



- First Aid
- Paediatric First Aid
- Mental Health First Aid
- Suicide First Aid
- Bespoke



Why Train?

It is a legal requirement for workplaces to have adequate emergency First Aid provisions (Health and Safety at Work Act, 1974).

Poor mental health is the main cause of workplace absence in the UK, costing around £56bn to the economy with an employee absent for an average of 18 days per year [1].

Investing in your staff's development and wellbeing helps improve engagement and morale and increase productivity.

A happier workforce creates a more motivated team with fewer ailments and absenteeism.

Why Shine?

Courses from nationally recognised MHFAE and Quasafe Awards.

Over 25 years' experience in teaching.

A personal approach to create outcomes that work for your business or organisation.

We are proud to deliver a variety of legal and recommended training across Lincolnshire and beyond.

By choosing to undertake your training with Shine Lincolnshire, you enable us to continue our vital work supporting health and wellbeing across communities in Lincolnshire.



Courses

Quasafe accredited Adult First Aid

- L2 Award in Adult Basic Life Support including CPR and use of AED | 4 hrs
- L2 Award in Adult Basic Life Support including CPR, use of AED and management of Anaphylaxis | 4 hrs
- L3 Award in Adult Emergency First Aid at Work (EFAW) | 1 day
- L3 Award in Adult First Aid at Work (FAW) | 3 days
- L3 Award in Adult First Aid at Work Requalification | 2 days

Quasafe accredited Paediatric First Aid

- L3 Award in Emergency Paediatric First Aid | 1 day
- L3 Award in Paediatric First Aid | 2 days

Mental Health First Aid England (RSPH approved)

- Half Day Mental Health Awareness
- 1 Day Mental Health Champion
- 2 Day Mental Health First Aid
- Mental Health First Aid Refresher (within three years of the above)

Suicide First Aid (City & Guilds assured programme)

- Suicide First Aid (builds on to MHFA) training pathway
- Suicide First Aid Lite | 4 hours
- Suicide First Aid | 1 day | inc. optional L4 accreditation through City & Guilds



01522 300206



education@shinelincolnshire.com



www.shinelincolnshire.com

First Aid

The Health and Safety Regulations (1981) require employers ensure their employees receive immediate attention if they are injured or taken ill at work, including appointing a suitable amount of first aiders.

Our first aid training courses cover beginner to annual refreshers, all of which are compliant with HSE legislation and requirements.

L2 Basic Life Support & Safe Use of an AED

RQF | Half Day

- Essential skills needed to administer safe, prompt and effective basic life support in an emergency.

L3 Emergency First Aid at Work

RQF | 1 day | valid for 3 years

- CPR, AED use, choking, recovery position and cuts and wound management.

L3 First Aid at Work

RQF | 3 days | valid for 3 years

- An upskill from the 1 day course, providing a comprehensive set of skills to deal with most eventualities.
- Also explores conditions such as head injuries, diabetes, anaphylaxis and heart conditions.

L3 Emergency First Aid at Work Requalification

2 day

L3 Emergency Paediatric First Aid

RQF | 1 day | valid for 3 years

- Learn the roles and responsibilities of the emergency paediatric first aider and the skills needed to deal with a range of paediatric first aid situations, such as CPR and controlling external bleeding.

L3 Paediatric First Aid

RQF | 2 day | valid for 3 years

- This course is a mandatory requirement for a child minding NVQ and meets all NCMA and Ofsted guidelines.
- Covers first aid for children and equips you with the knowledge and skills to confidently administer a range of first aid treatments tailored to children. This includes common injuries, specific childhood conditions and life-threatening emergencies.

Mental Health

Mental Health First Aid (MHFA) is an internationally recognised training course delivered by a quality assured instructor who has attended the MHFA England Instructor Training programme accredited by the Royal Society for Public Health.

What will I learn?

What you learn will depend on the level of qualification. These vary in length from 4 hours to 2 days. A basic level covers what mental health is, how to challenge stigma and look after your own wellbeing. An advance level looks at understanding the many different mental health conditions, how to support wellbeing, practical skills in spotting signs and triggers of ill mental health and how to help in a crisis.

- **Mental Health Awareness** | Half Day
- **Mental Health Champion** | 1 Day
- **Mental Health First Aid** | 2 Day
- **Mental Health First Aid Refresher** (within 3 years of the above)

Why do the course?

- Around 1 in 6 people (14.7%) experience mental health problems in the workplace [2].
- 1 in 3 employees still feel that mental health support in their workplace is inadequate and would like more support from their employers [3].
- Only 13% of employees feel comfortable discussing their mental health in the workplace [4].
- Happy employees are 13% more productive, on average [5].

[1] Mental health and employers, Deloitte, March 2022

[2] Lelliott, P., Tulloch, S., Boardman, J., Harvey, S., & Henderson, H. (2008). Mental health and work. gov.uk

[3] Charlie HR The state of mental health at work post COVID-19. (2022)

[4] Wooldridge, Scott. (2022) 'Mental health in the workplace, 2023 preview', www.benefitspro.com. 30 December.

[5] Mental Health Midlands (2021). The UK's mental health issues in the workplace. www.mentalhealthmidlands.co.uk. 14 March. Bellef, Clement and De Neve, Jan-Emmanuel and Ward, George. Does Employee Happiness have an Impact on Productivity? (October 14, 2019). Said Business School WP.2019-13.

Suicide First Aid

Our mental wellbeing is intertwined and influenced by the workplace. Having a positive approach to mental wellbeing including an open culture, policy and support, creates a proactive, preventative workplace. This training builds on the skills learnt on the mental health first aid course, or can stand alone.

Suicide First Aid Lite | 4 hours

- Knowledge and tools to understand that suicide is one of the most preventable deaths.
- Basic skills that can help someone with thoughts of suicide stay safe from their thoughts.

Suicide First Aid | 1 day | Optional level 4 accreditation through City & Guilds

- Participants learn and practice the skills needed to identify someone who may be thinking about suicide, and to competently intervene to help create a safe plan, as a first aid approach.

If you would like to find out more please visit our website or contact us education@shinelincolnshire.com



Bespoke

At Shine Lincolnshire, our dedicated team of experts will work closely with you to understand your specific challenges and goals. Together, we can design a customised program that reflects your requirements. Whether it's specialised or needs focussed, we're here to create a learning experience that promotes mental health awareness, resilience, and support within your organisation.

Let's Shine Together