

2026

mohs
workplace health

HEALTH AND SAFETY TRAINING



WHO WE ARE

MOHS Workplace Health is an independent provider of accredited, quality health and safety training courses and assessments.

We also specialise in delivering occupational health, employee wellbeing and mental health training for organisations in both the private and public sectors.

As a registered charity, we are continually investing in research, investigation and teaching, relating to the causes of occupational diseases and injuries as a means of promoting occupational and environmental health.

MOHS TRAINING CENTRE

We have a fully equipped training centre in West Bromwich*, just off Junction 1 of the M5, with limited free car parking. Free residential parking is available nearby.

** We can also deliver our courses at clients' premises for larger groups of delegates. However, if the client does not have appropriate facilities, MOHS Workplace Health can provide a training room in West Bromwich.*

ACCREDITATIONS

We offer our clients the best practice standards, as well as having structures and processes in place to adapt quickly and easily to legislative changes. MOHS undergoes annual ISO 9001 audits and our trainer teaching skills are audited regularly by Highfield and IOSH.



SEQOHS
Safe Effective Quality Occupational Health Service



Highfield
Qualifications
Approved Centre

CONTENTS

| | |
|--|-------|
| MEET THE TEAM | 4 |
| HOW TO BOOK YOUR COURSE | 4 |
| FIRST AID AT WORK | 5 |
| • Anaphylaxis | 5 |
| First Aid at Work Training: | |
| • Primary First Aid at Work (FAW) | 6 |
| • First Aid at Work (FAW) Requalification | 7 |
| • Emergency First Aid at Work (EFAW) | 8 |
| • Annual Resus + | 9 |
| • Mental Health First Aid (MHFA) | 10 |
| HEALTH AND SAFETY TRAINING AND ASSESSMENTS | |
| • Fire Safety Award Level 2 | 11 |
| • Manual Handling | 12 |
| • Specific Hazards including CoSHH Regulations | 13 |
| IOSH WORKPLACE SAFETY COURSE | |
| • Managing Safely | 14 |
| HEALTH AND SAFETY ADVISORY SERVICES | 15-16 |
| LEGAL COMPLIANCE | 16 |
| MOHS TERMS AND CONDITIONS | 17-18 |
| • COVID-19 | 19 |

MEET THE TEAM

Our training courses provide practical, hands-on learning with theoretical knowledge, and are designed to develop ability and instil confidence in workplace delegates.

Our experienced team of trainers will help your employees reach the highest levels of competence workplaces require.



Glen Musgrove
Health and Safety
Trainer



Michelle Nicholls
Co-ordinator of
Training Services

HOW TO BOOK YOUR COURSE

To book a course or assessment, or to simply enquire, contact us via:

EMAIL: training@mohs.co.uk

PHONE: 0121 601 4041

WRITE TO: MOHS Workplace Health Ltd, 83 Birmingham Road, West Bromwich, B70 6PX

REFRESHMENTS

We no longer provide packed lunches, however we have a kitchen for delegates including a refrigerator, water cooler and tea and coffee making facilities.

COURSE UPDATES

Visit our website for course schedules, updates and extra course dates:
www.mohs.co.uk/training-courses

FIRST AID AT WORK

ANAPHYLAXIS

| | |
|----------------------|--|
| Duration | 3 hours |
| Qualification | Anaphylaxis certificate; basic life skills |
| Cert Validity | 1 year |
| Cost | £99 + VAT pp |
| Dates | As required |
| Venue | MOHS Training Centre* |
| Places | 6* |

A short yet informative course for anyone who needs training to deal with a severe allergic reaction.

COURSE OVERVIEW

- Care of the unconscious casualty
- CPR
- Signs and symptoms of anaphylaxis
- Management of anaphylaxis

It is recommended this course is repeated annually.

** We can deliver group training onsite at a client's premises for between 3 and 12 delegates*

DEFIBRILLATOR TRAINING

A sudden cardiac arrest (SCA) occurs when the heart suffers an electrical malfunction that causes it to beat irregularly.



People who stop breathing may die if they do not receive treatment quickly. Defibrillation is the most effective treatment that you can deliver in a workplace.

MOHS Workplace Health can train people how to use an automated external defibrillator (AED), and our trainers can tailor the course to meet the requirements of a client's own defibrillator.

