



MJTE - PRICE LIST – MAY 2026

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

At MJ Training East Ltd., we keep things simple — quality training, fair pricing, and no nonsense.

We're committed to delivering high-quality courses at a reasonable cost, only increasing prices when absolutely necessary — not as a routine.
And if you're not satisfied with your course? We'll give you a full refund. No fuss.

What's New for 2026

Keeping costs realistic - We know everything is getting more expensive — so we've worked hard to keep our prices as low as possible.

Due to ongoing parking issues at the train station (sadly outside our control), parking will no longer be included for new bookings from **1 May**. Candidates will need to pay via the relevant parking app. That said, we've adjusted our pricing to help offset this change.

(If you booked before 1 May, your parking is still included — that promise stands.)

More space, better learning - You told us some courses felt a bit cramped during practical sessions — and we listened. While real-life first aid rarely happens in perfect conditions, we've reduced our full open course sizes to **just 9 candidates**, giving everyone more space and a better hands-on experience.

Breakfast is now on us - Our revision breakfasts have been a hit — so we're expanding them!

All full-day open courses now include a **complimentary continental breakfast**, available from **8:30–9:00am**.

It's a relaxed chance to grab a bite, chat with others, and ask questions before the day begins.

(Please note: this doesn't apply to blended courses.)

A Few Extra Details to Know

Certificates - Every learner receives a certificate included in the course price — either digitally or as a printed A4 copy for non-accredited courses.

For accredited courses, you can request a printed A4 certificate for just **£1.50 per person**.

Travel & Overnight Stays - If your course requires a trainer to travel more than 2 hours each way, or outside standard hours, we may need to include an additional fee for travel or overnight stays.

We'll always agree this with you at the time of booking — no surprises.

Charity Discounts - We're proud to support charities wherever we can, offering a **5–10% discretionary discount**. Get in touch to find out more.

Training Location - Whether we come to you or you join us at our training centre in Lowestoft, the price stays the same.

If you train with us, refreshments are included (lunch can be arranged at an additional cost if needed).

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



MJTE - PRICE LIST – MAY 2026

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 A range of half day Basic Life Support courses available ask for more details*</i> | Duration | Individual Price Open course (at 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 | £75 | £470 (52pp) | £590 (50pp) | |
| Level 3 Award in Basic Life Support & AED (Adults & Children) & Anaphylaxis * | 4 hrs | £75 | £470 (52pp) | £590 (50pp) | |
| Level 3 Award in Emergency First Aid at Work (EFAW) | 1 Day | £110 | £660 (74pp) | £825 (69pp) | |
| Level 3 Award in Forestry First Aid + F | Half Day | £95 | £540 (60pp) | £715 (60pp) | Must hold EFAW 2 Certificates |
| Level 3 Award in EFAW including +F (Forestry) | 1.5 Days | £170 | £1075 (120pp) | £1315 (110pp) | |
| Level 3 Award First Aid at Work Requalification (FAWR) | 2 Days | £180 | £1140 (127pp) | £1400 (117pp) | |
| Level 2 Award in Activity First Aid (AFA) | 2 Days | £180 | £1140 (127pp) | £1400 (117pp) | |
| Level 3 Award in First Aid at Work (RQF) (FAW) | 3 Days | £270 | £1580 (176pp) | £1915 (160pp) | |
| Level 2 Award in CPR & AED (RQF) | 1 Day | - | £660 (74pp) | £825 (69pp) | |
| Level 3 Safe Use of Oxygen (O2) | 1 Day | - | £660 (74pp) | £825 (69pp) | |
| Combined Level 3 EFAW & Level 3 EPFA | 1 Day | £125 | £750 (84pp) | £950 (80pp) | 2 Certificates |
| Combined Level 3 FAW & Level 3 PFA | 3 Days | £290 | £1670 (186pp) | £2045 (171pp) | 2 Certificates |
| Level 3 First Aid / Paediatric Annual Refresher | Half Day | £75 | £470 (52pp) | £590 (50pp) | |
| Level 3 Award in Emergency Paediatric First Aid (RQF) (EPFA) | 1 Day | £110 | £660 (74pp) | £825 (69pp) | |
| Level 3 Award in Paediatric First Aid (RQF) (PFA) | 2 Days | £165 | £970 (108pp) | £1150 (96pp) | |
| <u>Blended courses available</u> <i>(Part online and part face to face)</i> | | | | | |
| Level 3 Award in Emergency First Aid at Work (RQF) (BEFA) | ½ + ½ Day | £85 | £505 (56pp) | £630 (53pp) | |
| Level 3 Award in Paediatric First Aid Blended (RQF) (BPFA) | 1+1 Day | £130 | £795 (89pp) | £945 (79PP) | |
| Level 3 Award in First Aid at Work Blended (RQF) (BFAW) | 1 + 2 Days | £195 | £1275 (142pp) | £1580 (132pp) | |

