

- Outdoor Dog First Aid
- Pet First
- Security Dog First Aid



## Outdoor Dog First Aid

- 5 hour course
- Certificate valid for 3 years

Specifically designed for people who work with outdoor working dogs. It is ideal for dog owners, dog professionals, search, rescue and agriculture

### Course Content

- Understanding basic first aid for your dog
- Skills to assist your ill dog and prevent them from getting worse before professional help is given by your vet



## Pet First Aid

- 4 hour course
- Certificate valid for 3 years

Specifically designed for pet owners or pet professionals. It covers the main first aid subjects for dogs and cats, but this information is also suitable for most other animals. This course suitable for pet owners, pet professionals, dog walkers, kennel staff and veterinary staff.

### Course Content

- Understanding basic first aid for your pet will give
- Skills to assist the pet and prevent them from getting worse before professional help is given by your vet.



## Security Dog First Aid Level

- 7 hour course
- Certificate valid for 3 years

Specifically designed and approved by NASDU for the requirement of pet first aid in their standards. This course is suitable for dog handlers, police, security guards, dock, customs and airport staff.

### Course Content

- The importance of first aid for your security dog, relating to its welfare and to comply with associations and local authority policies
- The risks involved relating to the dog's health
- The management of injuries



## Additional Information

Accredited Course

Or

Non - Accredited Course

### Accredited Courses

- These are training courses and qualifications that are approved by an awarding organisation.
- Course accreditation isn't just a mark of quality: for some careers/jobs, completing an accredited course is a requirement either because employers will always ask for it or because employees can't legally do the job without it.

### Non-Accredited Courses

- These are training course that have not undergone formal evaluation and recognition by an accrediting body.
- The courses offer valuable knowledge and skills but lack official approval and endorsement.
- Non-Accredited course often provide more flexibility and customisation options and can be tailored to meet specific needs, allowing you to focus on niche areas or unique skill sets that may not be covered extensively in accredited programs.



## Terms and Conditions of Business

### Bookings and Cancellations:

Bookings can be made by telephone or via email. Once the course confirmation email has been sent, your booking is confirmed and subject to these terms and conditions. Cancellations must be received in writing by email.

### Payment:

For companies or organisations booking delegates – full payment **MUST** be received 7 days prior to the start date of the course unless prior arrangements have been agreed by the company and W D Training and Simulations. Payment to be made by BACS.

### Cancellations:

If the booking is cancelled by the company (purchaser), the following fees will apply:

- Cancellation that is more than 14 days, prior to the confirmed date of the course, a 100% refund will be given to the company (purchaser).
- Cancellation that is within 7 to 14 days, prior to the confirmed date of the course, a 50% refund will be given to the company (purchaser).
- Cancellation that is less than 7 days, prior to the confirmed date of the course, no refund will be given to the company (purchaser).



## Terms and Conditions of Business cont....

### Force Majeure:

W D Training and Simulations cannot be held responsible for any incident or occurrence outside its control that affects the provision of any given course date, course forecast, course content or course timing, and/or including cancellation, amendment, or re-scheduling. Where a course content or course timing has to be amended/cancelled/re-scheduled for whatever reason, W D Training and Simulations will make every reasonable effort to make alternative arrangements

### Certificates:

For courses that are paid in advance, certificates, will be issued within 7 days of the completion of the course. For customers on alternative payment arrangements, certificates will be released, on receipt of payment.

### Course Timings & Attendance:

Failure to attend any part of the course will result in the delegate's removal from the final examination (where applicable). Any delegate failing to attend without notice will still reflect a booking and the full fee will remain payable for the course not attended. A further course fee will be payable if a re-booking is made.



## Terms and Conditions of Business cont....

### Fitness to Attend:

Delegates placed on any course must be free from any ailment, condition or injury that will affect their ability to participate during the practical aspects of the course and in the case of First Aid Courses, be fit and have the right attributes of a First Aider and be able to give First Aid in an emergency situation, unless prior discussions between the company and W D Training and Simulations has ensured the appropriate adjustments for the delegate. All delegates must have a fluent enough level of spoken and written English to be able to understand the teaching and undertake written examinations unless prior discussions between the company and W D Training and Simulations have ensured the appropriate adjustments for the delegate.

### Companies or Organisations Booking Onsite Training - Training Space Requirements:

The room being used for the training **MUST** be large enough to accommodate all delegates attending the course, typically up to a maximum 12 people, with sufficient room for groups of students to practice practical aspects that involve kneeling or lying on the floor. Space will also need to be available for learners to complete their written questionnaires. Please note: Trainers have the right to refuse to carry out training where the training space is not conducive to learning or in breach of Health and Safety Regulations. No refunds will be available where a trainer has to refuse to carry out the training as above.



## Terms and Conditions of Business cont.....

### Right of Admission:

W D Training and Simulations reserves the right to refuse admission to any delegate exhibiting unruly or anti-social behaviour to either its staff or other delegates. Any such incident will result in the immediate dismissal of the offending delegate from the course.

### Complaint's Procedure:

If you are dissatisfied or have concerns with any areas of the course, we would like to hear from you. To make your complaint please email us at [info@wdsims.co.uk](mailto:info@wdsims.co.uk) or alternatively by post to the address at the bottom of our terms and conditions. Please allow 14 days for us to investigate any concerns you may have.

W D Training and Simulations  
Mersey Cottage  
Trelogan  
Holywell  
Flintshire  
CH8 9BY

Tel: 07850 387668  
Email: [info@wdsims.co.uk](mailto:info@wdsims.co.uk)



Book a Course

To discuss your training requirements and course prices, please contact us  
on:

Tel: 07850 387668

Email: [info@wdsims.co.uk](mailto:info@wdsims.co.uk)



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