PRIMARY FIRST AID AT WORK (FAW)

| | |
|----------------------|-------------------------------|
| Duration | 3 consecutive days |
| Qualification | First Aid at Work Certificate |
| Cert Validity | 3 years |
| Cost | £308 + VAT pp |
| Dates | See table below |
| Venue | MOHS Training Centre* |
| Places | 12 |

This comprehensive course covers all the practical skills required by a first aider in the workplace; providing delegates with the confidence and knowledge to cope with first aid situations.



COURSE OVERVIEW

- Role of the first aider
- Managing an emergency / situation assessment
- Recording incidents and actions
- Use of available equipment
- Preventing cross infection
- Providing treatment for bones, muscles, joints, spine, chest, eyes
- Treating injuries / conditions such as:
 - cuts, grazes, bruises, minor burns / scalds, small splinters
 - sudden poisoning
- Treating casualties who are unconscious (including seizure); choking; wounded; bleeding; in shock
- Recognising onset of major illness and providing appropriate treatment for heart attacks; strokes; epilepsy; asthma; diabetes; anaphylactic shock
- Introduction to Automated External Defibrillator

COURSE DATES

| | | | |
|-----|--------------|-----|-------------------|
| Jan | 20-22, 27-29 | Jul | 14-16, 21-23 |
| Feb | 10-12, 23-25 | Aug | 4-6, 18-20 |
| Mar | 10-12, 23-25 | Sep | 1-3, 14-16, 28-30 |
| Apr | 7-9, 21-23 | Oct | 19-21, 27-29 |
| May | 5-7, 19-21 | Nov | 10-12, 23-25 |
| Jun | 1-3, 16-18 | Dec | 8-10 |

Dates run over three consecutive days.

**We can deliver group training onsite at a client's premises for up to 12 delegates for £2,894 + VAT*

FIRST AID AT WORK (FAW) REQUALIFICATION

| | |
|----------------------|-------------------------------|
| Duration | 2 days |
| Qualification | First Aid at Work Certificate |
| Cert Validity | 3 years |
| Cost | £209.50 + VAT pp |
| Dates | See table below |
| Venue | MOHS Training Centre* |
| Places | 12 |

FAW Requalification updates the practical skills and knowledge of first aiders who need to renew their FAW certificate.



First aiders must complete the requalification course before their FAW certificate expiry date to maintain the qualification.

COURSE OVERVIEW

Course content is the same as the Primary First Aid at Work (FAW) course – please see page 6 for details – plus any new recommendations or updates.

COURSE DATES

| | | | |
|-----|-------------------|-----|-----------------|
| Jan | 7-9, 12-13 | Jul | 1-2, 6-7, 29-30 |
| Feb | 2-3, 18-19 | Aug | 11-12, 25-26 |
| Mar | 2-3, 18-19 | Sep | 7-8, 23-24 |
| Apr | 1-2, 13-14, 28-29 | Oct | 5-6, 12-13 |
| May | 11-12, 27-28 | Nov | 2-3, 18-19 |
| Jun | 8-9, 23-24 | Dec | 1-2, 16-17 |

**We can deliver group training onsite at a client's premises for up to 12 delegates for £2,095 + VAT*

EMERGENCY FIRST AID AT WORK (EFAW)

| | |
|----------------------|---|
| Duration | 1 day |
| Qualification | Emergency First Aid at Work Certificate |
| Cert Validity | 3 years |
| Cost | £179.50 + VAT pp |
| Dates | See table below |
| Venue | MOHS Training Centre* |
| Places | 12 |

EFAW is a one-day course for first aiders who work in low risk areas.



COURSE OVERVIEW

- Role of the first aider
- Managing an emergency / situation assessment
- Recording incidents and actions
- Preventing cross infection
- Use of available equipment
- Treating minor injuries (cuts, grazes, burns and scalds)
- CPR
- Health and safety (first aid) regulations:
 - unconscious (including seizure)
 - wounded
 - bleeding
 - choking
 - in shock

COURSE DATES

| | | | | | | | |
|-----|--------|-----|----|-----|----|-----|----|
| Jan | 15, 26 | Apr | 27 | Jul | 13 | Oct | 15 |
| Feb | 9 | May | 14 | Aug | 17 | Nov | 30 |
| Mar | 16 | Jun | 29 | Sep | 17 | Dec | 21 |

*We can deliver group training onsite at a client's premises for up to 12 delegates for £1,654 + VAT

ANNUAL RESUS +

| | |
|----------------------|---------------------------|
| Duration | 3 hours |
| Qualification | Certificate of attendance |
| Cert Validity | 1 year |
| Cost | £58 + VAT pp |
| Dates | See table below |
| Venue | MOHS Training Centre* |
| Places | 12 |

Annual Resus + is a short but important session that allows qualified first aiders to update their skills and knowledge during their first aid certificate validity period.

