

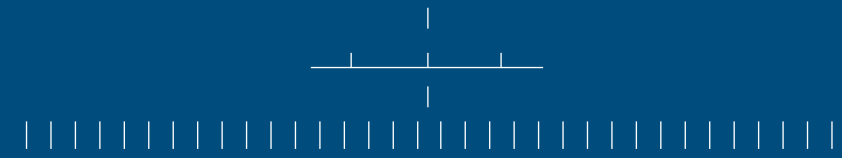


# AIB TRAINING

Essential Training for your Staff

**AIB** ALL IN  
BLACK  
LIMITED

TRAINING



# WELCOME

We know the importance of high-quality training across a multitude of disciplines to the success of your business and the welfare of your employees.

AIB are an experienced and accredited training provider who work with clients to ensure senior managers, staff and contractors have the relevant and most up-to-date training available to them, so they can perform their duties safely.

Our range of training courses are available across the UK and are delivered at bespoke training centres by trained and experienced trainers with a wealth of knowledge, expertise and practical experience in all aspects of the security industry.

We are an approved SIA training provider alongside Highfield who are our awarding body, and we have provided over 10,000 hour of training to clients nationwide to support the safe development and progression of their staff.

AIB would welcome the chance to talk to you in more detail about how we can support your company with advanced training.

**Aaron Mills**  
Managing Director



## HIGHFIELD ACCREDITED

AIB Training is a Highfield Accredited training provider with expertise from police, military and civilian life.

Highfield is the global leader in compliance and work-based learning and apprenticeship qualifications and one of the UK's most recognisable awarding organisations.



Highfield is regulated by Ofqual, Qualifications Wales, SQA Accreditation, the Council for the Curriculum, Examinations and Assessment (CCEA), and the Security Industry Authority (SIA). In addition to this, we're also a government-regulated end-point assessment organisation (EPAO).

Highfield is constantly researching and redesigning qualifications to ensure that all AIB Training courses are up-to-date and compliant with new and emerging legislation and best practice. Highfield regularly audit AIB Training to ensure we are meeting the very highest standards in training and excellence.

## WHY CHOOSE US?



**20 Years Experience**



**Expert Trainers from Police, Military & Civilian life**



**Trained Using Real-World Scenarios**



**Highfield Accredited**



**Relevant & Reliable Training**



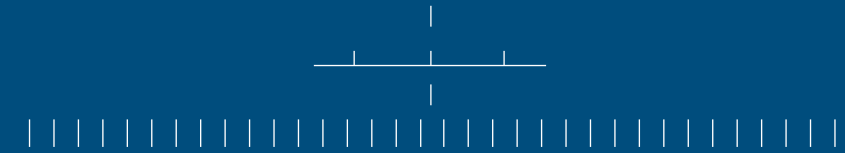
**Dedicated to Excellence**





**“TELL ME AND I FORGET,  
TEACH ME AND I MAY  
REMEMBER, INVOLVE ME  
AND I LEARN.”**

Benjamin Franklin



# TRAINING COURSES

First Aid

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AED Training

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Health & Safety

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Manual Handling

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Fire Safety

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## First Aid

### Who is this qualification for?

This qualification is aimed at learners who wish to become first-aiders in the workplace. This qualification meets the requirements for training first-aiders in those organisations that have identified that staff need to be trained to this level within their first-aid needs assessment.

### How long will it take?

To complete this qualification learners should expect to undertake 22 hours of learning, typically over three days, with a minimum contact time of 18 hours.

### Topics covered

The qualification covers knowledge such as the roles and responsibilities of the first aider, how to assess an incident and recognising signs and symptoms of injury and illness. The qualification also covers first aid skills in CPR and use of an AED and assisting a casualty who is suffering from major injury and illness such as chest injuries, spinal injuries and anaphylaxis.

### Assessment method

This qualification is assessed by a practical demonstration and written/oral questioning.



## Emergency First Aid at Work

### Who is this qualification for?

This course is suitable for people aged 16+ who might need to provide first aid to someone who is injured or becomes ill while at work.

### How long will it take?

This is a one day course.

### Topics covered

Learners will develop the skills and confidence to help someone who is:

- unresponsive and not breathing, including how to use of an automated external defibrillator (AED)
- unresponsive and breathing
- having a seizure
- choking
- bleeding heavily
- suffering from shock
- burnt.

