



**ADVANCED NATIONAL
TRAINING SERVICES**



Advanced National Training Services
Recognised at level of
CPR Community & First Aid Response
2019



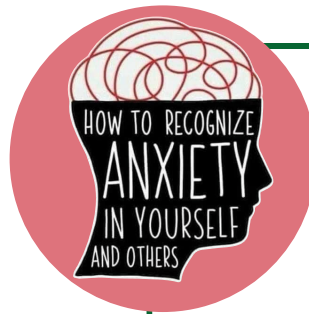
TRAINING COURSE GUIDE

01 825 8886 | www.ants.ie | info@ants.ie



FORKLIFT TRUCK DRIVER TRAINING

- Counterbalance, Reach, Motorised Pallet and Turret Trucks - courses on all machine types
- Beginner - Novice - Experienced - Refresher operator courses (1-5 days depending on experience)
- Training up to Instructor Level - Train your own Forklift Instructor for in-house training.



MENTAL HEALTH FIRST AID

- Support employees and your colleagues Mental Health.
- Create a positive work environment.
- Learn how to recognise Mental Health Issues and how to help.
- Reduce the Stigma around Mental Health
- 1 Day Course - Maximum 10 Attendees



TAIL LIFT SAFETY TRAINING

- Theory and Practical Training
- Pre Use Checks
- Safe Loading and Unloading
- Maximum 8 attendees

OCCUPATIONAL FIRST AID TRAINING

- First Aid Responder Training Course - 3 days - (Occupational First Aid) - Maximum 8 attendees
- First Aid Responder Refresher Training Course - 2 days - Maximum 8 attendees
- Emergency First Aid Training Course - 1 day - Maximum 10 attendees
- Cardiac First Responder Courses and Defibrillator Training



ABRASIVE WHEELS TRAINING

- Abrasive Wheels Basic Training Course half day - Maximum 12 attendees
- Abrasive Wheels Instructor Course 1 day - per person



FIRE SAFETY TRAINING

- Fire Safety in the Workplace Basic Training Course - half day - Maximum 12 attendees
- Fire Warden Training Course - 1 day Maximum 12 attendees



MANUAL HANDLING

- Manual Handling Course - Half day Maximum 10 attendees
- Patient Moving & Handling Course 1 day - Maximum 8 attendees
- Manual Handling Instructor Course - 5 days Maximum 12 attendees / or per person QQI Level 6 Award



IPAF MEWP 3A/3B/1B

- Scissor and Boom Lift Standard Course 1 day - Maximum 6 attendees
- IPAF MEWP Course - 1 day
- Work at Height Instructor Course 1 day
- Harness Safety Training Course half day - Maximum 6 attendees

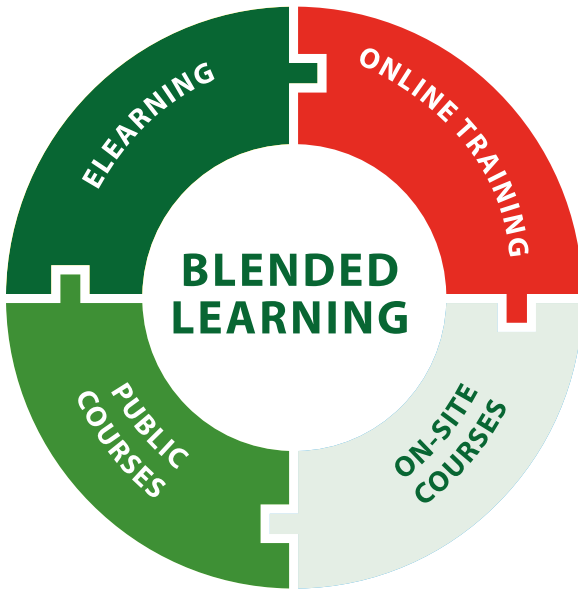


SHUNTER DRIVER TRAINING

- Theory and Practical Training
- Risk Assessments
- Traffic Management Plans
- 1 Day Refresher Course - Maximum 4 Attendees
- 3 Day Novice Course - Maximum 3 Attendees



**HEALTH & SAFETY TRAINING IS
IMPORTANT FOR YOUR BUSINESS**



COURSES COVERED BY ADVANCED NATIONAL TRAINING SERVICES

- ▶ Forklift
- ▶ First Aid Responder
- ▶ Shunter Driver
- ▶ Tail Lift Safety
- ▶ Mental Health
- ▶ IPAF MEWP
- ▶ Manual Handling
- ▶ Fire Safety
- ▶ Abrasive Wheels



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