



**RIGHTSFORUSLTD**  
SHARING KNOWLEDGE

**Workshops for  
schools. 2016**

# Schools and Day Nursery Training

## Rights for Us – R4U Ltd

R4U Ltd has been established since 2013 and we are fast becoming the professional's choice for one stop shop training. We train professionals such as teachers, early year's practitioners, youth-workers and policy advisors. R4U Ltd was set up by Clive Williams and Richard Thomas, experienced People Trainers, Health and Safety Practitioners and Personal Development Tutors to respond to the growing demand for holistic training throughout the schools and establishments in Wales.

**R4U Ltd**

**Britannia House**

**Van Road**

**Caerphilly Business Park**

**Caerphilly Bcf83 3gg**

## Catalogue of Courses 2016

### Safety for Schools and Day Nurseries:

#### First Aid Courses

**Emergency First Aid at Work 6 Hours:** Price **£55.00** per person up to Five (5) Groups of Six (6) to Ten (10) **£310.00**.

**Emergency Paediatric First Aid 6 Hours:** Price **£55.00** per person up to Five (5) Groups of Six (6) to Ten (10) **£310.00**.

**Paediatric 12 Hours (Two Days): Individual students to 5 £110.00.** Groups of Six (6) to Ten (10) **£620.00**.

**Specific First Aid 4 Hours.** CPR and Asthma Control. Since September 2014 schools are required to have in place a Medical Conditions Policy for children with asthma which includes the child having an individualised health plan if it's felt to be appropriate

**Refresher Courses 4 Hour: Individual students £47.00.** Groups of Six (6) to Ten (10) **£275.00**

**Anaphylaxis First Aid** - The course is run over half day and introduces Basic Life Support & Management of Anaphylaxis. Individual students **£47.00**. Groups of Six (6) to Ten (10) **£275.00**

**Asthma First Aid** - The course is run over half day and introduces guidance on the use of emergency salbutamol inhalers in schools. Individual students **£47.00**. Groups of Six (6) to Ten (10) **£275.00**.

**CPR and Automated External Defibrillator (AED).** **£55** for individuals Groups of Six (6) to Ten (10) **£310**

**Bespoke First Aid Training and Courses.** R4u Ltd can design and deliver bespoke first aid training courses for any purpose and to suit any requirement. This option is useful for when you need specific staff training based on your needs and your children's.

#### Fire Awareness Training

**F.A.T. ½ Day** for delegates to know how to reduce fire risks, deal with fires if appropriate and escape safely in the event of fire. This course is designed to give you the knowledge and confidence to act safely in the event of a fire, and to aid fire prevention at work. Complies with the Regulatory Reform (Fire Safety) Order 2005. **£55 for individuals Groups of Six (6) to Ten (10) £310** **Fire Warden Training**

**Fire Warden Course 4 Hours** - All schools, nurseries and organisations are required to carry out an assessment of the risk of fire in their workplace. As part of a fire plan, you may appoint fire wardens, to carry out certain tasks. This will include routine inspections such as ensuring fire exits are kept clear and that fire-fighting appliances are in the right place and alarms are tested. Includes Fire Extinguisher Training. Price **£60.00** per person up to Five (5) Groups of Six (6) to Ten (10) **£345.00**.

**School Fire Safety-** Bespoke Fire Training and Courses. R4u Ltd can design and deliver bespoke Fire Training courses to suit any requirement. Schools and nurseries have far reaching responsibilities under existing health and safety legislation. Health and safety responsibilities in schools include fire safety.

**Food Hygiene and Safety Level 2. 6 Hours** - Overall aim is to develop a level of understanding of the basic principles of food hygiene and safety in the catering industry. Complies with the formal training requirement showing compliance with legislation and covers major aspects of food hygiene: Includes an introduction to the New Allergen Laws: **Price £55.00 per person up to Five (5) Groups of Six (6) to Ten (10) £310.00.**

### **Food Safety, Hazard Analysis and Critical Control Point Seven Principles**

**Training** – 12 hours This course will develop your skills to comply with the HACCP principles at every stage of the food production (from purchasing, receiving, transportation, storage, preparation, handling, cooking to serving) and will show you how to develop policies for monitoring **Individual students £110.00. Groups of Six (6) to Ten (10) £620.00**