The course also includes information on:

- assessing a casualty
- monitoring a casualty
- where to get help
- electrical incidents
- accident recording and reporting
- the control of substances hazardous to health (COSHH).





## First Aid at Work

### Who is this qualification for?

This is a more in-depth qualification in first aid training and is most suitable for individuals working in high-risk environments with a multitude of risk to their personal safety and the safety of their colleagues.

Typically this qualification is for individuals working in warehouse, factory, depot, retail or construction environments.

### How long will it take?

The course lasts three days and takes place in the classroom.

### Topics covered

- Adult resuscitation (CPR)
- Allergic reaction
- Asthma
- Bone, muscle and joint injuries
- Burns and scalds
- Chest pains
- Choking adult
- Communication and casualty care
- Eye injuries
- Fainting
- Head injuries
- Defibrillator prompts and how to respond (theory based)
- Defibrillator pad placement (theory based)
- Low blood sugar
- Managing an emergency
- Minor and severe bleeding
- Poisons and what to do if someone has been poisoned
- Role of the first aider (including knowledge of health and safety regulations)
- Seizures
- Shock
- Spinal injuries
- Stroke
- Unresponsive adult





## Paediatric First Aid

### Who is this qualification for?

This qualification is aimed at individuals wishing to become a paediatric first-aider in the workplace with a responsibility for the welfare of infants and children. This qualification is intended for learners already working or preparing to work in the industry and it meets the requirements for paediatric first aid outlined in the Early Years Foundation Stage.

### How long will it take?

To complete this qualification learners should expect to undertake 15 hours of learning, with a minimum contact time, excluding breaks, of 12 hours over 2 days.

### Topics covered

- Anaphylaxis
- Bleeding
- Child and baby resuscitation (CPR)
- Choking child or baby
- Communication and casualty care
- Fainting
- Managing a situation
- Role of the first aider
- Seizures
- Shock
- Unresponsive child or baby

### Assessment method

This qualification is assessed by a practical demonstration and a multiple-choice theory test.



## AED Training

### Who is this qualification for?

This qualification is aimed at individuals wishing to take further training or to develop their knowledge and skills in this basic life support. It is recommended for first-aiders in the workplace and is also suitable for schoolchildren, as recommended by The Resuscitation Council (UK).

### How long will it take?

To complete this qualification learners should expect to undertake approximately 5 hours of learning, with a minimum contact time of 4 hours.

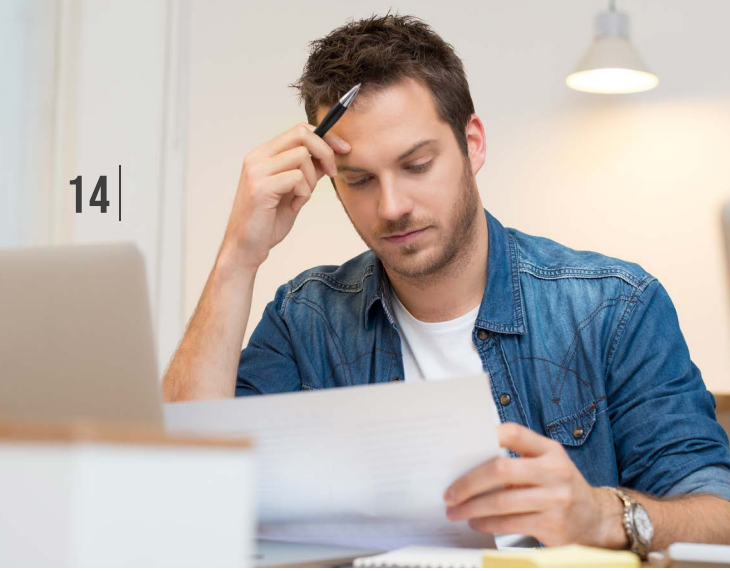
### Topics covered

These include how to manage an unresponsive casualty who is breathing normally, how to manage an unresponsive casualty who is not breathing normally, and safe use an automated external defibrillator.

### Assessment method

This qualification can be assessed by a practical demonstration and written/oral questioning.





## Health & Safety - LEVEL 1

### Who is this qualification for?

This qualification is designed for those learners either currently working or those returning or starting work and wishing to gain a nationally recognised qualification in health and safety.

### How long will it take?

The total qualification time (TQT) for this qualification is 4 hours and of this 4 hours is recommended as guided learning (GL).

