

At MJ Training East Ltd., 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.***

NEW FOR 2025 –

- ✓ All our first aid courses except for half day courses, (unless specified), will now include life threatening / catastrophic bleed training.
- ✓ We are also launching the **Level 3 First Response Emergency Care Course, (FREC)**, this is a 5-day course for those who wish to possibly be more involved in event first aid cover, or looking to work with the emergency services, plus businesses that may, with the new Martyn's Law, require higher trained first aiders in the future. This course is led by either one of our Ambulance Technicians or Paramedic. For more information contact us on the numbers etc. above.
- ✓ Free certificated CPD sessions.
- ✓ We have listened to our clients with regards to issues with parking and now include parking when using main Railway Station Car Park.

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. Lunch can be arranged at an additional cost, on request.

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



MJTE - PRICE LIST April 2025

MJ Training East Ltd (Trading as MJ Training) – Reg Address – 1 Commercial Road, Lowestoft, Suffolk. NR32 2TD
T: 01502 560779 / 07729 696061 E: info@mjtrainme.co.uk W: www.mjtrainme.co.uk
Company Number: 15576071 - VAT Number: 395115291

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 9 learners	Full Course Price for Up to 12 Learners	Additional Information
<u>First Aid - Workplace</u>					
Level 3 Annual Refresher / Emergency First Aid	4 hrs	£79	£467.50 (59pp)	£583 (49pp)	
Level 2 Award Basic Life Support & Safe use of an AED / Adults & Children / Anaphylaxis	4 hrs	£79	£467.50 (59pp)	£583 (49pp)	
Level 3 Award in Emergency First Aid at Work (EFAW)	1 Day	£116	£660 (83pp)	£825 (69pp)	
Level 3 Award in Forestry First Aid + F	Half Day	£95	£539 (68pp)	£715 (60pp)	Must hold EFAW
Level 3 Award in EFAW including +F (Forestry)	1.5 Days	£170	£1072.50 (134pp)	£1314.50 (110pp)	2 Certificates
Level 3 Award First Aid at Work Requalification (FAWR)	2 Days	£185	£1138.50 (143pp)	£1413.50 (118pp)	
Level 2 Award in Activity First Aid (AFA)	2 Days	£185	£1138.50 (143pp)	£1413.50 (118pp)	
Level 3 Award in First Aid at Work (RQF) (FAW)	3 Days	£280	£1584 (198pp)	£1914 (160pp)	
Level 2 Award in CPR & AED (RQF)	1 Day	-	£660 (83pp)	£825 (69pp)	
Level 3 Safe Use of Oxygen (O2)	1 Day	-	£660 (83pp)	£825 (69pp)	
Combined Level 3 EFAW & Level 3 EPFA	1 Day	£126	£748 (94pp)	£957 (80pp)	2 Certificates
Combined Level 3 FAW & Level 3 PFA	3 Days	£290	£1672 (209pp)	£2046 (171pp)	2 Certificates
Level 3 First Aid / Paediatric Annual Refresher	Half Day	£79	£467.50 (59pp)	£583 (49pp)	
Level 3 Award in Emergency Paediatric First Aid (RQF) (EPFA)	1 Day	£116	£660 (83pp)	£825 (69pp)	
Level 3 Award in Paediatric First Aid (RQF) (PFA)	2 Days	£170	£968 (121pp)	£1149.50 (96pp)	
Level 3 Award in Paediatric First Aid Blended (RQF) (BPFA)	1+1 Day	£136.50	£795 (89pp)	£945 (79PP)	1 Day F2D & 1 Day Online
<u>Pre-Hospital Qualifications</u>					
Level 3 Award First Response Emergency Care (FREC)	5 Day	£495	£2400* (400pp)	POR	(*Max 6 people)