### **Data Protection Workshops. 4 Hours**

**Data Protection): Risk and Data Protection Requirements 2015 workshop** - The course explains what is expected of people who handle personal data, including information on how to keep data secure what to do if data is lost and how to handle subject access requests. The course will also present an overview of the proposed EU Data Protection reform planned for 2015. Individual students £55.00. Groups of Six (6) to Ten (10) £310.00

**Freedom of Information 4 Hours** -Dealing effectively with Subject Access Requests remains a management challenge for many organisations including schools. Requests can come from customers, employees, complainants, and others. The quantities of information typically held on individuals are increasing to vast proportions, sometimes as an unintended consequence of technological advances. This practical training session looks in detail at the right of individuals to gain access to their data, as well as the exemptions that organisations can use to withhold information. . Individual students £55.00. Groups of Six (6) to Ten (10) £310.00

**RIDDOR 2013. 3 Hours** - Incident reporting in schools (accidents, diseases and dangerous occurrences) The course includes examples of the incidents that sometimes result from schools' activities and are reportable under RIDDOR. The course will look at accident investigation and completing a report. Individual students up to 5 - £47.00. Groups of Six (6) to Ten (10) £275.00

**Bullying in Schools: Awareness Training. 6 Hours.**

R4U Ltd use bullying awareness as a teaching resource in schools and youth organisations. This workshop is designed to share the necessary tools to conduct bullying prevention and intervention training for staff and support staff. It is very important that anyone interacting with children is prepared to deal with bullying behaviour and become active participants in the process to creating a bully free environment. R4U Ltd believe all school personnel (including bus drivers, coaches, and after-school program supervisors) need to know how to identify and respond to bullying as well as how to model and reinforce positive problem solving. Individual students £60.00 up to 5. Groups of Six (6) to Ten (10) £345.00

**Conflict and Emotional skills Training for Schools: 4 Hours**

**Our Just Stay Cool in the Classroom has 5 themes:**

Cooperation

Communication

Expressing Feelings

Responsible Decision Making

Conflict Resolution

Individual students up to 5 - £55.00. Groups of Six (6) to Ten (10) £310.00

**CoSHH and Risk Assessment Training for Schools – 6 Hours.** The use of hazardous substances within schools can present hazards to staff and pupils and as such control measures need to be put in place. The CoSHH regulations require employers to control substances that can harm workers' and students health. Schools and colleges are required to be CoSHH compliant. Most schools will possess materials that could cause harm to teachers, students, contractors and others. COSHH law requires schools to control ALL substances that are hazardous to health.

Individual students £60.00. Groups of Six (6) to Ten (10) £345.00

**Manual Handling and TILE Certification – 4 Hours.** A comprehensive course that provides participants with information on up to date manual handling legislation including risk assessment. Successful completion of the course will enable delegates to:

- Explain the Risk Assessment process required by the Manual Handling Regulations.
- Explain the process of carrying out an individual assessment in line with T.I.L.E.
- Perform correct manual handling techniques for lifting and moving loads

Individual students up to 5 - £50.00. Groups of Six (6) to Ten (10) £285.00

**Assertiveness at School** - Our Assertiveness course provides practical advice and techniques to boost your confidence and self-esteem. This workshop will provide you with the opportunity to share experiences with others in a safe environment understand your own behaviour styles and those of others and develop an achievable plan for communicating and behaving more assertively.

Individual students up to 5 - £47.00. Groups of Six (6) to Ten (10) £275.00

**Equality and Diversity Training - Module 1 - Equality and Diversity Essentials.** This module is aimed at all staff and introduces the basic concepts of equal opportunities and diversity in relation to all the protected characteristics, age, sexual orientation, gender reassignment, disability, etc., and provides an overview of the main legislation and its implications.

**Module 2 - Equality and Diversity Managing and Auditing Equality and Diversity.** Examine proven techniques of equality, diversity and inclusion audits, how to assess your current position and to help you to identify risks and opportunities as well as prioritise the actions you may need to take.  
Individual students £60.00 up to 5. Groups of Six (6) to Ten (10) £345.00

R4U Ltd wants Schools and day care centres to be able to choose from our wide list of courses delivered at our own training centre or at a venue of your choice. We also offer bespoke courses tailored to your specific requirements to be run at your own workplace or ours.

Whichever type of workshop/course you choose, there are no hidden costs with us and we publish freely the costs of our training in our catalogues, we ensure that our prices are very competitive as we understand that customers have limited training budgets and so require the best possible value for money they can get. Post –course support is always available to attendees. So at any time after a course, if you have a problem/issue which we can help with we offer expert advice face to face phone or email.