



Different Perspective Training Ltd.

Pragmatic First Aid, Mental Health & Outdoor Safety Training

First Aid Training Programmes 2026



An Introduction

Who We Are & What We Do

At Different Perspective Training Ltd., we specialise in delivering engaging and memorable First Aid, Mental Health, and Outdoor Safety Training.

Our programmes are flexible and always tailored to the specific needs of your workplace. Whether we are delivering bespoke training at your site or hosting individuals at our Public Training Courses, our focus remains on practical, real-world application.

Our Roots

Our company is built on a foundation of developmental pedagogy, backed by over 20 years of experience in teaching, outdoor education, and expedition leadership. Encouraging people to challenge themselves and learn is our passion.

We believe that caring for others is a responsibility that extends beyond the 9-5 and forms our core principle: *“Our training is proudly delivered For Your Workplace and Life Outside It.”*

Our Training & Consultation Programmes:

- **First Aid Training:** Practical skills for workplaces, agriculture, industry and outdoor enthusiasts, designed for high recall when it matters most.
- **First Aid for Mental Health:** Empowering people to support those in crisis and provide proactive guidance.
- **Off Site Risk Management & Policy Consultation:** Simplifying the legalities of off-site work, turning complex "hoops" into simple, actionable steps.
- **Occupational Water Safety Training:** Ensuring organisations meet statutory obligations to keep staff safe in, on, or around water.

Different Perspective Training First Aid Programmes

Different Perspective Training Ltd offer a unique range of First Aid Training Programmes for your organisation. At every opportunity each course is tailored to meet your first aid needs, creating a truly bespoke training programme for your employees. In 2013 the HSE handed over governance of first aid provision to Ofqual and the onus of training programme selection to the employer. This has subsequently freed employers from the strictures of the traditional HSE Workplace First Aid Courses and allows them to select which course is most suitable for their workplace and working environment.

Aims

- To create a safe learning environment where learning is natural, and skills development is exciting.
- To assess delegate knowledge through continuous practical observation rather than formal written examinations.
- To develop knowledge and understanding of First Aid and Emergency Response Procedures.
- To empower delegates with the confidence to assess a situation and respond to an incident within the remit of their training.
- To develop skills that are relevant to their workplace and which can be adapted to meet different circumstances and environments.
- To encourage further study and promote the value of continuing professional development.





Workplace & Schools First Aid Courses

Introduction: These courses are designed to provide essential life-saving skills. Typical delivery methods are predominantly practical, and the course is assessed by continual observation of candidate performance.

Content: Each course looks at the following topics, to varying depth dependent upon level of qualification; roles & responsibilities, assessing incidents, dealing with collapse (with and without breathing), choking, bleeding, shock, seizures, minor workplace incidents, using first aid kit.

4hr Basic Life Support & Automated External Defibrillator Training - L3 (BLS&AED)

Target Group: People wanting to know how to use an AED and help someone in need, as well as staff or employees with other trained First Aiders on site, GPs & Medical Professionals maintaining the annual professional standards.

Description: This Level 3, Ofqual regulated qualification introduces basic life support skills and knowledge in an engaging manner and is taught with the workplace context in mind, providing plenty of opportunity for skills development, practice, and application of appropriate procedures.

6hr Emergency First Aid at Work - L3 (EFAW)

Target Group: Employees working within a small office environment.

Description: The Ofqual regulated qualification introduces emergency life support skills in the context of a work setting. The skills and knowledge will be taught with the workplace context in mind and will provide plenty of opportunity for skills development, straightforward practice and application of appropriate procedures. This qualification satisfies the statutory HSE obligations of the employer for smaller and low risk workplaces.

Specific Content Includes: vital signs; incident management; airway management; CPR; safe use of an AED; choking; burns, bleeding control & shock; minor injuries; current regulations & record keeping



18hr First Aid at Work - L3 (FAW)

Target Group: Employees working within organisations with a larger workforce, or in a higher risk or more remote environment.

Description: This Ofqual regulated qualification confirms an individual is competent to undertake the role of workplace First Aider. It satisfies the statutory HSE due diligence requirements for FAW training provision and is suitable for both those being introduced to workplace first aid and those requiring requalification. Delivered in a practical, workplace-focused context, the course covers emergency life support alongside the management of injury and illness in the workplace.