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<u>Mental Health First Aid</u>					
Level 1 Awareness of First Aid for Mental Health	Half Day	£95	£614 (77pp)	£753.50 (63pp)	
Level 2 First Aid for Mental Health	1 Day	£125	£704 (88pp)	£884.50 (74pp)	
Level 3 Supervising First Aid for Mental Health	2 Day	£195	£1012 (127pp)	£1309 (109pp)	
<u>Health & Safety / Moving of Loads & People</u>					
Level 1 Award in Health & Safety in the Workplace (RQF)	Half Day	£79*	£467.50 (59pp)	£583 (49pp)	
Level 2 Award in Health & Safety in the workplace (RQF)	1 Day	£116*	£638 (80pp)	£759 (64pp)	
COSHH & Infection Control Awareness	Half Day	£79*	£467.50 (59pp)	£583 (49pp)	
Level 1 Award in Fire Safety Awareness (RQF)	Half Day	£79*	£467.50 (59pp)	£583 (49pp)	Theory only
Level 2 Award in Fire Safety (RQF)	1 Day	£116*	£638 (80pp)	£759 (64pp)	Theory only
Level 2 Award in the Principles of Moving & Handling (RQF)	Half Day	£79*	£467.50 (59pp)	£583 (49pp)	Loads only
Level 2 Award in Safe Moving & Handling (Loads) (RQF)	1 Day	£116*	£638 (80pp)	£759 (64pp)	Loads only
Level 2 Award in the Principles & Practice of Moving People Safely (RQF) **	1 Day	£116*	£638* (80pp)	£759 (64pp)	Loads & People (*max of 8 people)
Principles & Practice of Moving People Refresher**	Half Day	£79*	£467.50* (59pp)	£583 (49pp)	Non-Accredited
Non-Accredited Evacuation Chair Training	2-3 hrs		£425 * (54pp)		(*max of 8 people)
** Includes Loads & People, covering Hoists, stand aid etc.					

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<u>Food Safety</u> Food Safety Awareness in a Catering Environment Level 2 Award in Food Safety in Catering/Retail/Manufacturing (RQF) Level 2 Award in Food Safety Refresher (*Please note for these courses we must have a minimum of 3 attending an open course to be viable financially and or to have enough people to undertake the practical elements of the course. Please speak to our office for more info.)	Half Day 1 Day Half Day	£79* £116* £79*	£467.50 (59pp) £638 (80pp) £467.50 (59pp)	£583 (49pp) £759 (64pp) £583 (49pp)	Non-Accredited

✚ We undertake regular AED & Bleed Kit demonstrations for the public and deliver talks, workshops etc., to various groups.

We can also provide First Aid cover for small to medium Events -

✚ As well as personnel of varying levels of training and experience, we also have a range of first aid post set ups that we can provide to ensure you have the best professional set up to ensure the safety and wellbeing of your attendees.

✚ Please be aware we are not CQC registered as we do not transport any casualties any further than the event site.

✚ For more information, please contact us direct.

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Our commitment to you -

- 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 use the CPR App so they can see their own progress in real time. We have excellent feedback regarding this and it can get very competitive.
- We also have a range of training AED units that are replicas of the real unit making training more realistic.
- The government guidelines state 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). Plus 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.

Including in the course prices are –

- E Certificate (A4 and plastic card certificates can be ordered for a small additional cost)
- Full colour manual
- For First Aid Courses Personal Pocket Mask / or CPR shield
- Refreshments (but not lunch) when attending training at our Training Centre
- Ongoing support, including a regular updates and revision service for first aiders
- Annual refresher reminders (if relevant) and certificate due to expire, reminder as standard
- Free certificated CPR sessions for those able to get to our training centre
- Parking cost paid (if using the main Lowestoft train station car park)

In addition to the standard syllabus on most of our first aid courses we cover a range of additional subjects –

- Including adult, child and baby CPR and choking procedures, plus, catastrophic bleeds. (Except on half day courses and combined courses.)
- On our one-day courses we also cover additional subjects some other providers may not cover as standard, including – Heart Conditions: asthma : Anaphylaxis.

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