### Topics covered

- Health and safety legislation
- How to stay informed
- Introduction to the language of health and safety
- Overview of how to comply with health and safety requirements
- Overview of risk assessments and basic procedures

### Assessment method

This qualification is assessed by a multiple-choice examination.



## Health & Safety - LEVEL 2

### Who is this qualification for?

This qualification is designed to provide learners with knowledge of the basic health and safety practices essential in the workplace.

### How long will it take?

The total qualification time (TQT) for this qualification is 10 hours and of this 6 hours is recommended as guided learning (GL).

### Topics covered

- Defining hazard and risk
- Improving safety performance
- Introducing working safely
- Assessing risks
- Controlling risks
- Identifying hazards
- Investigating accidents and incidents
- Managing safely
- Measuring performance
- Understanding your responsibilities

### Assessment method

This qualification is assessed by a multiple-choice examination.



## Manual Handling

### Who is this qualification for?

This qualification is designed to provide learners with knowledge of basic manual handling and musculoskeletal disorder such as back and joint pain.

### How long will it take?

The total qualification time (TQT) for this qualification is 3 hours.

### Topics covered

- Manual handling regulations
- Risk assessment
- Safer moving and handling
- Spinal anatomy, structure and function

### Assessment method

Written assessment and workplace risk assessment.





## Principles of Fire Safety & Fire Safety Awareness

### Who is this qualification for?

This qualification is aimed at anyone involved in the management of fire safety in any workplace. This includes managers, supervisors, team leaders, fire wardens (marshals) and staff working in any area where there is a potential risk of fire.

Learners gaining this qualification will know that fire safety is the responsibility of everyone in the workplace and will recognise the consequences of fire in any premises.

### How long will it take?

To complete this qualification, learners should expect to undertake 6 hours of guided learning.

### Topics covered

- 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

### Assessment method

This qualification is assessed by a multiple-choice examination.



## Mental Health First Aider

### Who is this qualification for?

The qualification is aimed at individuals who intend to take on the role of Mental Health Responder/Champion within their organisation, but is also relevant to other employees and managers intending to develop their knowledge of mental health conditions.

### How long will it take?

To complete this qualification, learners should expect to undertake 8 hours of guided classroom learning.

### Topics covered

- What is mental health
- What is the difference between a mental health episode, crisis and condition?
- Factors that affect our mental health
- The mental health continuum
- Roles and responsibilities of a Mental Health First Aid Responder
- Mental health action plan protocol (DR EFG)
- Active listening skills
- How to show empathy
- How to have a conversation about wellbeing
- How to give immediate mental health support and where to signpost someone for additional support
- Recognising stress
- Anxiety and anxiety disorder
- Recognising depression
- Suicide continuum, signs and symptoms
- How to recognise OCD, PTSD, eating disorders, self-harm, substance abuse and psychosis

### Assessment method

Assessment is carried out through a multiple-choice question paper.



## Membership & Accreditations

We are proud to be a member of a number of industry-leading accreditation and standards.

- SIA
- Safecontractor Approval
- COVID Secure Workforce

The quality policy of All In Black Group is to work to the recognised standards of bs7858 in accordance with all vetting procedures.



# OUR VALUES

**Dynamic:** we have the ability to adapt to unique situations and all of our operatives and guards trained for the real world. All of our activities are proactive, innovative, planned and delivered in real-time.

**Dedicated:** we recruit local people, trained locally to keep a local footprint in locations across the UK, and we are committed to retaining a sense of community in our services.

**Detailed:** all of our people are fully vetted and checked and are a security detail you can depend on in every situation, including covert high-end operations.

## Our USP

Our flexibility is central to our success. Our experience shows us that no security situation is ever the same, no clients' needs are ever the same and no working day is ever the same for our professionals, which is why we offer tailored solutions to your security needs.

Our risk assessments, consultancy and security system solutions are constantly evolving and taking into consideration the new and emerging threats that clients will face in a multitude of environments.

Whatever your security needs – we have you covered.

Our commitment to evolving in an ever-changing world, ensures that our entire workforce is constantly trained to meet the demands we face and deliver our services for our clients to the highest standard.

## Why Are We Different?

We are dynamic, flexible and proactive, offering bespoke and innovative solutions in real-time whatever your security needs.





# CONTACT US

To discuss how we can support you further, please contact All In Black's Managing Director, Aaron Mills on:

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