

Course Handbook

Welcome To First Aid Coaching





Table of Content

- Welcome Message
- Staff Courses
- Equipment
- Student Courses
- Contact Us



Welcome to First Aid Coaching

Thank you for taking the time to explore our First Aid Coaching Course Brochure. With over a decade of experience in First Aid and Health & Safety training, we are proud to be a trusted provider for staff and students across Ireland.



At First Aid Coaching, we offer both blended learning and fully in-person courses designed to fit your schedule and specific needs. Whether you're an individual looking to expand your skills or an organisation seeking to train a team, we ensure top-quality training delivered to the highest standards.

As a fully insured, vetted, and recognised institution offering accredited courses, you can have peace of mind knowing you're in safe and professional hands. With flexible learning options and nationwide coverage, we're here to make first aid training accessible, convenient, and impactful for everyone.

We look forward to supporting you on your journey to becoming confident and competent in first aid. Let's work together to create safer workplaces, communities, and homes!

— The First Aid Coaching Team



Staff Training

At First Aid Coaching, we offer **Online, Blended Learning** and **Fully In-Person** courses designed to fit your schedule and specific needs, including accommodating **Croke Park Hours** for schools and educators. Whether you're an individual looking to expand your skills or an organisation seeking to train a team, we ensure top-quality training delivered to the highest standards.

- **First Aid Responder - Blended or Fully In Person**
- **First Aid Responder Refresher - Blended or Fully In Person**
- **Basic Emergency First Aid - Online, Blended or In Person**
- **Sports First Aid - Online, Blended or In Person**
- **Paediatric First Aid - Online, Blended or In Person**
- **CPR/AED Training - Half Day**
- **Manual Handling - Blended or In Person**
- **Fire Warden & Safety Training - Half Day**
- **HACCP - Basic Food Hygiene Level 1 Online or In Person**
- **Visual Display Unit Training - In Person - Half Day**
- **Evacuation Chair - Half Day**
- **Patient Moving & Handling - Half Day**
- **First Aid for Mental Health - Level 1 - Half Day**
- **First Aid for Mental Health - Level 2 - 1 Day**
- **Prevention and Management of Aggression and Violence Course - 1 Day**



AED Sales & Services

Sales

We offer a comprehensive range of lifesaving equipment and accessories to suit all needs:

- AED Units: Access all leading brands of Automated External Defibrillators (AEDs) for personal or organisational use.
- AED Pads: High-quality pads compatible with all AED brands.
- Long-Life AED Batteries: Durable batteries to keep your AED ready at all times.
- Basic Life Support Kits: Essential tools for effective emergency response.

After-Sales Support

We're here to ensure your lifesaving equipment stays in top condition:

- Annual AED Service Checks: Keep your AED fully operational with our expert maintenance service (optional).
- Replacement Pads & Batteries: Compatible with all AED brands, ensuring you're always prepared.
- Replacement Parts: Available at additional costs for all major brands.

Extras:

Enhance your emergency preparedness with our premium accessories and first aid supplies:

- AED Carrybags: Portable solutions to store and transport your AED securely.
- Indoor/Outdoor Wall Cabinets: Protect and display your AED for easy access.
- HSA-Approved First Aid Kits: Choose from a full range of Health & Safety Authority-approved kits.
- Customised First Aid Kits: Tailor your kit to specific needs, such as sports or specialised environments.
- Burn Treatment Kits: Specialised kits to provide rapid and effective burn care.
- Individual First Aid Supplies: Full selection of high-quality first aid essentials.

Why Choose Us?

At First Aid Coaching & UFAS, we prioritise quality, reliability, and customer satisfaction. Whether it's a customised kit, after-sales support, or lifesaving equipment, we're committed to helping you stay prepared for any emergency.

Contact our dedicated team: Sales@FirstAidCoaching.ie

PMAV TRAINING – ESSENTIAL SKILLS FOR WORKPLACE SAFETY

Learn to Manage Aggression & Violence Safely and Effectively

Are you prepared to handle challenging situations in the workplace? Our PMAV (Physical Management of Aggression & Violence) Health & Safety Course equips professionals with the knowledge and skills to prevent, de-escalate, and safely respond to aggression and violence in a way that is legally and ethically sound.

What You'll Learn:

This course provides a comprehensive mix of theory, legal guidance, and hands-on practice, covering:

✦ Understanding Workplace Aggression & Violence

- ✓ The theory of aggression and violence in different work environments
- ✓ Ethical & legal responsibilities when dealing with aggression
- ✓ Strategies to reduce risks and prevent incidents before they escalate

✦ Recognizing & Managing Conflict

- ✓ Identifying early warning signs & triggers
- ✓ The assault cycle and how to manage escalating situations
- ✓ Verbal & non-verbal de-escalation skills

✦ Safe Physical Interventions (Demonstration & Practical Sessions)

- ✓ Breakaway techniques – clothing, wrist, hair, body, or bite holds
- ✓ Defense techniques – protecting yourself from kicks, slaps & punches
- ✓ Understanding the physical & psychological risks of interventions
- ✓ Safe practices for lone working & personal safety in physical care

Who Should Attend?