HSE strongly recommends that trained first aiders refresh their knowledge and update their skills annually.

The course covers existing, new, and/or revised procedures including:

- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency and administer:
 - first aid to a casualty who is unconscious (including seizure)
 - CPR
 - first aid to a casualty who is wounded and bleeding
 - first aid to a casualty who is suffering from shock
 - AED

COURSE DATES

| | | | | | | | |
|-----|--------------------|-----|--------------------|-----|--------------------|-----|-------------------|
| Jan | 6 (PM) 19 (AM) | Apr | 16 (AM) 30 (PM) | Jul | 9 (AM) 27 (PM) | Oct | 7 (AM) 26 (PM) |
| Feb | 16 (AM) 26 (PM) | May | 18 (AM) 26 (PM) | Aug | 3 (AM) 24 (PM) | Nov | 4 (AM) 16 (PM) |
| Mar | 4 (AM) 30 (PM) | Jun | 11 (AM) 22 (PM) | Sep | 10 (AM) 22 (PM) | Dec | 3 (AM) 14 (PM) |

*We can deliver group training onsite at a client's premises for up to 12 delegates for £458 + VAT

Please note AM sessions are 9-12 the PM are 1-4. This course has replaced and combined the old Annual Refresher and Defib Course.



MENTAL HEALTH FIRST AID (MHFA)

| | |
|----------------------|---|
| Duration | 2 days |
| Qualification | QNUK Level 3 Award for Mental Health First Aiders |
| Cert Validity | 3 years |
| Cost | £345 + VAT pp |
| Dates | Jan 13-14, Aug 18-19 and Oct 6-7. Further dates can be arranged on request. |
| Venue | MOHS Training Centre* |
| Places | 16 |

This two day course is accredited by Ultimate Care and is designed to equip delegates with the skills they need to identify and support workers who are struggling with their mental health.

COURSE OVERVIEW

- Principles of mental well-being
- Legal requirements for managing mental health in a workplace
- Recognition and how to support those with a common mental health condition
- Understanding why individuals may use harmful strategies to cope with a mental illness
- Recognition and support for people with Psychosis, Schizophrenia and Bipolar Disorder

**We can also deliver group training onsite at a client's premises for up to 16 delegates but please contact us for rates (minimum of six delegates).*



HEALTH AND SAFETY TRAINING

HEALTH AND SAFETY COMPLIANCE

Safe working practices are essential to help protect the workforce. They are also a legal requirement under the Health and Safety at Work Act 1974 (HASAWA).

Our courses enable delegates to achieve a greater understanding of the principles of their course, acquire necessary skills and contribute to reducing the potential for injuries and incidents.

FIRE SAFETY AWARD LEVEL 2

| | |
|----------------------|-----------------------------------|
| Duration | 1 day |
| Qualification | HABC Level 2 Award in Fire Safety |
| Cost | £179.50 + VAT pp |
| Dates | Apr 15 and Sept 21 |
| Venue | MOHS Training Centre* |
| Places | 12 |

This full-day course is accredited by Highfield Awarding Body for Compliance (HABC). It is for anyone involved in workplace fire safety management including managers, supervisors, team leaders, fire wardens / marshals and those working in potential fire risk areas.



COURSE OVERVIEW

- Hazards and risks associated with a workplace fire
- How a fire risk is controlled
- Principles and practice of fire safety management at work
- Role and function of the nominated fire warden / marshal

**We can deliver group training onsite at a client's premises for up to 12 delegates (minimum of 4)*

MANUAL HANDLING

| | |
|----------------------|--|
| Duration | 3 hours |
| Qualification | Certificate of attendance |
| Cost | £551.50 + VAT for a 3-hour session for up to 8 delegates |
| Dates | As required |
| Venue | Client's premises |
| Places | 8 |

Employers have a legal obligation to properly assess and control manual handling risks; injuries caused through poor manual handling are a common reason for sickness absence.

FOR OPERATORS

This course teaches all aspects of safe manual handling, including lifting techniques and LITE (Load, Individual, Task, Environment) as well as providing a good understanding as to why safe manual handling is so important to an employee's health and wellbeing.

