



ELITE FORCE SAFETY

'Bringing Military Standards to Safety in the Workplace'

WHY ARE WE DIFFERENT?

We use Military Veteran Instructors, every course we deliver is delivered to an incredibly high standard, in an easy to understand, practical way.

Full of real life examples, stories, 'penny drop' moments and of course, tons of personality.

Because we use a pragmatic and holistic approach we guarantee to leave a lasting impression. Changing the culture of Safety in businesses.

Our training and programmes really can add value to any business, designed to be tailored around any budget.

Our instructors and consultants have worked with hundreds of clients, globally, across all industries.

We are based across the United Kingdom and our training takes place at your site, in your working environment.

MORE THAN JUST TRAINING

BECAUSE TRAINING ALONE DOES NOT WORK

We pride ourselves on implementing programmes that have results. In order to achieve results the culture of a workplace must be changed for the better.

We will work with you to design a tailored programme, targeting your areas of concern within your business; ranging from mental health, manual handling, slips trips and falls to leadership and communication training for your managers.

As part of all of our programmes we incorporate ongoing support. We do not just train your staff and leave you to it!

Through a mixture of support review visits to assess trends and problem areas, and utilising the latest tech for manual handling monitoring, you and your employees will feel fully supported and always have a point of call for any queries.

Delivered by our Military Veteran Instructors

0333 224 8493

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OUR PROGRAMMES & COURSES

TAILORED TRAINING PROGRAMMES THAT GUARANTEE RESULTS

We believe in looking at safety as a whole, which is why we offer a variety of courses and programmes covering both physical and mental health. A 'one stop shop' for your training needs.

- ◆ Mental Health
- ◆ Manual Handling including Slips, Trips and Falls and DSE
- ◆ Manager training Leadership and Communication
- ◆ IOSH Working and Managing Safely
- ◆ First Aid
- ◆ Fire Marshal
- ◆ Bespoke Health and Safety Productions

All of our programmes include ongoing support. We will not just do the training, then leave you to fend for yourself... that's not how you get culture change.

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MENTAL HEALTH

Mental Health Issues are fast rising as becoming one of the top reasons for lost time in the workplace.

Knowing how to identify and communicate sensitively regarding mental health is not necessarily something people find easy, which is where Mental Health First Aid training can help.

Our courses include additional elements to ensure communication and leadership skills are incorporated to maximise the delegates confidence in real life situations, offering thought provoking content, guaranteeing to have an impact.

MENTAL HEALTH AWARENESS

Just having Mental Health First Aiders is not effective. Why?

Because everyone needs to know what a Mental Health First Aider can do.

To have a truly effective programme, all staff need to have a basic understanding of mental health.

FROM £80 PER PERSON

MENTAL HEALTH FIRST AID

Second stage of the programme is to train your chosen Mental Health First Aiders. These should be selected carefully, people who are passionate about mental health and have a natural sympathetic nature

FROM £165 PER PERSON.

SUPERVISING MENTAL HEALTH & MANAGER'S AWARENESS

This is for managers to have an extensive knowledge of mental health, giving them the ability to oversee the programme as a whole. Also offer support to the Mental Health First Aiders.

FROM £250 PER PERSON

SUPPORT VISITS

Our instructor will visit your site every 6 months for a Support Visit. During this visit they will spend time with your Mental Health First Aiders and Supervisors to offer support and to help diagnose trends and any areas of concern. Your staff will be fully supported by Elite Force Safety every step of the programme.

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MANUAL HANDLING

Keep your back straight and bend your knees... its not wrong advice anatomically... but how on earth is it practical to apply that to the majority of tasks? Especially once you get over 30 years old!

There are much more effective, realistic and practical tips and rules you can apply to any situation that work to reduce the pressure on your back.

Don't think you're safe because you don't lift heavy things at work, sometimes its the lighter repetitive tasks, or even just sitting that can do the most damage.

TRAINING NEEDS ANALYSIS

The first stage before any of our phases can begin, is the Training Needs Analysis. This is a review of the tasks currently being carried out in your workplace, focusing on any anatomical issues you and your staff are facing.

By assessing the working area, tasks including handling items, mechanical devices including lifting aids and the individuals actively carrying out the tasks; this enables us to provide you with a written report highlighting potential low, medium and high musculoskeletal risks that could result in repetitive strain injuries further down the line. Therefore giving an insight of any particular areas, or specific tasks that we should be focussing on during the practical element of the training.

PHASE ONE

All courses include a short theory session, but the main focus on the practical.

