

***At MJ Trainings we promise to -***

***Deliver high quality training at a reasonable price, only increasing our prices if required and not as standard practice. If you are not happy with a course provided, we will give you a full refund.***

**Price Increase 2023**

- Our last price increase was in October 2021 and we have continued to charge our 2021 – 2022 prices, to September 2023, to help our customers catch up on their training requirements after COVID.
- Unfortunately, however we need to increase our prices as from 1<sup>st</sup> October 2023 due to the significant price increases, as we can no longer absorb these additional costs.
- Currently it is costing us, on average 10% to £10.00 per person, more, per day, to deliver our training courses. However, our prices are still similar, or lower than other local and national providers.

**In addition to the course costs listed here, there are a few additional costs & deductions to be aware of -****Hard copies of certificates –**

An e-certificate (or A4 printed certificate for our non-accredited courses), is included in the cost of our courses for each learner and the e-certificate can be printed if required.

If you wish us to supply a printed A4 certificate, in addition to the e-certificate, we can provide that for an additional £1.50 per person.

A plastic credit card certificate is also available, with the printed A4 Certificate, costing £2.50 per person.

**Travel & Overnight Stays –**

If a trainer needs to drive more than 2 hours each way to a client's site, or if you require your course at an earlier or later time than normal, for the trainer's safety we reserve the right to charge an additional fee for travel and overnight stays if required. Agreed at the time of booking.

**Charity Discounts -**

We are happy to help support charities as much as we can, with a discretionary discount between 5-10%, please speak to us for more details.

**Training Site –**

We charge the same price for group training whether we come to you, or you come to our Training Centre in Lowestoft. Refreshments, but not lunch are included in the price if you have your training at our Training Centre.

**At MJ Training we believe our training is second to none.**

- **On all our courses we have a very high standard of hygiene.**
- **We can offer some blended courses, with a mixture of online eLearning and face to face training for some of our group courses, price on request.**

**On our first aid courses –**

- Nearly all our manikins have feedback technology built in, (QCPR), so the learner and trainer can see how effective their CPR is, including the depth and rate of compressions and breaths, exact placement of hands etc. We encourage candidates to download the CPR App so they can see their own progress in real time and we also have tablets that can be used by anyone who is unable to download the App onto their phone. We have excellent feedback regarding this and it can get very competitive. We also have a range of training AED units that are replica's of the real unit making training more realistic.
- The government guidelines are that there should be one manikin and training AED unit to every 4 learners. We operate whenever possible a 'one manikin to each learner policy', (with exception to large group training, where we will have no more than 2 learners taking turns using a manikin). With at least one AED to 3 learners, giving an exceptional amount of hands-on practice time.
- We train all our learners to use face shields / Pocket Mask, for CPR as standard.
- We have a range of full-bodied manikins, so hands on other learners is not required, if a learner has reservations.
- Our training centre has been fitted with a hospital grade air and surface steriliser system and we continue to adhere to a high level of hygiene practices, for everyone's peace of mind.

**With all our courses the candidate receives –**

- E Certificate.
- Full colour manual
- For First Aid Courses Personal Pocket Mask
- Refreshments (but not lunch) when attending training at our Training Centre
- Ongoing support, including a bi-monthly revision service for first aiders
- Annual refresher reminders (if relevant) and certificate due to expire, reminder as standard

**In addition to the standard syllabus on all our first aid courses we cover –**

- Adult, child and baby CPR and Choking procedures and now offer combined Adult and Paediatric courses for group bookings
- On our one-day courses we also cover additional subjects some other providers may not cover as standard, including – Heart Conditions: asthma : Anaphylaxis