Our training is flexible and is designed for those who undertake manual handling activities in their working role. It can be customised so delegates can experience handling objects which they would normally encounter in their workplace.

COURSE OVERVIEW

- Legal requirements
- Base positions and movements
- Good handling techniques
- Basic physiology (spine anatomy, structure and function)

SPECIFIC HAZARDS INCLUDING COSHH REGULATIONS

| | |
|----------------------|---|
| Duration | Operators 3.5 hours; First Aiders 6 hours |
| Qualification | Specific Hazard Awareness Certificate |
| Cost | £650.50 + VAT for Modules 1 and 2 for up to 12 delegates £463 + VAT for Module 3 for up to 6 delegates £1,102.50 + VAT for the whole day if completing modules 1, 2 and 3 |
| Dates | As required |
| Venue | Client's premises |

This 3-part course offers specialist training for first aiders and those working in environments with specific hazards.

Operators need only attend morning sessions to complete modules 1 and 2, whereas first aiders must attend the whole day.

The separate modules allow training to be adapted to any specific hazard including cyanide and hydrofluoric (HF) acid.

COURSE OVERVIEW

Module 1 (limited to 12 delegates comprising first aiders and operators):

- CoSHH regulations
- Basic risk assessment (chemicals)

Module 2 (limited to 12 delegates comprising first aiders and operators):

- How to recognise and treat: chemical contaminations and specific hazard contamination
 - Substances must be discussed and agreed upon prior to course delivery and often include: Hydrogen Cyanide, Hydrofluoric Acid (HF) and a range of very toxic substances can be included.
- Assessment (3-year qualification period) – Specific Hazard Awareness certificate

Module 3 (limited to 6 delegates: first aiders only):

- CPR; oxygen; safety/therapy/bag, mask and oxygen CPR; assessment; automated external defibrillator (optional)

Following completion of module 3, first aiders will be assessed using a multiple-choice paper and trainer observation. If successful, they will receive a specific hazards awareness certificate and a competency in oxygen therapy, bag and mask.

NB: Module 3 must be retaken annually

IOSH WORKPLACE SAFETY COURSES

Our IOSH-accredited courses provide delegates with the skills and knowledge to help reduce incidents and accidents at work.

MANAGING SAFELY

| | |
|----------------------|---|
| Duration | 3 consecutive days or 1 day per week over 3 consecutive weeks |
| Qualification | IOSH accredited Managing Safely Certificate |
| Cost | £551.50 + VAT pp |
| Dates | As required |
| Venue | MOHS Training Centre* |
| Places | 12 |

This course helps line managers and supervisors understand their health and safety responsibilities.



COURSE OVERVIEW

There are seven units covered:

- introducing managing safely
- assessing risks
- controlling risks
- understanding your responsibilities
- identifying hazards
- investigating accidents and incidents
- measuring performance.

**We can deliver group training onsite at a client's premises for up to 6 delegates for £2,977 + VAT*

HEALTH AND SAFETY ADVISORY SERVICES

We offer a range of assessments that can identify and address issues and provide practical and cost-effective solutions; advice can be given via phone or email, but more precise guidance may require us to visit your site.

ERGONOMIC ASSESSMENTS

Ergonomic assessments are suitable for employees with a musculoskeletal disorder; existing medical conditions; disabilities or specific requirements, such as reduced mobility or age-related conditions; pregnant employees; and for people returning to work following an extending absence.

Individuals are assessed by an Associate Member of the Chartered Institute of Ergonomics & Human Factors to ascertain their requirements. This includes discussing any work-related issues and observations of their workstation and tasks performed.

Following the assessment, a report is prepared identifying legal requirements and recommending appropriate adjustments, such as suitable equipment, postural changes, task design; and where appropriate, equipment suppliers.

Cost of an ergonomic assessment, including a report is £458 +VAT.

MOHS offers the following ergonomic assessments:

DSE (Display Screen Equipment) workstation assessments

All aspects of the workstation and tasks are considered. Changes can be made immediately following the assessment, including advice on posture and body use.

Cost of a 3-hour group session for up to 12 delegates to advise on all aspects of DSE workstation requirements for £458 +VAT.

Vehicle assessments

We can assess a vehicle to determine its suitability for the driver and their intended tasks. This may include seated driving position, ease of access, operation of controls and loading.

Workplace assessments

Workplace assessments offer practical and cost-effective solutions to ergonomic problems, workplace injuries and provide advice on legal compliance, regulation and good practice.

