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First aid training and first aid instructor training delivered in a fun and engaging way by Good Skills Training

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Good Skills Training delivers in-house and open courses in first aid training, first aid instructor training, health and safety training and defib training, as well as food hygiene training (food hygiene certificate) and HACCP training. First aid, health and safety and food hygiene training saves and protects lives. Follow the links for more details about each course.

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First aid training and first aid instructor training made interesting

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First aid training is a serious subject, whether it's for employees, volunteers or instructors. It has obvious statutory implications as far as many companies and organisations are concerned, but that doesn't mean that it can't be delivered in an engaging way.

At Good Skills Training we offer first aid training and first aid instructor training that's designed not only to satisfy legal requirements, but to encourage students to see the value and importance of what they're learning. After all, first aid saves and changes lives. Ask anyone who's applied their first aid training to a real life or death situation.

For some the experience triggers a desire to teach others by becoming an instructor themselves. Our first aid instructor training not only provides organisations with an effective method of teaching first aid and first aiders in-house, but individuals with a potentially new and fulfilling career. We often recruit first aid instructors from among those we've trained ourselves.

Most of our training course bookings come through word-of-mouth recommendation, which means that most of our in-house first aid training courses at least tend to be delivered in surrounding Essex, Hertfordshire, Cambridgeshire and London. It also means that we don't need to spend as much on marketing, which keeps our prices down.

Our open first aid instructor courses take place all over the country. We currently have dates available in [\[link to booking page\]](#) London, Bishops Stortford, Birmingham and Newcastle, to name but a few.

[\[h2 heading and link to booking page\]](#) **First aid instructor course dates and locations**

[\[h2 heading and link to FIRST AID INSTRUCTOR page\]](#) **Learn more about becoming a first aid instructor**

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Food hygiene, health and safety, defib (AED) and fire safety training

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In addition to first aid training we also offer a wide range of [\[link to FOOD SAFETY page\]](#) food (HACCP), [\[link to HEALTH & SAFETY page\]](#) health and safety, [\[link to FIRST AID TRAINING page\]](#) defibrillator and [\[link to FIRE SAFETY page\]](#) fire safety training courses. We work with a lot of companies across the hotel, restaurant and catering industries, as well as schools and colleges. All our training courses are delivered at the time and place of your choosing by one of our team of fully qualified instructors.

At Good Skills Training we deliver fun, value-for-money first aid and first aid instructor training to suit every type of organisation and individual. Please follow the links to find out more about each course. If you can't see one that matches your needs, or if you'd like to know more about our first aid instructor training or the many of benefits of becoming a first aid instructor, call Ian or Ruth on 01279 254150.

[\[testimonial\]](#)

"As a Fellow of the CIPD (Chartered Institute of Personnel and Development) I'm rarely impressed by (others') training. This... was the best first aid training I have ever done. It was engaging and full of energy."

Simon Carter

The Scout Association

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