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



MJTE - PRICE LIST – MAY 2026

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 approximate cost per person if the course is full Unless noted otherwise certificates are valid for 3 years ** Includes Loads & People, covering Hoists, stand aid etc.</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>Pre Hospital Care</u> | | | | | |
| Level 3 Award in First Response Emergency Care (FREC) | 5 Day | £495.00* | £2400.00 (400pp)* | POR | (*Max 6 people) |
| <u>Mental Health First Aid</u> | | | | | |
| Level 1 Awareness of First Aid for Mental Health | Half Day | £95* | £615 (69pp) | £755 (63pp) | |
| Level 2 First Aid for Mental Health | 1 Day | £125* | £705 (79pp) | £885 (74pp) | |
| Level 3 Supervising First Aid for Mental Health | 2 Day | £195* | £1025 (114pp) | £1300 (109pp) | |
| <u>Health & Safety / Moving of Loads & People</u> | | | | | |
| Level 1 Award in Health & Safety in the Workplace (RQF) | Half Day | £75* | £470 (52pp) | £590 (50pp) | |
| Level 2 Award in Health & Safety in the workplace (RQF) | 1 Day | £110* | £640 (71pp) | £760 (64pp) | |
| COSHH & Infection Control Awareness | Half Day | £75* | £470 (52pp) | £590 (50pp) | |
| Level 1 Award in Fire Safety Awareness (RQF) | Half Day | £75* | £470 (52pp) | £590 (50pp) | Theory only |
| Level 2 Award in Fire Safety (RQF) | 1 Day | £110* | £640 (70pp) | £760 (64pp) | Theory only |
| Level 2 Award in the Principles of Moving & Handling (RQF) | Half Day | £75* | £470 (52pp) | £590 (50pp) | Loads only |
| Level 2 Award in Safe Moving & Handling (Loads) (RQF) | 1 Day | £110* | £640 (71pp) | £760 (64pp) | Loads only |
| Level 2 Award in the Principles & Practice of Moving People Safely (RQF) ** | 1 Day | £110* | £640* (71pp) | – | (*max of 8 people) |
| Non-Accredited Principles & Practice of Moving People Refresher | Half Day | £75* | £470* (52pp) | – | Non-Accredited |
| Non-Accredited Evacuation Chair Training | 2-3 hrs | – | £425 * (54pp) | – | (*max of 8 people) |

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



MJTE - PRICE LIST – MAY 2026

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 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 |
|---|--|--------------------------------------|--|--|---------------------------|
| <p><u>Food Safety</u></p> <p>Food Safety Awareness in a Catering Environment</p> <p>Level 2 Award in Food Safety in Catering/Retail/Manufacturing (RQF)</p> <p>Level 2 Award in Food Safety Refresher</p> <p><i>*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.</i></p> | <p>Half Day</p> <p>1 Day</p> <p>Half Day</p> | <p>£75*</p> <p>£110*</p> <p>£75*</p> | <p>£470 (52pp)</p> <p>£640 (71pp)</p> <p>£470 (52pp)</p> | <p>£590 (50pp)</p> <p>£760 (64pp)</p> <p>£590 (50pp)</p> | <p>Non-Accredited</p> |

Supporting your community. Protecting your event.

We regularly deliver AED and Bleed Kit demonstrations to the public, alongside engaging talks and hands-on workshops for community groups, businesses, and organisations.

Event First Aid Cover You Can Rely On - Planning an event? We provide professional First Aid cover for small to medium-sized events.

- Qualified, experienced personnel — matched to your event’s needs
- Flexible first aid post setups — from simple stations to fully equipped units

Important to note:

We are not Care Quality Commission (CQC) registered, as we do not transport casualties beyond the event site.

Let’s make your event safer, get in touch today to discuss your requirements — we’re happy to help.

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

Our Commitment to You - Clean, safe, and professional — every time.

We maintain exceptional hygiene standards across all courses, supported by a hospital-grade air and surface sterilisation system

So, you can train with confidence.

First Aid Training — Done Properly

- Real-time CPR feedback (QCPR) - Most of our manikins provide instant feedback on compression depth, rate, hand placement and breaths — with app tracking to see your progress (and yes, it gets competitive!).
- Realistic, hands-on learning - Training AEDs that mirror real units, plus a wide range of manikins — including adult, child, baby, choking, bariatric, full-body, and even Casper the dog.
- More practice, less waiting - We exceed guidelines wherever possible:
1 manikin per learner (or max 2:1 for larger groups) and at least 1 AED per 3 learners.

- Comfort-first approach –

We train using face shields or pocket masks as standard, with full-body manikins there is no need to practise on others if you'd prefer not to.

- 2 FREE annual refresher sessions on 1–3 day First Aid courses (*non-accredited*)

More Than the Basics - We go beyond the standard syllabus, covering:

- Adult, child & baby CPR and choking on all our first aid courses
- Catastrophic bleeding control (*where applicable*)
- On 1-day courses: asthma, anaphylaxis & heart conditions — topics often missed elsewhere

More hands-on. More realistic. More value.

What's Included with our courses

- E-certificate (*printed copies available for a small fee*)
- Full-colour manual
- Continental breakfast on our open, full day courses, at our training centre - starting the day in a relaxed informal atmosphere
- Refreshments throughout the day, at our Lowestoft training centre (*lunch optional*)
- Ongoing support, updates & revision resources
- Reminder alerts for annual refreshers and certificate expiry

That's how training should be