**Other courses available on request call us for more information - All prices are subject to VAT at the current rate**

Course <i>(**pp) is the approximate cost per person if the course is full Unless noted otherwise certificates are valid for 3 years</i>	Duration	Individual Price (Our Venue)	Full Course Price for Up to 8 learners	Full Course Price for Up to 12 Learners (On the client's site only)	Additional Information
<b><u>First Aid - Workplace</u></b>					
Level 3 Annual Refresher / Emergency First Aid	4 hrs	£69	£425 (53pp)	£530 (44pp)	
Level 2 Award Basic Life Support & Safe use of an AED	4 hrs	£69	£425 (53pp)	£530 (44pp)	
Level 3 Award in Emergency First Aid at Work (EFAW)	1 Day	£106	£600 (75pp)	£750 (63pp)	
Level 3 Award in Forestry First Aid + F	Half Day	£85	£490 (61pp)	£650 (54pp)	Must hold current EFAW
Level 3 Award in EFAW including +F (Forestry)	1.5 Days	£160	£975 (122pp)	£1195 (100pp)	2 Certificates
Level 3 Award First Aid at Work Requalification	2 Days	£175	£1035 (129pp)	£1285 (107pp)	
Level 2 Award in Activity First Aid	2 Days	£175	£1035 (129pp)	£1285 (107pp)	
Level 3 Award in First Aid at Work (RQF) (FAW)	3 Days	£270	£1440 (180pp)	£1740 (145pp)	
Level 2 Award in CPR & AED (RQF)	1 Day	-	£600 (75pp)	£750 (63pp)	
Level 3 Safe Use of Oxygen	1Day	-	£600 (75pp)	£750 (63pp)	
Combined Level 3 EFAW & Level 3 EPFA	1 Day	£116	£680 (85pp)	£870 (73pp)	2 Certificates
Combined Level 3 FAW & Level 3 PFA	3 Days	£280	£1520 (190pp)	£1860 (155pp)	2 Certificates
Level 3 Paediatric Annual Refresher / Emergency First Aid	Half Day	£69	£425 (53pp)	£530 (44pp)	
Level 3 Award in Emergency Paediatric First Aid (RQF) (EPFA)	1 Day	£106	£600 (75pp)	£750 (63pp)	
Level 3 Award in Paediatric First Aid (RQF) (PFA)	2 Days	£160	£880 (110pp)	£1045 (87pp)	
<b><u>Mental Health First Aid</u></b>					
Level 1 Awareness of First Aid for Mental Health	Half Day	£85	£558 (70pp)	£685 (57pp)	
Level 2 First Aid for Mental Health	1 Day	£115	£640 (80pp)	£804 (67pp)	
Level 3 Supervising First Aid for Mental Health	2 Day	£185	£920 (115pp)	£1190 (99pp)	

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<b><u>Health &amp; Safety / Moving of Loads &amp; People</u></b>					
Awareness of Health & Safety in the Workplace	Half Day	£69*	£425 (53pp)	£530 (44pp)	Non-Accredited Certificate
Level 2 Award Health & Safety in the workplace (RQF)	1 Day	£106*	£580 (73pp)	£690 (58pp)	
COSHH & Infection Control Awareness	Half Day	£69*	£425 (53pp)	£530 (44pp)	Theory only
Level 1 Award in Fire Safety Awareness (RQF)	Half Day	£90*	£505 (63pp)	£635 (53pp)	
Level 2 Award in Fire Safety (RQF)	1 Day	£106*	£580 (73pp)	£690 (58pp)	Theory only
Level 2 Award in the Principles of Moving & Handling (RQF)	Half Day	£90*	£505 (63pp)	£635 (53pp)	Loads only
Level 2 Award in Safe Moving & Handling (Loads) (RQF)	1 Day	£106*	£580 (73pp)	£690 (58pp)	Loads only
Principles & Practice of Moving People Refresher**	Half Day	£69*	£425 (53p)	£530 (44pp)	Non-Accredited Certificate
Level 2 Award in the Principles & Practice of Moving People Safely (RQF) / Safe Moving of Loads & People**	1 Day	£106*	£580 (73pp)	£690 (58pp)	
** Includes Loads & People, covering Hoists, stand aid etc.					
<b><u>Food Safety</u></b>					
Food Safety Awareness in a Catering Environment	Half Day	£69*	£425 (53pp)	£530 (44pp)	Non-Accredited certificate
Level 2 Award in Food Safety in Catering (RQF)	1 Day	£106*	£580 (73pp)	£690 (58pp)	
Level 2 Award in Food Safety Refresher	Half Day	£90*	£505 (63pp)	£635 (53pp)	Retail & Manufacturing also available
(*Please note for these courses we must have a minimum of 3 attending an open course to be viable to run, both financially and to be undertake some practical elements of the course. Please speak to our office for more info.)					

 We can also provide first aid cover at small and medium events. For more information, please contact us direct.

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