

Phoenix

Safety & Education



CORNWALL
FIRE & RESCUE SERVICE
A service of Cornwall Council

www.phoenixcornwall.co.uk

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Phoenix Services is the external training arm of Cornwall Fire, Rescue and Community Safety (CFRCS) Service.

Our courses are held at community fire stations across Cornwall, or at your premises if you have a large enough group. We pride ourselves on a customer orientated approach that delivers comprehensive training customised to suit your needs.

Our mission is "To provide high quality services that directly support the core values of CFRCS." We offer a variety of accredited and non-accredited courses in

areas including fire safety, first aid, marine firefighting and a range of driving courses, delivered by our experienced and qualified trainers.

We also provide bespoke fire safety cover for events and production companies filming in Cornwall. As well as the safety and education courses listed in this brochure, we also run the Prince's Trust Team Programme and a range of tailored short intervention courses for a range of clients including schools, parent and family groups and job centres. We also have extensive experience in providing bespoke teambuilding activities, for a range of client groups. Information about these courses can be accessed through our website www.phoenixcornwall.co.uk or by contacting our co-ordination team.

Telephone: 01326 318177 | **Email:** phoenixfire@fire.cornwall.gov.uk | **Website:** www.phoenixcornwall.co.uk



Fire Safety Training



We offer a range of accredited fire safety courses, which are delivered by our qualified and experienced trainers.

Courses can be tailored to your business needs by addressing specific risks that may be faced by your organisation in the event of a fire.

Ensuring that you are complying with statutory obligations can be difficult and our fully trained and experienced fire safety officers are available to advise you, where needed. We are BS OHSAS 18001 Occupational Health and Safety Certified.

Fire Warden training for employees is a requirement under The Regulatory Reform (Fire Safety) Order 2005.

Fire Warden Training

ACCREDITED BY FIRST AID AWARDS (FAA) Level 2

DURATION: 1 day

LOCATION: various community fire stations

PRICE: £85.00

GROUP SIZE: 8-12

During the Fire Warden Training course, participants will learn about:

- the common causes of fire
- the behaviour of fire
- legislation (brief) and responsibilities
- fire prevention
- what to do if a fire breaks out
- how to use fire extinguishers
- emergency evacuation procedures

This FAA accredited course, introduces participants to risk assessments, evacuation procedures and any business specific information regarding fire safety.

Participants will learn about their designated responsibilities as a fire warden via a theoretical session discussing fire safety and a practical session hosted by CFRCS. During the course, participants work with qualified instructors to learn how to safely use different extinguishers on a real fire.

Fire Safety Training

Fire Extinguisher Training

CERTIFICATE OF COMPETENCE

DURATION: 3 hours

LOCATION: various community fire stations

PRICE: £40.00

GROUP SIZE: 10-12

The aim of the course is to give a basic introduction to the safe operation of fire extinguishers and their use on a fire in its early stages.

Participants will learn:

- what is meant by the 'triangle of combustion'
- the five classes of fire, different types of extinguisher and colour coding
- what type of extinguisher to use on each class of fire
- the correct method of operation of an extinguisher
- what is meant by 'hazard' and 'risk'

The fire extinguisher training comprises of a theory session followed by practical use of the different classes of fire extinguishers on a live fire. All training is delivered by a fully qualified trainer with a firefighting background.

Fire Safety Awareness Training

ACCREDITED BY FIRST AID AWARDS (FAA) Level 1

DURATION: 4 hours

LOCATION: various community fire stations

PRICE: £50.00

GROUP SIZE: 8-12

This course is designed for all employees as an introduction to fire awareness and is a valuable addition to an induction programme for new employees. It deals with how fires can occur and what to do in the event of a fire.

This FAA accredited qualification also provides a solid foundation for employees who want to develop their basic fire safety awareness in order to assist their employer by undertaking more specific fire safety roles in the workplace to manage fire risk. This qualification does not expire, but keeping up to date with policy changes and training is always recommended.

