



Frinton Training – 2025 Course Dates and Venues

First Aid at Work Course

Duration - 3 days

Venue	Jan 2025	Feb 2025	Mar 2025	Apr 2025	May 2025	Jun 2025	Jul 2025	Aug 2025	Sep 2025	Oct 2025	Nov 2025	Dec 2025
Frinton on Sea	13 / 14 / 15		12 / 13 / 14			3 / 4 / 5			15 / 16 / 17		19 / 20 / 21	
Chigwell			24 / 25 / 26		14 / 15 / 16		8 / 9 / 10		24 / 25 / 26			1 / 2 / 3

First Aid at Work Re-qualification Course

Duration - 2 days (current FAW certificate required)

Venue	Jan 2025	Feb 2025	Mar 2025	Apr 2025	May 2025	Jun 2025	Jul 2025	Aug 2025	Sep 2025	Oct 2025	Nov 2025	Dec 2025
Frinton on Sea	23 / 24		10 / 11	29 / 30		16 / 17			18 / 19		17 / 18	
Chigwell	30 / 31		18 / 19		12 / 13		14 / 15			1 / 2		4 / 5

Emergency First Aid at Work Course

Duration - 1 day

Venue	Jan 2025	Feb 2025	Mar 2025	Apr 2025	May 2025	Jun 2025	Jul 2025	Aug 2025	Sep 2025	Oct 2025	Nov 2025	Dec 2025
Frinton on Sea	29	3 - full		2		2			10		13	
Chigwell	22		17		7		7		23		26	

Paediatric First Aid Course

Duration - 2 days

Venue	Jan 2025	Feb 2025	Mar 2025	Apr 2025	May 2025	Jun 2025	Jul 2025	Aug 2025	Sep 2025	Oct 2025	Nov 2025	Dec 2025
Frinton on Sea	16 / 17 - full		27 / 28		21 / 22	18 / 19			11 / 12		11 / 12	
Chigwell	20 / 21		20 / 21		8 / 9	24 / 25			29 / 30		27 / 28	

All courses can be held at your premises on dates and times convenient to you. Tel: 01255 678470