LEGAL COMPLIANCE (workplace first aid courses)

It is a legal requirement that employers provide adequate and appropriate equipment and personnel to assist injured or ill colleagues*. This legislation requires organisations to carry out a 'needs assessment' of their first aid requirements that considers: hazards and risks in the workplace, number of employees, accident history, and lone workers or those who need to travel as part of their role.

Organisations should select first aiders who:

are generally fit and healthy; possess an aptitude to absorb knowledge and skills; can cope with stressful and physically demanding emergency procedures; have duties that do not prevent them going immediately to an emergency; have a good knowledge of English. We also advise organisations to appoint additional first aiders to cover absences.

Information contained in this booklet was correct at time of going to print.

* www.hse.gov.uk/firstaid

MOHS TERMS AND CONDITIONS

We look forward to meeting our delegates. Below are some guidelines to help them get the most out of their course:

- please ensure the personalised joining instructions are given to the delegate in advance of the course date. If for some reason these do not arrive or if you have made a late booking, please call **0121 601 4041** or email training@mohs.co.uk
- delegates should dress comfortably in loose fitting, casual clothing
- some activities may require slight physical exertion. Please contact us if there is any doubt about a delegate's suitability for a particular course.

BOOKINGS

All bookings must be confirmed by email and, where applicable, PO numbers provided.

PAYMENT

Payment of every course must be made in full before the course start date. Certificates to prove completion of a course may be withheld until payment is made or a purchase order is provided when booking.

Our standard payment terms are 30 days.

TRANSFERS AND CANCELLATIONS

If you are booked on a course or have an assessment booked within the Training Department and you need to transfer to another date or a different course, or if you cancel a booking for whatever reason, the following charges apply:

- more than four weeks' notice prior to original course start date - no charge
- two to four weeks' notice prior to original course start date - 25% of fee
- less than two weeks' notice prior to original course start date - 50% of fee
- less than one weeks' notice prior to original course start date - 100% of fee

Transfers or cancellations must be emailed to training@mohs.co.uk or via telephone in accordance with MOHS' cancellation process as above.

NON-ATTENDANCE

If a delegate does not show for a course, and we have not been previously informed, the full course fee remains payable.

LATE ARRIVALS AND MISSED SESSIONS

If a delegate arrives late for a course, we reserve the right to refuse to accept them for training. This is dictated by the awarding body who audit MOHS Workplace Health to quantify that the full hours are undertaken, ensuring the delegate gains the full knowledge and skills required for that qualification certificate. In such cases, 100% of the full course fee remains payable.

CODE OF CONDUCT

We reserve the right to refuse to teach a delegate who is or appears to be under the influence of drugs or alcohol or who presents inappropriate or offensive behaviour during a session.

UNFORESEEN CIRCUMSTANCES

If, on the rare occasion, we have to cancel a course, the delegate will be given as much notice as possible and offered a free transfer to another course or a full refund.

REQUALIFICATION COURSES

To be eligible to attend the two-day FAW requalification course, delegates must present a valid First Aid at Work certificate which is 'in date'.

VAT

Fees are subject to the current rate of VAT (valid exemptions apply).

TRAVEL COSTS

For courses held at a client's premises, we charge £0.75+ VAT per mile.

EXPENSES

Occasionally our trainers may require overnight accommodation. In such cases, the cost is agreed in advance with the client.

COVID-19

The safety and wellbeing of our staff, patients and course delegates is our top priority. We are adhering to the latest government guidelines, following stringent cleaning procedures and taking extra precautions wherever necessary.

We will continue to deliver training courses at our site. We will also deliver courses at clients' premises providing there is sufficient evidence of a COVID secure environment and safety procedures are being followed.

We reserve the right to cancel a course should there be a risk of COVID-19. In such instances, a new course date will be arranged.

 CONTACT US

 0121 601 4041

 mohs.co.uk

 training@mohs.co.uk

mohswph 

MOHS Workplace Health 

@MOHSwph 



We are passionate about workplace health and offer a wide range of services, training courses and assessments.

OCCUPATIONAL HEALTH

-  Health surveillance
-  Absence management
-  Medical assessments
-  Drug and alcohol screening
-  Employee wellbeing

MENTAL HEALTH TRAINING AND SERVICES

-  Remote Supervision & Support
-  Mental Health First Aid (MHFA)
-  Counselling Service including EMDR Therapy

 FIND US

MOHS Workplace Health Ltd
83 Birmingham Road
West Bromwich
B70 6PX