During the course, participants will learn:

- how to select the appropriate fire extinguisher for the fire hazard
- how to operate the fire extinguisher correctly
- what action to take in the event of fire to maximise safety and protect their environment



Maritime Firefighting Training



Maritime Firefighting (STCW95)

ACCREDITED BY MARITIME AND COASTGUARD AGENCY (MCA)

DURATION: 2 days

LOCATION: RAF Portreath

PRICE: Price on application to Falmouth School of Sailing

GROUP SIZE: 8-12

CERTIFICATION EXPIRY: 5 years

This STCW95 (Standards of Training Certification and Watchkeeping for Seafarers) course is a mandatory minimum requirement for all seafarers with designated safety duties.

On completion of the training, successful candidates will understand and/or be able to demonstrate:

- the basic principles of fire
- theoretical and practical operations of fire extinguishing equipment
- the hazards involved in firefighting at sea
- fire prevention required on board ship
- knowledge of first aid firefighting at sea using portable/semi-portable extinguishers
- firefighting and fire party duties
- fixed installations on ships at sea
- search and rescue procedures and training
- the basic use of self-contained breathing apparatus set

The overall aim is to provide seafarers with the necessary knowledge, understanding and proficiency to carry out designated fire duties in accordance with international regulations.

This course is delivered in partnership with Falmouth School of Sailing, and bookings can be made through their website or by telephone.



Call now:
+44 (0)1326 211311



www.falmouth-school-of-sailing.co.uk

Our Business Regulatory Support Service is your first point of contact for business support across environmental health, trading standards and licensing.

Our support packages - designed by business for business

We offer a range of business support advice packages to help you run a successful and compliant business. Importantly, these packages have been designed as a result of business feedback.

To find out what's on offer check our website at www.publicprotectioncornwall.co.uk

What we can offer:

- Food Safety Advice
- Accredited schemes
- Environmental consultancy (incl noise, air and contaminates land)
- Health and Safety advice
- Licensing services
- Tutor led and online training
- Pest control services
- Labelling advice
- Sampling services (incl water)



Don't just take our word for it, visit www.publicprotectioncornwall.co.uk and read what our business customers say about us

To find out how we can help you cut through the red tape and get it right first time, saving you time, money, helping you to grow and compete...

call: **0300 1234 212**

email: businessadvice@cornwall.gov.uk

or visit: www.publicprotectioncornwall.co.uk

Opening hours Mon - Fri 9am - 5pm

 www.facebook.com/CornwallBusinessConsumerSupport

 www.twitter.com/supportcornwall



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PROTECTION**
a service of Cornwall Council

First Aid Training



It is a requirement of the Health and Safety (First Aid) Regulations 1981 that employers provide a safe and healthy environment to work in, which includes the provision of suitably qualified first aiders.

We offer a number of first aid courses and would be happy to work with you to determine the level of qualification you need, as well as the number of staff who need to be trained.

Our first aid courses are First Aid Awards (FAA) accredited, Ofqual regulated and are delivered by qualified and experienced trainers.

First Aid at Work

ACCREDITED BY FIRST AID AWARDS Level 3

DURATION: 3 days

LOCATION: various community fire stations

PRICE: £210.00

GROUP SIZE: 5-12

If your assessment of first aid requirements highlights the need for qualified first aiders, then this level 3 qualification (level 6 in Scotland) will provide you with appropriately trained personnel. This comprehensive 3-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. This course will give the participants a qualification to the highest level of first aid.

This course would be suitable for those who want to expand their first aid knowledge and become a practitioner of First Aid at Work as well as learning about recognition and management of illness and injury in the workplace.

This course includes Emergency First Aid at Work and also equips the first-aider to apply first aid to a range of specific injuries and illnesses.



First Aid Training

Emergency First Aid at Work

ACCREDITED BY FIRST AID AWARDS Level 2

DURATION: 1 day

LOCATION: various community fire stations

PRICE: £95.00

GROUP SIZE: 4-12

This 1-day course will provide participants with a Level 2 Award in Emergency First Aid at Work, which satisfies the requirements of the regulatory body for First Aid - the Health and Safety Executive (HSE).

Emergency First Aid at Work training enables a first-aider to give emergency first aid to someone who is injured or becomes ill while at work. This course would be suitable for people and companies who require practitioners to have the knowledge and skills to provide emergency first aid and treatment to their casualties in a prompt, safe and effective manner.