Specific Content Includes: Vital signs; incident management; airway management; cardiopulmonary resuscitation (CPR); safe use of an Automated External Defibrillator (AED); choking; burns, bleeding control & shock; common & serious workplace injuries; poisoning; major illnesses including Anaphylaxis; eye injuries; current regulations & record keeping.



12hr First Aid at Work – Requalification - L3 (FAW-R)

Target Group: Employees working with a larger organisation.

Prior Learning: Valid & in-date FAW Qualification.

Description: Replicating the 18hr FAW Qualification in content and delivery style, this Ofqual regulated 2-day requalification course is shorter due to the supporting evidence of background knowledge and previous understanding.

8hr Emergency First Aid at Work for Forestry - L3 (EFAW+F)

Target Group: People & Staff working beyond the workplace, outdoors and beyond immediate assistance.

Description: This Ofqual regulated qualification introduces the emergency response techniques, skills and decisions that will be needed by the Forestry Worker or Outdoor Practitioner perhaps hours from assistance, in the British Isles. The skills and knowledge will be taught in a realistic outdoor context and will satisfy the statutory HSE obligations of an employer who has identified the need for a single day outdoor first aid course. Tailored perfectly to Industry National Governing Body standards for those working in agriculture; tree surgeons and arboriculturalists; or outdoor instructors who specify the need for a single day first aid course delivered in an outdoor setting.

7hr First Aid for Sport, Exercise & Fitness - L3 (FASEF)

Target Group: Sports coaches, fitness professionals, team managers, club officials, and other involved adults working in or around sport and physical activity.

Description: This Ofqual regulated qualification provides essential first aid skills in a sport and fitness context. Delivered as a 100% practical course with no written assessment, it is assessed entirely through continual observation of candidate performance. The FASEF can be delivered in conjunction with the 6hr Emergency First Aid at Work course, with dual certification available, making it a highly cost-effective option for sports clubs and fitness providers needing to meet both workplace and sport-specific first aid requirements.

Notably, the World Rugby Medical Pitch Side Care Working Group has recommended this qualification as equivalent to World Rugby's First Aid in Rugby (FAiR), with the equivalence recognised across World Rugby's member unions worldwide.

Specific Content Includes: basic life support; sports injury assessment; cease and return-to-activity decision making; safe moving and handling; return to play decisions; managing specialist sports equipment including gum shields; appropriate use of ice; winding; suspected compartment syndrome; assisting casualties from the field of play; and other sports-specific first aid concerns.



12hr First Aid for Schools & Colleges - L3 (FASC)



Target Group: Staff working in schools or colleges without Early Years children (EYFS, ages 0–5). Most relevant for primary schools without EYFS, junior, middle, secondary, and Post-16 settings.

Description: The FASC is a comprehensive two-day qualification that combines the relevant content of First Aid at Work and Paediatric First Aid into a single course tailored to the school environment. It covers first aid for both adults and young people up to age 18, reflecting current Resuscitation Council UK guidelines. Compared to the traditional three-day FAW route, it saves schools a full day of supply cover costs whilst providing more relevant, school-focused content, whether for incidents inside the building, on the playground, on the sports field, or on educational visits. This qualification carries the same professional standing as First Aid at Work in a school context, while requiring one fewer day out of the classroom

Specific Content Includes: role and responsibilities of first aiders in schools and colleges; dealing with unresponsive adult and child casualties (both breathing and non-breathing); seizures; choking; blood loss; limb, spine, head and chest injuries; burns and scalds; eye, ear and nose issues; poisoning; anaphylaxis; major illness; cold and heat problems and minor injuries.

6hr Emergency First Aid for Schools & Colleges - L3 (EFASC)

Target Group: Staff working in schools or colleges without Early Years children (EYFS, ages 0–5), where a shorter qualification is appropriate or where a full first aid team is already in place.

Description: The EFASC is a one-day qualification providing essential emergency first aid skills in a school context. Like its two-day counterpart, it covers both adults and young people up to age 18 in line with current Resuscitation Council UK guidelines — something the standard EFAW course does not. It is designed to meet the DfE's recommendation for paediatric-aware first aid training in schools, whilst minimising time out of the classroom. It is particularly well-suited to staff working alongside colleagues qualified to a higher first aid level.

Specific Content Includes: role and responsibilities of first aiders in schools and colleges; dealing with unresponsive adult and child casualties (both breathing and non-breathing); seizures; choking; blood loss.