The practical will primarily focus around the specific tasks identified in the Training Needs Analysis ensuring to cover the challenging or 'high risk' tasks.

This is carried out in the working environment, where our instructor will explain and demonstrate, the delegates will then be expected to imitate and practise the technique they have been shown (EDIP). As well as participating in the practical delegates will be encouraged to ask questions and raise any areas of concern or specific tasks they would like covered or guidance on if they have not already been covered by our instructor.

Following our course the delegates will feel confident and comfortable to apply what they have learnt to their specific job roles, making our training far more effective than 'off the shelf' training demonstrating how to lift a cardboard box.

We will work around your requirements and restrictions to ensure your staff are trained to a high standard with minimal disruption to production.

FROM £40 PER PERSON

PHASE ONE- TRAIN THE TRAINER

We also offer a train the trainer option for larger companies who have challenges with releasing employees for training, or have dedicated in house training teams

The course will comprise:

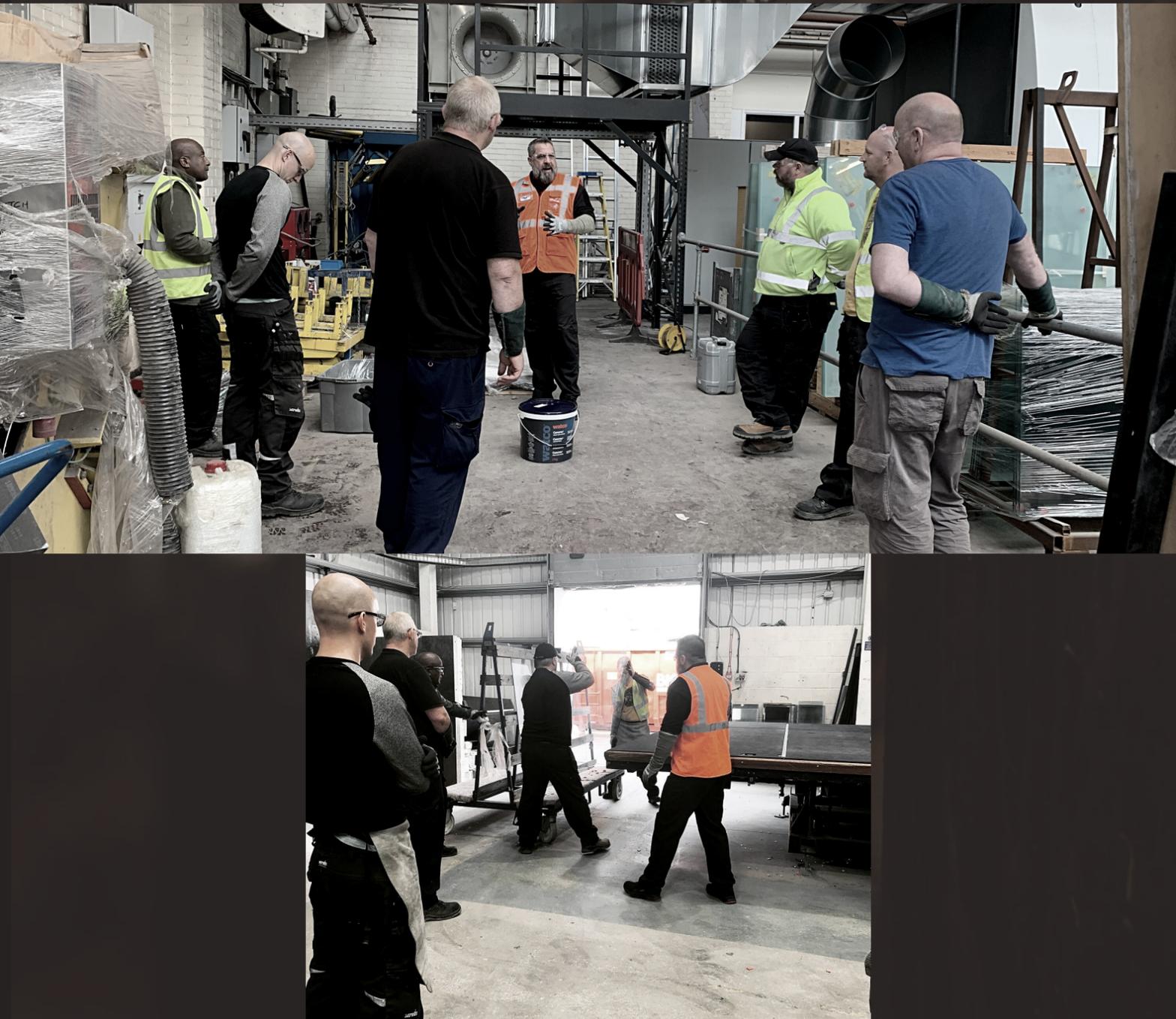
- Tailored Manual Handling Training including Slips, Trips & Falls observations
- Practical, task-based coaching
- Using colleague to colleague interaction to assist with behavioural change
- Soft skills including how to control groups and ways to communicate the training to different learning styles

Your trainers will be provided with an electronic Coaching Pack to support with onward delivery; giving them everything they require for effective onwads delivery. This includes a Bespoke Production to assist delivery.

