



First Class Safety
Train · Certify · Comply

Consultancy & Training Brochure 2025



A word from our Managing Director

Welcome to First Class Safety

“We are dedicated to improving workplace safety, reducing risks, and ensuring that organisations meet their legal obligations. By providing expert advice and hands-on training, we aim to create safer, more compliant workplaces for businesses of all sizes.”

At **First Class Safety**, we specialise in helping businesses comply with their legal obligations while ensuring they adhere to the best safety practices across all areas. Whether it's the shop floor, the office, or the balance of practical safety and paperwork, we've got you covered.

In this brochure, you'll find more information about who we are and the comprehensive services we offer. We provide both on-site assistance and specialised training at our **First Class Safety Training Academy**, located in Rugby.

Our friendly team is always here to help with bookings and answer any questions you may have. Don't hesitate to get in touch—we're here to support you every step of the way!



Ian Cook
Managing Director First Class Safety



Ian Cook - CMIOSH PTTLs
Managing Director



Ben Cook - PTTLs
Training Instructor



Bethan Finney
Training and Office Co-Ordinator



Gaynor Finney
Training Administrator



Holly Padun
Training Administrator

About Us

First Class Safety Ltd was founded in 2009 as an independent Occupational Health and Safety Consultancy and Training Provider. Based in the heart of Rugby, UK, we have grown to become a trusted partner for businesses looking to enhance their health and safety practices.

Our core focus is to help businesses comply with health and safety regulations while promoting safer and more productive working environments across a range of sectors. Whether it's offering consultancy or delivering targeted training programs, we are committed to reducing risks and ensuring legal compliance at every level.

We offer a wide range of services, including:

Health and Safety Consultancy: Helping businesses develop and implement effective safety management systems, risk assessments, and policies tailored to their specific needs.

Training Services: Providing health and safety training programs to employees, including areas such as manual handling, fire safety, first aid, and risk assessment.

Compliance Support: Assisting companies in adhering to current health and safety legislation and industry standards to avoid fines and legal issues.

Audits and Inspections: Conducting regular health and safety audits to identify potential hazards and recommend improvements.



We are accredited and approved by the Institution of Occupational Safety and Health (**IOSH**), an approved training provider for National Examination Board in Occupational Safety and Health (**NEBOSH**) and accredited partners with the Independent Training Standards Scheme and Register (**ITSSAR**) and **RTITB**. We're also registered with **OSHCR**, **Highfield** and **Nuco**.

Our Training Courses

Our courses are designed to promote and maintain safe working environments. By providing comprehensive education and raising awareness, we help businesses prevent accidents, reduce injuries, and ensure compliance with industry regulations.

If you're interested in a course that you don't see listed in our brochure, please don't hesitate to contact us. We may already offer the training you need, or we can create a bespoke course tailored specifically to meet your requirements.

We are proud to be accredited and approved by some of the most respected organisations in the field of occupational health and safety. These demonstrate our commitment to delivering high-quality, industry-leading services.

We also offer a wide range of solutions designed to meet the unique needs of each organisation, including:

Health and Safety Consultancy: We assist businesses in developing and implementing effective safety management systems, tailored risk assessments, and comprehensive policies that meet both regulatory requirements and the specific needs of your organisation.

Training Services: Providing health and safety training programs to employees, including areas such as manual handling, fire safety, first aid, and risk assessment.

Compliance Support: We help businesses navigate and adhere to current health and safety legislation and industry standards. This ensures companies avoid costly fines and legal issues while maintaining a safe working environment.

Audits and Inspections: We help businesses navigate and adhere to current health and safety legislation and industry standards. This ensures companies avoid costly fines and legal issues while maintaining a safe working environment.



Health and Safety Consultancy



IOSH Accredited



NEBOSH General National Certificate in Occupational Safety and Health



ITSSAR, RTITB and NPORS Accredited Mechanical Handling Equipment Training



Fire Safety Training and Risk Assessments



Manual Handling Training



Highfield and Nuco Awarding Body for Compliance Accredited First Aid Training

Health and Safety Support and Consultancy Services

We specialise in helping businesses meet their Health and Safety legal obligations while ensuring they follow best practices across all areas—from the shop floor to the office, and from practical safety to the necessary paperwork.