This course is essential for professionals who work in environments where managing aggression and conflict is a key part of their role, including:

- ◆ Healthcare & Social Care Workers
- ◆ Security & Emergency Response Staff
- ◆ Education & Special Needs Professionals
- ◆ Retail, Hospitality & Customer-Facing Roles

Course Details:

- 🕒 Duration: 1 Day
- 📍 Where: In person



🏆 Certification: FAC/UFAS certification of 2 yrs duration

Be confident, stay safe, and protect those around you. Book your spot today!
Sales@firstaidcoaching.ie



Student Courses

At FAC, we believe that first aid knowledge is a life skill everyone should have, starting from a young age. That's why we're delighted to offer adaptable courses for students, designed to suit learners from **4th Class in primary school to 6th Year in secondary school.**

Our courses cater to all levels, with specific programmes tailored for:

- **1st to 3rd Year students**, aligning with the **Wellbeing Programme.**
- Senior Cycle students, particularly those participating in the **Transition Year (TY) programme.**

We cover a wide range of essential topics to ensure students are equipped with critical safety and first aid knowledge. Some of the courses we offer include:

- **Emergency Basic First Aid**
- **First Aid for Mental Health**
- **Manual Handling**
- **HACCP (Basic Food Hygiene level 1)**
- **Fire Safety Awareness**
- **Health & Safety**
- **Farm Safety**
- **Workplace Induction**
- **Stop the Bleed**
- **VR-CPR Training**
- **VR-Fire Warden Training**

FAC provides flexible training packages not only for students but also for **staff, parents, and the wider community**, ensuring comprehensive safety education for all. Prepare students with practical, life-saving skills and empower them to respond effectively in emergencies!

Contact us today to learn more about our tailored courses for your school or programme! Sales@FirstAidCoaching.ie



Emergency
First Aid

Why choose Emergency First Aid?

Transition Year First Aid Courses delivered in-house in any locations across Ireland.

This Transition Year First Aid Course is specifically designed for TY Students

Course content: CPR - A.E.D- Bleeding - Broken bones and fractures - Heartattack - Choking - Stroke - Allergic Reactions - Poisoning - Concussion - Epilepsy - Asthma - Diabetes

When will I need to use it?

*Next time someone is
injured!*



Who uses it?

Simply EVERYONE should know First Aid & CPR as you never know who's life you might save.

People who work in:

Hospitality
Childcare
Café
Restaurant
Shop
Education
Hospital
Office
Retail

To name a few...

For more information, please contact

Fiona (01-5549708)

fiona@firstaidcoaching.ie or

Visit **www.firstaidcoaching.ie**



Manual
Handling
for TY'S

Why choose Manual Handling?

Our Manual Handling course will equip your students with the following skills:- Risk Assessment-Awareness of the relevant Legislation-How to identify workplace hazards-Physiology- Safe handling techniques-Ergonomics-Employer and employee obligations.

These manual handling courses provide practical application of these skills and demonstration of correct handling and lifting techniques and simulated practice by learners. On completion of our manual handling courses all attendees will have knowledge of back physiology and correct movement techniques and posture.

When will I need to use it?

*Next time you pick up
your bag!*



Who uses it?

Sports People
Childcare
Hospitality
Nursing
Hospital
Hair & Beauty
Preschool Teaching
Archaeologists
Scientists
Builders
Carpenters
Farmers
Defence Forces
Tradespeople
To name a few...

For more information, please contact
Fiona (01-5549708)
fiona@firstaidcoaching.ie or
Visit www.firstaidcoaching.ie



Fire Safety
for TY'S

What is a Fire Safety Course?

This Fire safety awareness training course are specifically designed for employees in any workplace to train in correct fire awareness and fire fighting techniques

Our Fire safety awareness training course will equip you with the following skills:- understanding fire-Awareness of the relevant Legislation-How to identify workplace hazards- Developing an action on hearing the fire alarm- Practical use of fire extinguishers-Evacuation procedures-Employer and employee obligationscalling the Emergency services

When will I need to use it?

*Next time there is a fire
drill in school!*



Who uses it?

People who work in:

Hospitality
Childcare
Café
Restaurant
Shop
Education
Hospital
Office
Retail

To name a few...

For more information, please contact

Fiona (01-5549708)

fiona@firstaidcoaching.ie or

Visit **www.firstaidcoaching.ie**



Mental
Health
First Aid
for TY'S

Why choose Mental Health First Aid?

Ofqual regulated Mental Health First Aid training courses, teach delegates how to recognise warning signs of mental ill health and help them to develop the skills and confidence to approach and support someone, while keeping themselves safe.