DAY THREE LAUNCH

(OPTIONAL)

Delegates deliver sessions under supervision of EFS instructor, aimed at delivering to smaller groups and to allow the newly trained trainer to gain confidence in real time delivery. During the launch sessions, we would welcome your most testing characters.





MANUAL HANDLING MONITORING & SUPPORT

SUPPORT VISITS

Our instructor will visit your site every 6 months for a Support Visit. During this visit they will spend time with your employees and Supervisors to offer support and to help diagnose trends and any areas of concern. Your staff will be fully supported by Elite Force Safety every step of the programme. We can also use this as an opportunity to train any new starters.

USING TECHNOLOGY

As part of our monitoring, there is the option to utilise wearable AI driven coaching programmes to improve ergonomic safety.

The wearable devices that gives personalised feedback accompanied by a mobile app and micro learning for workers to self correct their movements in real time.

All data is accessible via the analytics dashboard and can be used to assist in diagnosing problem areas and trends. Programmes that include the wearable devices are proven to reduce ergonomic injuries in the workplace by over 50%.



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BESPOKE PRODUCTIONS

Fully presented productions, filmed at your site.

If you've seen our Top Tip Time, you will know our style. We like to keep it realistic and simple, and it's the same with our full length professional productions.

These productions are a vital element of our Train the Trainer programmes as a supporting tool for delivery, or can be used as a stand alone production for other purposes.

We work with you to get your message across, with our media team filming and editing to provide you with a high standard production that can be used for inductions, as a training tool, for refresher training, monthly campaigns or even return to work.

Whether it's a 30 minute Induction, or a series of short 5 minute clips, we can work with you, firstly putting together a storyboard to make sure everything is covered to a first draft review to ensure you are happy with the final result, all included in the price.



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MANAGER LEADERSHIP & COMMUNICATION

"The single biggest way to impact an organisation is to focus on leadership development."

"There is almost no limit to the potential of an organisation that recruits good people, raises them up as leaders and continually develops them"
- John Maxwell

Our Management Intervention Leadership and Communication training focuses on enhancing your managers, educating them on leadership styles and communication skills. Giving them the confidence and coaching on how to best approach individuals and offer guidance, encouraging teamwork and effective communication.

A common struggle for managers is that they are promoted for being good at their job, but do not receive the training to be a successful leader. Often being good at a job and being responsible for the people doing the job require a different set of skills.

As part of the training our representative will cover the following topics:

- Leadership styles
- Communication skills
- How to apply, and the effectiveness (or not so) in certain situations
- Role of a manager
- Our Team Building Command Tasks to cover leader led and leaderless tasks, method of instruction and ways to communicate and give guidance.

A truly effective team is led efficiently from the top, we believe this is vital to achieve results as a business, as well as within our programmes.

This can be carried out as a standalone course or in conjunction with one of our programmes.

Course duration is dependent on delegate numbers, as a standalone course we would recommend 6 hours for 10 delegates

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IOSH WORKING SAFELY

IOSH Working Safely provides basic training in health and safety for workers at all levels, in all industries. It also meets the UK government's guidelines for introductory health and safety training. This broad entry-level course is suitable for employees across the organisation.

LEARNING OUTCOMES

- Appreciate the importance of risk management in the workplace
- Be aware of workplace health and safety in line with UK legislation
- Identify common hazards and risks
- Know how to make a difference to the health, safety and wellbeing of themselves and others

FULL COURSE SYLLABUS

- 1: Introducing working safely
- 2: Defining hazard and risk
- 3: Identifying common hazards
- 4: Improving safety performance

FROM £150 PER DELEGATE



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IOSH MANAGING SAFELY

IOSH Managing Safely is a basic risk management certificate in health and safety. It enables those who manage a team to meet their responsibilities for health and safety in the workplace.

The course is a 3 day course split into 2 units - 1 taught module and a work-based assignment which will demonstrate the application of the knowledge learners have gained over the course of the previous unit.

