

# Training Courses



# FIRST AID

## COURSES

Course Title	Award	Price	Duration
Introduction to Mental Health in the Workplace	Level 1	£72	Half Day
Understanding Mental Health in the Workplace	Level 2	£114	1 Day
Mental Health First Aid in the Workplace	Level 3	£228	2 Days
Basic Life Support and Safe Use of an AED	Level 2	£72	Half Day
Emergency First Aid at Work	Level 3	£84	1 Day
First Aid at Work	Level 3	£222	3 Days
Emergency First Aid at Work - Annual Refresher	Level 3	£48	Half Day
Emergency Paediatric First Aid	Level 3	£84	1 Day
Emergency Paediatric First Aid - Annual Refresher	Level 3	£48	Half Day
Paediatric First Aid	Level 3	£168	2 Day

*\*Course Coming Soon*

# EMPLOYABILITY SKILLS

Course Title	Award	Price	Duration
British Sign Language (BSL) - Non Accredited	-	£84	1 Day (2 Half Days)
Introduction to British Sign Language	Level 3	£204	20 Hours
Confidence Building & Interview Skills - Non Accredited	-	£84	1 Day
CV Writing	-	£84	
Unit Disability Awareness Training	Level 2	£84	1 Day
Interview Skills - Non Accredited	-	£84	1 Day
Unit Equality & Diversity	Level 3	£84	1 Day
Teamworking	Level 1 & 3	£84	1 Day
Communication Skills*	Level 3	£84	1 Day

*\*Course Coming Soon*

# HEALTH & SAFETY & CONSTRUCTION

Course Title	Award	Price	Duration
Principles of Risk Assessment	Level 2	£84	1 Day
Principles of Manual Handling	Level 2	£54	Half Day
Safe Moving & Handling	Level 2	£84	1 Day
IOSH Managing Safely*	IOSH	£420	3 Days
Health & Safety in the Workplace	Level 2	£84	1 Day
LANTRA Health & Safety in a Construction Environment*	Level 1	£84	1 Day
LANTRA Health & Safety in a Construction Environment, CSCS Touch Screen Test and Card*	Level 1	£198	1 Day <small>Inc. 1 hour test. Please allow 5 working days for card.</small>
CITB Touch Screen Test for Construction Operatives	-	£39	1 Hour
Abrasive Wheels - Non Accredited	-	£54	Half Day
Working at Height *	Level 2	£54	Half Day
Asbestos Awareness - Non Accredited*	-	£54	Half Day
Vehicle Banksman Awareness - Non Accredited	-	£54	Half Day
Fire Safety Awareness	Level 1	£54	Half Day
Fire Safety*	Level 2	£84	1 Day

*\*Course Coming Soon*

# GROUNDS MAINTENANCE

Course Title	Award	Price	Duration
LANTRA Trimmers - Grass Cutting	Level 2	£210	1 Day
LANTRA Safe Use of Brush Cutters & Trimmers	Level 2	£420	2 Days
LANTRA Safe Use of Brush Cutters & Trimmers - Annual Refresher	Level 2	£210	1 Day
LANTRA Safe Operation of Pedestrian Mowers	-	£210	1 Day
LANTRA Safe Operation of Ride On Mowers	-	£210	1 Day
LANTRA Safe Operation of Pedestrian & Ride On Mowers - Combined Course	-	£240	1 Day
Forestry First Aid	Level 3	£84	1 Day
Working At Height*	Level 2	£54	Half Day
Using a Powered Pole Pruner	-	£210	1 Day
Leaf Blowers	-	£108	Half Day

*\*Course Coming Soon*

# HEALTH & SOCIAL CARE

Course Title	Award	Price	Duration
British Sign Language (BSL) - Non Accredited	-	£84	1 Day (2 Half Days)
Introduction to British Sign Language (BSL)	Level 3	£204	20 Hours
Understanding & Managing Stress*	Level 1	£84	1 Day
Disability Awareness Training	Level 2	£84	1 Day
Equality & Diversity	Level 3	£84	1 Day
Fire Safety Awareness	Level 1	£54	Half Day
Fire Safety	Level 2	£84	1 Day
Mental Health First Aid	Level 1	£72	Half Day
Mental Health First Aid	Level 2	£114	1 Day
Safeguarding & Protecting Children, Young People, and Vulnerable Adults	Level 2	£54	Half Day
Safeguarding & Protecting Children, Young People, and Vulnerable Adults*	Level 3	£84	1 Day

*\*Course Coming Soon*

# WELLBEING COURSES

Course Title	Award	Price	Duration
Confidence Building & Interview Skills - Non Accredited	-	£84	1 Day
Substance Misuse Awareness*	Level 2	£84	1 Day
Understanding & Managing Stress*	Level 1	£84	1 Day

# FOOD COURSES

Course Title	Award	Price	Duration
Food Safety in Catering*	Level 2	£84	1 Day
Food Safety in Manufacturing*	Level 2	£84	1 Day
Food Safety in Retail*	Level 2	£84	1 Day

*\*Course Coming Soon*

# COMBO COURSES

## 2 for 1 Combo Courses

Get two certificates for one day of training on related courses.


Course Title	Award	Price	Duration
First Aid Plus F (Forestry)	-	£114	1 Day
First Aid in Work & Paediatric First Aid	-	£114	1 Day
Emergency First Aid at Work & Emergency Paediatric First Aid	-	£114	1 Day
Manual Handling & Working at Height*	-	£114	1 Day
COSHH & Fire Safety	Level 1	£114	1 Day
COSHH & Manual Handling	-	£114	1 Day
LANTRA Safe Operation of Pedestrian & Ride On Mowers*	-	£240	1 Day


*\*Course Coming Soon*






## CONTACT US TO BOOK

 training@moncf.co.uk

 01407 762004

 Amlwch | Bangor | Caergybi | Caernarfon | Porthaethwy  
Distance Learning | Chosen Business Location

    @MônCFAnglesey

Discounts available for Early Bird, Group Bookings and new customers.

Courses available for businesses and independent individuals. Individuals may be eligible to fully funded training through one of our employability programmes. Pricing will vary based on desired location of course delivery.



[www.moncf.co.uk](http://www.moncf.co.uk)