12hr Paediatric First Aid - L3 (PFA)

Target Group: Staff working with young people in the Early Years Foundation Stage setting.

Description: This Ofqual regulated qualification indicates an individual can undertake the role of Paediatric First Aider whilst in a position of responsibility for the welfare of infants and children. The qualification introduces the techniques, skills and decisions that will be needed by the childcare practitioner in the British Isles. The skills and knowledge will be

taught in a realistic childcare context. The award has been designed to fulfil the need for effective paediatric first aid training set out in The Early Years Foundation Stage Guidance. It may also have been identified as necessary by a workplace risk assessment.

Specific Content Includes: planning for and dealing with first aid emergencies involving babies and children including, CPR & AED use, shock, anaphylactic shock, electric shock, bleeding, burns and scalds, choking, suspected fractures, head, neck and back injuries, poisoning, foreign bodies in eyes, ears and noses, eye injuries, bites and stings, effects of extreme heat and cold, febrile convulsions, chronic medical conditions, including epilepsy, asthma, diabetes, meningitis and other serious sudden illness.

6hr Emergency Paediatric First Aid - L3 (EPFA)

Target Group: Staff working with young people in the Early Years Foundation Stage setting.

Description: This Ofqual regulated qualification indicates an individual can undertake the role of first aider in a position that has responsibility of caring for infants and children. It may also have been identified as necessary by a workplace risk assessment. The qualification will benefit all who spend time in the early years' environment and with young children.

Specific Content Includes: planning for and dealing with first aid emergencies involving babies and children including, CPR & AED use, shock, anaphylactic shock, bleeding, choking, seizures.



4hr Basic First Aid for Teachers

Target Group: Staff working with and caring for young people in or beyond an educational setting.

Description: This course has been specifically designed to include all the common illnesses and injuries facing young people today and therefore includes Asthma, Anaphylaxis, diabetes and epilepsy.

Outdoor First Aid Courses

Introduction: Different to Workplace First Aid courses, our Outdoor First Aid courses are designed to provide outdoor incident management skills. Training is predominantly outdoors and of a practical nature, tailored to meet the needs of the participant often working in outdoor clothing with PPE and on various terrains.

Content: Each course looks at the following topics, to varying depth dependent upon level of qualification; roles & responsibilities, adult/child/infant specific treatments, dealing with collapse (with and without breathing), choking, bleeding, shock, major illnesses, torso and limb injuries, environmental effects, heat and cold injuries, using first aid kit, outdoor specific scenarios, outdoor incident management and looking after a casualty for more than 10 minutes.



8hr Outdoor First Aid Emergency Action - L3 (OFAEA) / 8hr Emergency First Aid at Work for Forestry - L3 (EFAW+F)

Course Title: This course can be certificated as either, **Level 3 Award in Outdoor First Aid Emergency Action** (1-day/ 8hr) or the **Level 3 Award in Emergency First Aid at Work for Forestry** (1-day/ 8hr). Both courses are identical, but it depends upon your needs, your Governing Body's expectations or your insurance provider's stipulations.

Target Group: People & Staff working beyond the workplace, outdoors and beyond immediate assistance.

Description: These Ofqual regulated qualifications introduce the emergency response techniques, skills and decisions that will be needed by the Forestry Worker or Outdoor Practitioner perhaps hours from assistance, in the British Isles. The skills and knowledge will be taught in a realistic outdoor context and will satisfy the statutory HSE obligations of an employer who has identified the need for a single day outdoor first aid course. Tailored perfectly to Industry National Governing Body standards for those working in agriculture; tree surgeons and arboriculturalists; or outdoor instructors who specify the need for a single day first aid course delivered in an outdoor setting. This qualification meets the requirements of the Institute for Outdoor Learning Outdoor First Aid Training Framework.

16hr Outdoor First Aid - L3 (OFA)

Target Group: People venturing outside either for work or pleasure to remote settings where help and assistance can be protracted.