LEARNING OUTCOMES

On completion of the course, learners will be able to:

- Understand your responsibilities for safety in the workplace.
- Recognise common workplace hazards and implement appropriate control measures.
- Estimate, evaluate and reduce risk by applying a hierarchy of risk control.
- Undertake structured risk assessments and accident investigations.
- Understand the requirements of HSE legislation.
- Recognise different ways to measure and improve health and safety performance.

FULL COURSE SYLLABUS

1. Introducing Managing Safely
2. Investigating Accidents and Incidents
3. Human factors
4. Assessing Risk
5. Controlling Risk
6. Understanding Managers Responsibilities
7. Common hazards
8. Measuring performance

FROM £300 PER PERSON

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FIRE MARSHAL

This 6 hour Fire Marshal training course covers the role of the designated fire marshal (fire warden). You will learn about preventing fires, and about the different types of fire extinguisher and how to use them correctly.

FULL COURSE SYLLABUS

The course will present an understanding of fire regulations and general fire precautions. It aims to provide you with the knowledge to become a fire marshal.

- Arson
- Cost of fire damage
- Fire detection and warning
- Firefighting equipment (including how to use fire extinguishers)
- Fire precaution regulations
- Means of escape
- Role of the fire marshal
-

Our course includes additional practical aspects including a tour of site, checking on serviceability, location and correct type of extinguisher appliance and availability.

Real time fire drill, using your own system and processes, to check efficiency and employees knowledge of process, followed by a short report and debrief with your newly trained Fire Marshals to improve efficiency for future drills.

FROM £96 PER PERSON

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SLIPS, TRIPS & FALLS

Our Slips, Trips & Falls training can be integrated into our manual handling training, or delivered as a stand alone course.

What is a slip? What is a trip? What is a fall? They are often categorised the same but are not, they are also caused by different hazards, it's important to be aware of all of them and their differences.

Interactive hazard perception in a variety of environments.

Coalface hazard spotting in their working environment, a walk through, real time hazard perception of your site.

Slips, Trips and Falls is one of the top three reasons for lost time in the workplace, that why we include it as part of our Big Three Programme, along with Mental Health and Manual handling.



THE 'BIG THREE' PROGRAMME

If you could implement a training programme that covered the top three reasons for lost time in the workplace, that guaranteed a reduction in all lost time incidents, would you be interested?

- -Mental Health
- -Manual Handling (Musculoskeletal)
- -Slips, Trips & Falls

Including Leadership and Communication for Managers.

Like with all our courses, we promise:

- No death by PowerPoint (or Zoom!)
- No 'off the shelf' training
- All real life, tailored to you, your environment and daily tasks
- Guaranteed to leave a lasting impression on staff

If you want to reduce your LTI's, this is the programme for you!

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FIRST AID

BLS BASIC LIFE SUPPORT - LEVEL 2

This Basic Life Support qualification will give learners the skills and knowledge to act in an emergency situation providing the casualty with critical lifesaving assistance until support arrives. The qualification covers cardiopulmonary resuscitation (CPR), the safe use of an Automated External Defibrillator (AED), primary survey, the recovery position and choking, and is delivered following the protocols set by the Resuscitation Council (UK) Guidelines.

A learner will gain first aid knowledge and the practical competence required to be able to help someone and potentially save a life.

A range of subjects is covered including: -

- Arriving at the scene
- Casualty assessment
- CPR
- Recovery position
- Choking
- Automated External Defibrillator (AED)

FROM £67 PER PERSON

EFAW FIRST AID AT WORK - LEVEL 3

Where an organisation's risk assessment of First Aid needs identifies that there is a requirement for Emergency First Aid at Work practitioners, then this national Award in Emergency First Aid at Work satisfies the requirements of the regulatory body for First Aid - the Health and Safety Executive (HSE).

All learners will have the skills and knowledge to provide the organisation with Emergency First Aiders that can provide treatment to their casualties in a prompt, safe and effective manner.

A range of subjects are covered including:

- Responsibilities and reporting
- Resuscitation and AED awareness
- Burns
- Assessment of the situation
- Anatomy
- Choking
- Dealing with an unresponsive casualty
- Minor injuries
- Epilepsy
- Basic hygiene in First Aid
- Bleeding control
- Shock

FROM £100 PER PERSON

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FAW FIRST AID AT WORK - LEVEL 3

It is a requirement of the Health & Safety law that employers provide a safe and healthy environment to work in. If your assessment of first aid needs highlight the need for qualified first aiders, then this level 3 qualification (level 6 in Scotland) will provide you with suitable, highly trained personnel.