We offer comprehensive health and safety support for businesses who require:

- **Review of Review of Risk Assessments**
- **Health and Safety Site Audits**
- **Safe Contractor 45001**
- **Support with Health and Safety Meetings**
- **Support with Health and Safety Documentation**

We also provide tailored consultancy packages that are specifically designed to meet the unique needs of your business. Our expert services ensure full compliance with current health and safety legislation. Additionally, we offer a **Compliance Health Check** and **Gap Analysis** to assess where your business currently stands and identify the steps needed to achieve full compliance.

Costs to suit your business needs.

For more information about any of the above services, or to discuss any questions you may have regarding health and safety and your obligations as an employer, please get in touch with us. We will be happy to chat in confidence about your situation and advise on how we may be able to help.

Phone: 01788 569774

Email: info@fcsafety.co.uk

Pearl Consultancy



Whats included?

- 1 x Annual Site Visit
- Annual Compliance Audit
- Annual Training Analysis
- Health and Safety Legislation updates to suit business needs
- Twice Monthly E-mail Support
- Documentation Preparation (Policy/Procedures/Risk Assessment/SSOW /etc.)

Sapphire Consultancy



Whats included?

- 2 x Annual Site Visits
- Annual Compliance Audit
- Annual Training Analysis
- Annual Fire Risk Assessment
- 1 'on-the-spot' Site Inspection
- Health and Safety Legislation updates to suit business needs
- Four Monthly E-mail Support
- Twice Monthly Telephone Support
- Documentation Preparation (Policy/Procedures/Risk Assessment/SSOW /etc.)

Diamond Consultancy



Whats included?

- Quarterly Site Visits
- Annual Compliance Audit
- Annual Training Analysis
- Annual Fire Risk Assessment
- 1 'on-the-spot' site inspection
- Document Preparation and Completion
- Health and Safety Legislation updates to suit business needs
- Unlimited E-mail Support
- Unlimited Telephone Support
- Documentation Preparation (Policy/Procedures/Risk Assessment/SSOW /etc.)

NEBOSH General National Certificate

Course Summary

The NEBOSH National General Certificate (NGC) is one of the most widely recognized health and safety qualifications in the UK and internationally. Offered by the National Examination Board in Occupational Safety and Health (NEBOSH), it is designed for individuals responsible for ensuring workplace safety and managing risks, such as managers, supervisors, or anyone looking to pursue a career in health and safety.

Course Aim

The General National Certificate is aimed at individuals who need to gain a broad understanding of health and safety issues in the workplace. It covers various topics such as risk assessment, hazard identification, control measures, and legal requirements related to health and safety. This certificate is often pursued by professionals working in a wide range of industries to enhance their knowledge and skills in managing health and safety effectively within their organisations.

Who should attend?

The NEBOSH General National Certificate is primarily aimed at individuals who have health and safety responsibilities in the workplace. This includes managers, supervisors, and employees from all types of organisations who need a broad understanding of health and safety issues. The certificate is relevant to various industries such as construction, manufacturing, hospitality, healthcare, and many others. Essentially, anyone who wants to improve their understanding of health and safety management practices and contribute to creating safer working environments can benefit from obtaining this qualification.



IOSH Accredited training

Safety, Health and Environment for Construction Workers

The IOSH Safety, Health and Environment for Construction Site Workers course aims to equip construction site workers with the necessary understanding and awareness of safety, health, and environmental issues commonly encountered in construction environments. It covers key topics to ensure participants can contribute to creating a safer and healthier working environment on construction sites.

Safety, Health and Environment for Construction Site Managers

The IOSH Safety, Health and Environment for Construction Site Managers course aims to equip construction site managers with the necessary understanding and awareness of safety, health, and environmental issues specific to construction sites. It emphasizes the critical role of site managers in creating and maintaining safe and healthy working environments and ensuring compliance with relevant legislation, regulations, and industry best practices.

Leading Safely

(Also known as Directing Safely).

The IOSH Leading Safely course equips senior leaders with the knowledge and tools to drive positive change in health and safety management, fostering a safer and healthier workplace environment.

Managing Safely.

The IOSH Managing Safely Course is a flexible course is ideal for getting Managers and Team Leaders up-to-speed on the skills they need to tackle safety and health issues in the workplace. This course covers a range of content including risk assessment, hazard identification, and incident investigation.

Working Safely

The IOSH Working Safely course is ideal for introducing staff to why health and safety is important, Working Safely shows how everyone can make a difference to their own wellbeing and that of others through everyday behaviours. Fun and interactive, the course focuses on best practice rather than legislation.

