



Different Perspective Training Ltd.

Pragmatic First Aid, Mental Health & Outdoor Safety Training

Workplace First Aid Training Programmes

- Regulated & Accredited by Ofqual and Qualifications Scotland.
- Including:
 - First Aid at Work (18hr)
 - First Aid at Work – Requalification (12hr)
 - Emergency First Aid at Work (6hr)
 - Emergency First Aid at Work for Forestry (8hr)
 - Outdoor First Aid Emergency Action (8hr)
 - Outdoor First Aid (16hr)
 - First Aid for Sport, Exercise & Fitness (7hr)
 - Basic Life Support and Safe Use of an AED (4hr)



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: Workplace 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, allowing you to select which course is most suitable for your workplace and working environment — whether that's a busy office, a construction site, an agricultural estate, or a remote rural setting.

This suite of Workplace First Aid courses is designed to provide essential life-saving skills. Delivery is predominantly practical, with each course assessed by continual observation of candidate performance. Each course looks at the following topics, to varying depth dependent upon level of qualification; roles and responsibilities, assessing incidents, dealing with collapse (with and without breathing), choking, bleeding, shock, seizures, minor workplace incidents and using a first aid kit.

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.



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 office-based 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.



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

Target Group: Staff working within a small team or low risk environment.

Description: This 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 should 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

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.

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

Target Group: Staff working beyond the immediate workplace in rural, agricultural, or industrial outdoor settings where assistance may be delayed, including farm workers, estate managers, grounds staff, construction and civil engineering teams, and lone workers operating remotely.

Description: This Ofqual regulated one-day qualification introduces emergency outdoor incident management skills for those working in environments where standard workplace first aid may not be sufficient. It satisfies the statutory HSE obligations of an employer who has identified the need for a single-day outdoor first aid course. The course can be certificated as either the Level 3 Award in Emergency First Aid at Work for Forestry or



the Level 3 Award in Outdoor First Aid Emergency Action — both are identical in content, and the appropriate certification depends on your Governing Body's requirements or your insurer's stipulations.

Specific Content Includes: roles and responsibilities of a first aider working in the outdoors; adult and child specific treatments; dealing with collapse (with and without breathing); drowning; choking; bleeding; shock; major illnesses; torso and limb injuries; environmental effects; heat and cold injuries; using a first aid kit; outdoor specific scenarios; outdoor incident management; and looking after a casualty for a protracted period.

16hr Outdoor First Aid — L3 (OFA)

Target Group: Staff working in more remote rural or outdoor settings where professional assistance may be significantly delayed — including agricultural workers, estate and country park rangers, wardens, lone workers, and those leading groups in remote environments.

Description: This Ofqual regulated and IOL accredited two-day qualification is the industry standard for outdoor professionals in the UK. It introduces the techniques, skills and confidence needed to manage a first aid incident where assistance may be more than a few minutes away.

The qualification can be relied upon by employers to satisfy HSE due diligence requirements for first aid provision in remote working environments and will satisfy the first aid requirements of most outdoor industry National Governing Bodies.

Specific Content Includes: roles and responsibilities of an outdoor first aider; adult and child specific treatments; dealing with collapse (with and without breathing); drowning; choking; bleeding; shock; major illnesses; torso and limb injuries; environmental effects; heat and cold injuries; using a first aid kit; outdoor specific scenarios; outdoor incident management; and looking after a casualty for more than 10 minutes.



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

Target Group: Sports coaches, personal trainers, fitness instructors, gym and leisure centre staff, club officials, team managers, and other adults working in or around organised sport and physical activity in a professional or voluntary capacity.

Description: This Ofqual regulated qualification provides essential first aid skills specifically in a sport and fitness context, making it the ideal choice for anyone working pitch-side, courtside, or in a gym or leisure facility. 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 alongside the 6hr Emergency First Aid at Work course, with dual certification available, a highly cost-effective option for sports clubs and fitness providers needing to meet both workplace and sport-specific first aid requirements in a single day.

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.

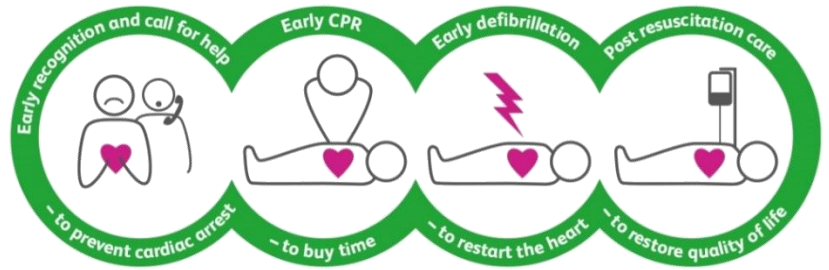
Specific Content Includes: basic life support; sports injury assessment; cease and return-to-activity decision making; safe moving and handling; return to play decisions; managing specialist sports equipment including gum shields; appropriate use of ice; winding; suspected compartment syndrome; assisting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



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.



Value for Money through Composite Training

We specialise in delivering cost-effective solutions to staff training through Composite Training, running a longer programme and bringing in colleagues who need shorter qualifications for the relevant earlier sessions. This works particularly well for organisations with mixed first aid needs across different roles and risk levels.

For example, a three-day FAW programme for a mixed agricultural and office-based workforce could be structured as follows:.

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 on the course positively impacts training, more patients to practise on, and a richer, more diverse pool of experience and prior knowledge. If staff needed shorter days, this would be easily organised by extending Day 3.

This entire 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**. Less than the cost of sending just three members of staff on a three-day FAW course with other well-known national providers, and covering 12 members of staff across three qualifications, all delivered on your site.

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



Please do get in touch to discuss these options further.