Paediatric First Aid

ACCREDITED BY FIRST AID AWARDS Level 3

DURATION: 2 days

LOCATION: various community fire stations

PRICE: £120.00

GROUP SIZE: 6-12

This course has been developed for those who are working with children and infants and wish to gain a nationally accredited Level 3 Award. This 2-day course satisfies the guidelines and criteria as laid down by the Early Years Foundation Stage (EYFS) and OFSTED. In order to obtain this qualification, you must attend both days and complete the two units of accreditation.

This course would be of particular interest to teachers, child minders, crèche assistants, playgroup personnel and anyone else who has a responsibility for the safety and welfare of a child.



First Aid Training

Emergency First Aid for Parents & Carers

DURATION: 3 hours

LOCATION: various community fire stations

PRICE: £35.00

GROUP SIZE: 6-10

This course has been designed for those who have responsibility for children, in a non-professional capacity, and would like to gain a basic understanding of emergency first aid.

Topics covered on this course include:

- child and baby CPR
- choking
- bleeding, including nosebleeds
- sprains and strains
- burns and scalds

All information covered is compliant with UK and European Resuscitation and First Aid Guidelines 2015. This course has been designed to give parents and carers the confidence to deal with first aid situations that commonly occur with children, as well as the confidence to administer CPR if the need arises. This session is hands-on and participants will be able to practise the various techniques discussed.

Heartstart (including Defibrillator Training)

DURATION: 3 hours

LOCATION: various community fire stations

PRICE: £45.00

GROUP SIZE: 6-10

This 3-hour course is for those who wish to gain the skills of emergency life support (ELS), which are simple and can save lives. ELS is a set of actions needed to keep someone alive until professional help arrives.

Topics covered on this course include:

- an unconscious person
- the signs and symptoms of a heart attack
- recognising a cardiac arrest and performing CPR
- choking
- serious bleeding

This session is interactive and participants will have a chance to demonstrate various techniques. As part of this course, participants will also receive automated external defibrillation (AED) training, allowing them to become competent in the usage of AEDs. Participants will learn the appropriate response to different emergency situations and will become confident in judging when the use of an AED is necessary.



Driver Training



We offer a range of driving courses, delivered by fully qualified and experienced driving instructors.

Our minibus driver courses are for those needing to drive minibuses under 3.5 tonnes with 16 seats or less, as well as those needing over 3.5 tonnes.

Our pre-driver training day is for 15-17 year olds and is based at our training facilities at RAF Portreath. The day focuses on the importance of being a safe road user, offering a practical driving session on our off road circuit, car maintenance and an interactive road safety session.

Please contact our co-ordination team to discuss your requirements.

Minibus Training for category D1 Licence holders

DURATION: 3 hours

PRICE: £80.00

GROUP SIZE: Up to 16

CERTIFICATION EXPIRY: 3 years

For those who hold the category D1 on their licence which enables them to drive a minibus (this usually applies to those who passed their driving test pre-January 1997), we offer a course made up of two parts:

- 2-hour classroom based theory session
- 1-hour practical session, including a driving assessment and the checks that should be carried out before driving a minibus

This course is suitable for anyone who drives a minibus during the course of their work, or on a voluntary basis for organisations including youth groups. It is also suitable for anyone hiring a minibus, and requiring evidence of a completed minibus driver training course.

Minibuses can be provided for the training, or participants may use the minibus from their own organisation.

REVALIDATION: Completed every 3 years, renewal involves a one hour practical assessment only.



Driver Training

MPV Training/Category B Training

DURATION: 3 hours

PRICE: £80.00

GROUP SIZE: Up to 16

CERTIFICATION EXPIRY: 3 years

We also provide training for those who drive smaller passenger carrying vehicles, or a minibus up to 16 passenger seats that is no heavier than 3.5 tonnes. These vehicles can be driven without the requirement for the category D1, but the training is exactly the same as for the minibus D1.

→ **REVALIDATION:** Completed every 3 years, renewal involves a 1 hour practical session only.

Minibus Training to obtain Category D1

DURATION: 3-5 days

PRICE: dependent upon assessment

GROUP SIZE: Maximum of 2 people

CERTIFICATION EXPIRY: 3 years

This course is designed for those who wish to obtain the category D1 (usually applies to those that passed their test post-January 1997) which will enable them to drive a minibus over 3.5 tonnes. Candidates will complete an initial 45-minute driving assessment which will determine how many days training the instructor thinks would be required before the candidate would be in a position to successfully complete their test.