Description: This Ofqual regulated & IOL accredited qualification introduces the techniques, skills and confidence that will be needed to deal with an incident when venturing outside in the British Isles where assistance is more than a few minutes away. This qualification indicates an individual can undertake the role of Outdoor First Aider in more rural and remote areas. The need for an Outdoor First Aider might have been identified by a Workplace First Aid Needs Assessment and can be relied upon by employers to satisfy the due diligence requirements of the HSE for first aid training providers. Successful completion of the course will result in knowledge and skills that have been identified by the Institute for Outdoor Learning First Aid Training Framework for the safe, effective and prompt treatment of injuries and illness, with the management of incidents in the outdoors.

The course will be delivered in a realistic outdoor context and will satisfy the first aid requirements for instructors with most of the outdoor industry National Governing Bodies.



16hr Forest Schools First Aid - L3 (FSFA)

Target Group: Staff working with young people in the Forest School setting.



Description: This qualification indicates an individual can undertake the role of Outdoor First Aider in the more rural and remote areas of the British Isles where professional emergency assistance may be more than 10 minutes away and that their training has had a specific focus on the Forest School Setting. The need for an Outdoor First Aider might have been identified by a workplace first aid needs assessment and can be relied upon by employers to satisfy the due diligence requirements of the HSE for first aid training providers. The qualification will benefit all who specifically work with young people in the EYFS setting and need to be introduced to emergency first aid action in the outdoors and outdoor first aid incident management. The qualification will also benefit those who require requalification training in Outdoor First Aid. Successful

completion of the course will result in knowledge and skills that have been identified by the Institute for Outdoor Learning for the safe, effective and prompt treatment of injuries and illness, with the management of incidents in the outdoors.



Costs & Value for Money

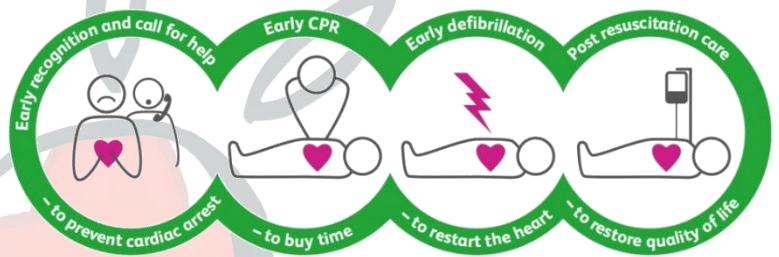
Our costs are established at a base rate of **£475/ day** or **£75/hr + £175 Course Admin Fee**.

- This cost does not include certification and manuals, charged separately at cost from the Awarding Organisation from **£20pp**.
- Further certification, for multiple short courses delivered in any single day or dual certification is costed at **£27.50pp/ Qualification**.
- Bespoke DPTrainingUK e.Certification is charged at **£2.50pp**
- This cost does not include any foreseeable and reasonable expenses, such as venue hire or accommodation, always agreed in advance.

Open/ Public Courses: 1-day courses from **£115pp**, 2-day courses from **£165pp**, 3-day courses from **£235pp** & includes certification & manual. See www.DPTrainingUK.com/course-diary for upcoming course dates and venues.

Value for Money through Composite Training

We specialise in delivering cost effective solutions to staff training through Composite Training; delivering a two- or three-day programme such as the 16hr Outdoor First Aid or 18hr First Aid at Work and having others that need more basic training programmes in on the earlier, relevant sessions. For example, we can deliver to 12 candidates/ trainer, therefore the delivery of a three-day FAW programme can look like this.



Day 1 - 8hrs, 0900-1800,

- 4x EFAW candidates (6hr/ 1-day course)
- 3x OFA candidates (16hr/ 2-day course)
- 5x FAW candidates (18hr/ 3-day course)

Day 2 - 8hrs, 0900-1800,

- 3x OFA candidates
- 5x FAW candidates

Day 3 - 2hrs, 0900-1100,

- 5x FAW candidates

Having multiple candidates in on the course positively impacts training by having more patients to practice on as well as in increased and more diverse pool of experience & prior learning. If staff needed shorter days, this would be easily organised by merely extending day 3!

This entire training package would simply be billed at 3x our daily rate + Certification Cost (**£475/day**) + (4x EFAW Certification @**£20ea**) + (5x FAW Certification @**£20ea**) + (3x OFA Certification @**£20ea**) = **£1,425 + £240 = £1,665**, which is less than the cost of sending just 3 staff members out for their three-day FAW training course with other well-known national providers!



Please do get in touch to discuss these options further.



info@DPTrainingUK.com
+44 (0)1488 685497
+44 (0) 7921 769868