Managing Safely Refresher

The IOSH Managing Safely Refresher course is designed for individuals who have previously completed the full IOSH Managing Safely course. It aims to refresh their knowledge and understanding of key health and safety principles, regulations, and best practices.

Managing Occupational Health & Wellbeing

The IOSH Managing Occupational Health and Wellbeing course is suitable for anyone with a role or interest in promoting and maintaining employee health, safety, and wellbeing within their organization. It provides essential knowledge and skills to effectively manage occupational health risks, promote employee wellbeing, and create a supportive and healthy workplace culture.



Approved training provider
106

Fire Training

Fire Warden / Fire Marshall Training

Our Fire Warden course, also known as a Fire Marshal course is designed to equip individuals with the knowledge and skills necessary to take proactive measures in preventing fires, effectively manage emergency situations, and ensure the safety of all occupants in the workplace.

The Fire Extinguisher Practical element to our course is designed to provide hands-on training for individuals to effectively use fire extinguishers during a fire emergency.

Fire Risk Assessment Training Course Summary

Fire Risk Assessment Training course trains candidates on how to effectively carry out a Fire Risk Assessment within the workplace. It also helps candidates gain a broader understanding of fire safety law and safety systems and procedures which companies must have in place.



Mechanical Handling Equipment Training

Our **ITSSAR**, **RTITB** and **NPORS** training courses play a critical role in promoting safety, reducing the risk of accidents, and ensuring compliance with regulatory standards in the operation of material handling equipment. By providing candidates with the necessary knowledge and practical skills, these courses contribute to creating a safer working environment for all.

Our training courses are available for novice operators with no previous knowledge, experienced operators requiring re-certification or refresher training.

We offer mechanical handling equipment (MHE) courses either onsite at our customers' premises or at our dedicated MHE training academy.

Courses include:

- Counterbalance truck B1 – B4
- Reach truck D1-D3
- Power Pallet Trucks A1-A7
- Rough Terrain truck
- Front Load shovel truck
- Vehicle mounted lift trucks
- Overhead Crane / Pendant
- 10-Day Instructor Course
- MEWPS - Scissor lift and Boomarm 3A-3B
- Telehandler J1-J8
- Bendi / Flexi Trucks P1-P2
- Sideloaders C1-C3
- Order Pickers Low, Medium and High Level
- VNA trucks Man Up / Man Down F1-F2
- All Plant Machinery
- 5 Day Instructional Management Techniques (for in house instruction only)



ITSSAR Forklift Instructor Training Courses

10 Day – Instructors Course

Become an accredited Instructor through the ITSSAR (Independent Training Standards Scheme and Register) 10-Day Instructors Course—an intensive training programme designed to equip individuals with the knowledge, skills, and competencies required to become certified Instructors and Examiners in the operation of various types of industrial equipment and machinery.

This course not only builds technical proficiency but also develops the instructional expertise essential for delivering effective training and promoting workplace safety. Participants will gain in-depth knowledge and hands-on experience across a wide range of essential topics, including:

- Health & Safety Regulations
- Task Analysis Techniques
- Practical Skills Testing
- Effective Instructional Methods
- Assessment and Constructive Feedback
- Structured Lesson Planning
- Basic Maintenance Awareness

By the end of the course, you'll be equipped with the confidence and qualifications needed to instruct others to the highest standards in industrial operations.

5 Day – Direct Entry / Re-Registration

Advance Your Career with the ITSSAR 5-Day Instructors Re-Registration & Direct Entry Course Elevate your professional credentials with the ITSSAR (Independent Training Standards Scheme and Register) 5-Day Instructors Re-Registration and Direct Entry Course—an intensive, hands-on training program designed to certify new instructors and revalidate existing ones. Whether you're entering the field or looking to refresh your qualifications, this course provides the essential knowledge, practical skills, and instructional techniques required to become a certified ITSSAR instructor/examiner for a wide range of industrial equipment and machinery. Join industry professionals who are taking the next step in their careers with one of the most respected training standards in the sector.



First Aid at Work

At First Class Safety our **Highfield** and **Nuco** Accredited First Aid Courses are essential for learning how to provide immediate care to someone who is injured or becomes ill before professional medical help arrives. First Aid qualifications are a valuable skill set to have, as it can potentially save lives in emergency situations.