This course is suited to those who are required to drive a minibus for schools and academies, etc. On successful completion of this course, drivers will no longer be restricted to the size/weight of minibus that they are able to drive and will also be able to drive a minibus abroad.

Once the category is obtained, we ask that revalidation training is undertaken every 3 years.



Driver Training



Our pre-driver training day is delivered at our training facilities at RAF Portreath. It educates those between the ages of 15 and 17 on the importance of being a safe road user, offering a practical experience of driving and car maintenance, as well as an interactive road safety session.

Courses will be held out of term time. The course runs from 9.30am to 4.00pm and will consist of:

- **MECHANICS SESSION (90 MINUTES)** - Covers all aspects of the “show me/tell me” questions that students will face in their driving test. By the end of the session all candidates will have learnt how to check oil, water and tyre tread, as well as how to change a tyre; equipping them with the basic knowledge of vehicle checks and the importance of these checks to the maintenance of a vehicle.

Pre-Driver Training

DURATION: 1 day

PRICE: £35.00

GROUP SIZE: Up to 18 people

- **ROAD SAFETY SESSION (90 MINUTES)** - Looks at the effects of drink/drugs/mobile phone use on a driver's reaction times and their ability to see a potential hazard and will make the candidates realise what a huge impact this can have on their driving. Candidates will also watch the hard hitting 'Learn 2 Live' presentation that addresses road safety and road traffic collisions.
- **DRIVER TRAINING** - By the end of the session, all candidates will have learnt how to pull away in a vehicle and discussed gear changing and the effects this may have on fuel consumption. The instructor will also cover aspects of theory and hazard perceptions which are now a vital part of the process in successfully gaining a driving licence.

This course would be suitable for any young person with an interest in driving, mechanics and road safety. It has also received a lot of praise from parents/carers who had concerns about allowing their child to drive. After the course, parents said they felt much more confident in their child's ability to drive safely and assess hazards.



Training Locations



CALLINGTON COMMUNITY FIRE STATION

South Hill Road, Callington
PL17 7LG

FALMOUTH COMMUNITY FIRE STATION

Trescobeas Road, Falmouth
TR11 2LQ

HAYLE EMERGENCY SERVICES COMMUNITY STATION

Commercial Road, Hayle
TR27 4DE

HELSTON COMMUNITY FIRE STATION

Redruth Road, Helston
TR13 8NR

LAUNCESTON COMMUNITY FIRE STATION

Hurdon Road, Launceston
PL15 9LR

LISKEARD COMMUNITY FIRE STATION

Greenbank Road, Liskeard
PL14 3DW

POLRUAN COMMUNITY FIRE STATION

Greenbank, Polruan
PL23 1QR

SALTASH COMMUNITY FIRE STATION

Callington Road, Saltash
PL12 6EB

ST AUSTELL COMMUNITY FIRE STATION

Carlyon Road, St Austell
PL25 4LD

ST IVES COMMUNITY FIRE STATION

Higher Stennack, St Ives
TR26 1BH

TOLVADDON COMMUNITY FIRE STATION

Tolvaddon, Pool
TR14 0EJ

TORPOINT COMMUNITY FIRE STATION

Anthony Road, Torpoint
PL11 2JY

TRURO COMMUNITY FIRE STATION

Station Road, Truro
TR1 3HA

Please let us know at the time of booking if you have special access requirements.

Course delivery at your business premises can be arranged if you have a large enough group.

LOOK, SHARE, BE BIKE AWARE



Drivers and cyclists are more alike than you think

80% of cyclists hold a driving licence and 1 in 5 drivers cycle at least once a month, they're often the same people.

National Travel Survey Statistics, 2010



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Phoenix

Safety & Education



Phoenix Services

Cornwall Fire & Rescue Service
Falmouth Community Fire Station
Trescobeas Road
Falmouth
TR11 2LQ

Telephone: 01326 318177

Email: phoenixfire@fire.cornwall.gov.uk

Website: www.phoenixcornwall.co.uk

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For more information visit: www.phoenixcornwall.co.uk