Course content: What is First Aid for Mental Health identifying mental health conditions - Providing advice and starting a conversation
Stress Mental health conditions - Drugs and alcohol - First Aid for Mental Health action plan - First Aid for Mental Health in the workplace - Depression - Post-traumatic stress disorder - Self-harm - Suicide - Eating disorders - Personality disorders - Bipolar disorder - Psychosis - Anxiety

When will I need to use it?

*Next time you feel anxious
or stressed!*



Who uses it?

You and those that sit our Mental Health First Aid will be able to help, understand and have the important conversation when needed.

You could help your
Family
Fellow students
Teachers
Work colleagues
Neighbours
To name a few...

For more information, please contact

Fiona (01-5549708)

fiona@firstaidcoaching.ie or

Visit www.firstaidcoaching.ie



Health &
Safety for
TY'S

Why choose Workplace Health & Safety?

The Health and Safety in the Workplace course teaches employees about the common hazards that exist in workplaces, such as those associated with manual handling, slips, trips, and falls, and workplace stress. It explains the safety measures and precautions that employers should implement to uphold health and safety. The course explains both employer and employee responsibilities under health and safety law. As well as detailing employer responsibilities, it also outlines employee responsibilities to promote health and safety and protect their wellbeing.

When will I need to use it?

*Next time you disembark from
your school bus!*



What is in the course?

Our Health and Safety at workplace courses will equip you with the following skills:

Module Two: Workplace Hazards and Risks:

Part One This module is the first of two that explains common workplace hazards. • Slips, trips, and falls • Working at height • Manual handling • Hazardous substances

Module Three: Workplace Hazards and Risks:

Part Two This module explains further common workplace hazards. • Machinery and vehicles • Electricity • Fire • Stress

Module Four: Workplace Conditions This module details how certain aspects of a work environment could compromise health and safety, and how to prevent this from happening. • Good housekeeping • The benefits of good housekeeping • Welfare facilities • Safety signs

Module Five: Workplace Procedures This final module outlines the importance of reporting accidents and hazards to your employer, as well as procedures they should have in place in the event of an accident. • The importance of reporting • First aid arrangements • First aid kit • Personal protective equipment • Personal hygiene

For more information, please contact

Fiona (01-5549708)

fiona@firstaidcoaching.ie or

Visit **www.firstaidcoaching.ie**

FIRST AID TRAINING



Be prepared for emergencies in the classroom or workplace with our First Aid Training delivered through Irish! At First Aid Coaching, we provide certified, practical, and hands-on first aid courses tailored for scoileanna, workplaces, and community groups across Ireland.

- ✓ **Oiliúint trí Ghaeilge – ideal for Gaelscoileanna & Irish-speaking workplaces**
- ✓ **Scileanna riachtanacha tarrthála beatha – CPR, wound care, choking response & more**
- ✓ **Oiriúnach do mhúinteoirí, fostaithe & teams of all sizes**
- ✓ **Recognised by the HSA & meets workplace first aid requirements**

Leabhar Lámhleabhar Céadchabhrach Digiteach Eisiach ar fáil i nGaeilge



Tá éileamh mór air –

Book Early to Avoid Disappointment!

📍 On-site training available for schools & workplaces

📅 Flexible scheduling to suit your needs

🎓 Qualified & experienced instructors

**FIRST AID TRAINING TRÍ GHAEILGE
BOOK NOW BEFORE IT'S TOO LATE!**

FIONA@FIRSTAIDCOACHING.IE





EMPLOYABILITY TRAINING PORTAL FOR LEAVING CERT STUDENTS



- **EMERGENCY FIRST AID**
- **MANUAL HANDLING**
- **HACCP BASIC LEVEL 1**
- **HEALTH & SAFETY IN THE WORKPLACE**
- **FIRE SAFETY**
- **EMPLOYMENT RIGHTS IN THE WORKPLACE**

PREPARING YOUR STUDENTS FOR THE WORK PLACE.

- **EMPOWERING YOUR STUDENTS TO STAND OUT FROM THE CROWD.**
- **SAVING TIME & MONEY WITH THE ONLINE PORTAL!**
- **SAVING HUNDREDS OF EURO.**
- **6 CERTIFIED COURSES FOR BEGINNERS & REFRESHERS WITH ONLINE DISTANCE LEARNING.**
- **A LONGER TIMEFRAME FOR COMPLETION WITHOUT INFERENCE IN THEIR EXAM STUDIES.**

FIRST AID FOR



PRIMARY SCHOOLS

FAC - First Aid Coaching is delighted to be teaching the next generation of Superheroes! Our Primary School course is easy to follow for young learners - learning Invaluable Life Saving Skills.



Book First Aid for your Primary School

5th & 6th class students with
FAC - First Aid Coaching.

Email or Call Fiona

01-5549708 / 021-2398647

fiona@firstaidcoaching.ie



- Basic First Aid
- Groups of upto 30
- Half a school day per group
- Certificates of completion
- Trainers are fully insured, qualified and vetted.





Contact Information :

☎ 021 - 2398647 / 01- 5549708

🌐 www.FirstAidCoaching.ie

✉ Sales@FirstAidCoaching.ie