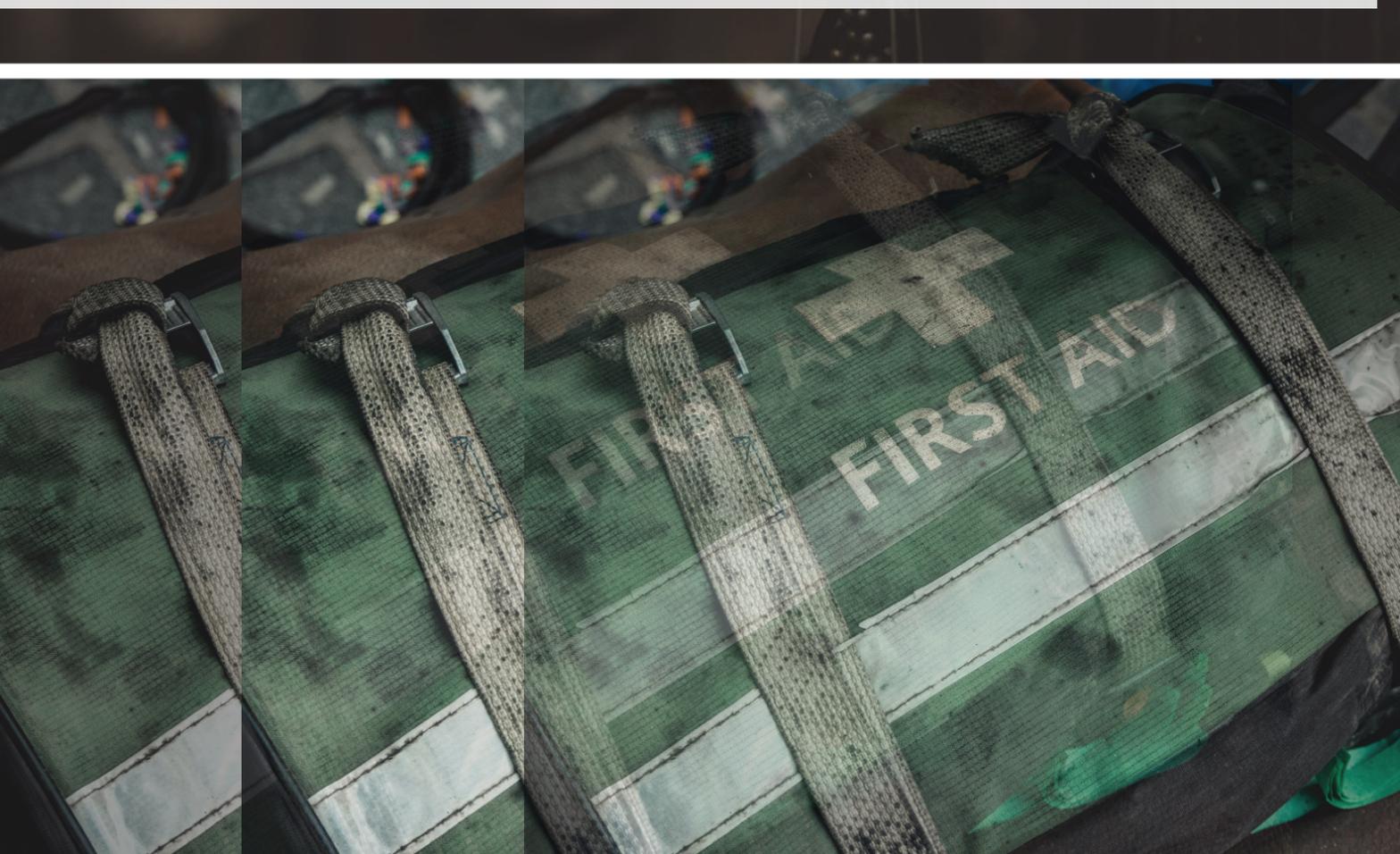
This comprehensive three-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. In addition, this course will include any protocol changes that may have arisen since their last training course.

This course will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981.

A range of subjects are covered including: -

- Legalities, responsibilities and reporting
- Resuscitation and AED awareness
- Assessment of the situation
- Dealing with an unresponsive casualty
- Bandaging
- Shock (including Anaphylaxis)
- Fractures and spinal injuries
- Heart attacks
- Choking
- Control of bleeding
- Head injuries
- Eye injuries
- Poisoning
- Chest injuries
- Sprains and strains
- Burns
- Asthma
- Diabetes
- Epilepsy
- Stroke

FROM £230 PER PERSON



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