1 Day Emergency First Aid at Work (Level 3)

Our One Day Emergency First Aid at Work Course equips candidates with the knowledge and skills necessary to respond effectively to medical emergencies, potentially saving lives and reducing the severity of injuries.

3 Day First Aid at Work (Level 3)

Our 3 Day First Aid at Work course is designed to provide participants with the skills and knowledge necessary to handle a wide range of emergencies that might occur in a workplace.

2 Day First Aid at Work Requalification (Level 3)

Our 2 Day First Aid at Work Requalification course is designed for individuals who need to renew their existing First Aid at Work certification. This course ensures that participants' skills and knowledge remain up-to-date and effective



Other Training Courses We Provide

Our Health and Safety training helps employees proactively identify potential hazards in the workplace and take preventive measures to minimise the risk of illnesses and accidents. This not only promotes a safer work environment but also contributes to improved employee well-being and productivity.

Display Screen Equipment (DSE) Training

The Display Screen Equipment (DSE) Training Course provides participants with the knowledge and skills to work safely and comfortably with display screen equipment, such as computers, monitors, and other digital devices. The course emphasises the importance of proper workstation setup, posture, and regular breaks to reduce the risk of musculoskeletal disorders, eye strain, and other health issues.

Safe Use of Harness Training

The Safe Use of Harness Training Course provides participants with essential knowledge and practical skills to safely use personal fall protection equipment, including harnesses, in compliance with industry standards and safety regulations. The course emphasises hazard awareness, correct equipment use, and proper inspection and maintenance practices to prevent falls and ensure workplace safety.

Manual Handling Train the Trainer

Manual Handling Train the Trainer course equips individuals with the knowledge and skills to effectively teach and train others in safe manual handling practices. These practices are essential to prevent injuries and ensure compliance with workplace health and safety regulations.

Basic Manual Handling

Manual handling refers to any activity that involves lifting, lowering, pushing, pulling, carrying, or moving objects by hand or bodily force. Improper manual handling techniques can lead to musculoskeletal injuries such as strains, sprains, and back injuries.

Working at Height Awareness

Working at height refers to any work activity where there is a risk of falling from one level to another, including working on ladders, scaffolds, roofs, or platforms.

COSHH Awareness Training Course

COSHH regulations apply to a wide range of substances, including chemicals, fumes, dusts, vapours, and biological agents, that can cause harm to health if not properly controlled.

Spill Response Training Course

Our Spill Response course provides participants with the knowledge and skills needed to effectively respond to spills of hazardous materials in the workplace or the environment.

Racking Inspection

Our Racking Inspection course provides participants with the knowledge and skills needed to conduct thorough inspections of industrial storage racks, ensuring they meet safety standards and regulations.

Confined Space Awareness

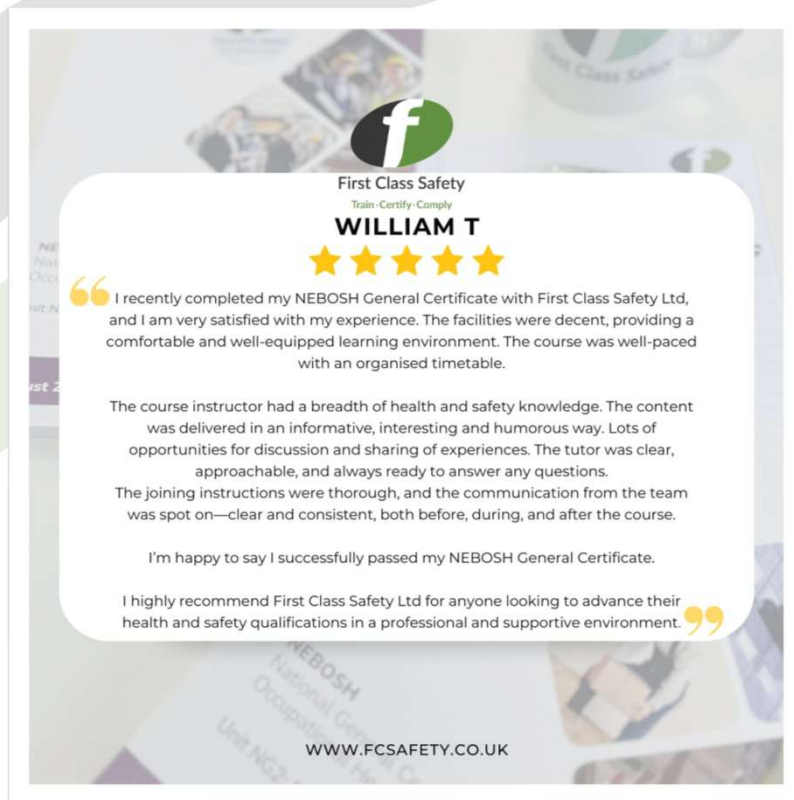
Our Confined Space Awareness training course has been designed as an introduction to the subject, so learners can understand more about safe work practices, suitable control measures and what the law says regarding Confined Space working.

Asbestos Awareness

Asbestos is a naturally occurring mineral fiber known for its heat resistance, strength, and insulating properties. Despite its usefulness, asbestos poses serious health risks when disturbed, releasing microscopic fibers into the air that, when inhaled, can cause significant health problems, including lung cancer, mesothelioma, and asbestosis.

Customer Feedback

At First Class Safety, we take great pride in the outstanding feedback we receive from our valued customers. With **over 100 five-star reviews** on Google, our reputation speaks for itself. We are committed to delivering exceptional service, ensuring that every client feels confident, informed, and completely satisfied. Whether it's through our professionalism, reliability, or attention to detail, we consistently strive to exceed expectations and build lasting relationships based on trust and quality.



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WILLIAM T
★★★★★

“ I recently completed my NEBOSH General Certificate with First Class Safety Ltd, and I am very satisfied with my experience. The facilities were decent, providing a comfortable and well-equipped learning environment. The course was well-paced with an organised timetable.

The course instructor had a breadth of health and safety knowledge. The content was delivered in an informative, interesting and humorous way. Lots of opportunities for discussion and sharing of experiences. The tutor was clear, approachable, and always ready to answer any questions.

The joining instructions were thorough, and the communication from the team was spot on—clear and consistent, both before, during, and after the course.

I'm happy to say I successfully passed my NEBOSH General Certificate.

I highly recommend First Class Safety Ltd for anyone looking to advance their health and safety qualifications in a professional and supportive environment.”

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YOUR FEEDBACK AND REVIEWS ARE IMPORTANT TO US!

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'First Class safety provides outstanding H&S & MHE training along with all up to date regulations for businesses, the courses from IOSH/NEBOSH is the best I've seen for many years, the first class safety team is friendly and provides the knowledge and support you require for your own objectives or business.

I would 100% recommend first class safety for all of your needs within the sector. Thank you FCS for all of your help! - **Ava W**

POSITIVE FEEDBACK

★★★★★

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Conference facility

First Class Safety Training Academy

Our health and safety training courses are held at **Swift House, Cosford Lane, Swift Valley Industrial Estate, Rugby, CV21 1QN.**

Conveniently located just five minutes from Junction 1 of the M6, our training academy offers a professional and accessible environment for all your learning needs.

We have two fully equipped training rooms, each featuring WI-FI, a large screen projector, hot water, and a fridge. Light refreshments are also provided to ensure your comfort throughout the day.

While we do not provide lunch at our training academy, Elliot's Field shopping park is located nearby, offering a variety of food options. Additionally, there are Tesco and Co-op stores in the area for your convenience.

You are also welcome to bring your own lunch and use the fridge and microwave provided.

Additionally, our training rooms are available for hire for conferences, sales meetings, or management meetings.



MHE Training Academy

First Class Safety MHE Training Academy

Our Mechanical Handling Equipment (MHE) courses are held at the newly established First Class Safety MHE Training Academy, located at **Unit 62, Somers Road, Rugby, CV21 7DH.**

This spacious warehouse facility is fully equipped to support all types of MHE training, including filled racking for load stacking and de-stacking. We also have a dedicated battery charging area for maintenance instruction, ensuring a comprehensive learning experience.

Our classrooms are fitted with a large screen projector, and our breakout room provides a comfortable environment with hot water, a fridge, and a microwave. Light refreshments are also available to ensure your comfort during breaks.

While we do not provide lunch at our training academy, there are food vans located nearby for your convenience. You are also welcome to bring your own lunch and use the fridge and microwave provided.

Additionally, we offer pallet space for hire.





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How can we help?

Are you Interested in our services or have questions about your health and safety responsibilities? The best way to find out if FCS is the right fit for you is to have a chat with our experts.

T [01788 569 774](tel:01788569774)
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Lane.
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FCS MHE Training Academy,
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