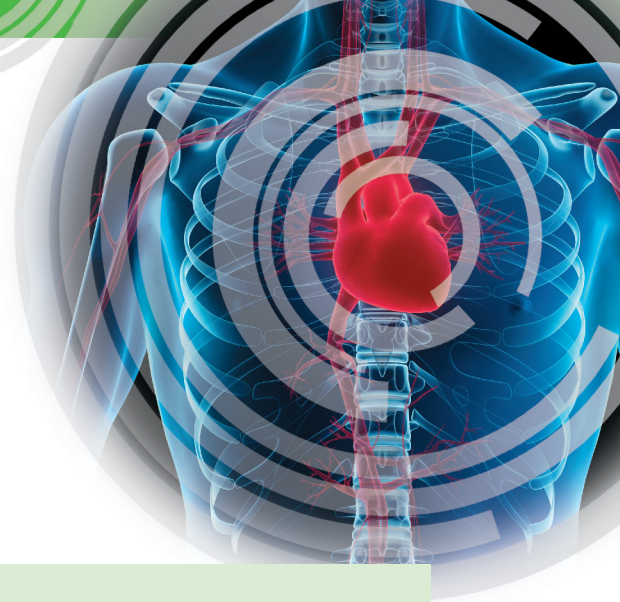




alphatraining
SAFETY SOLUTIONS



Wellbeing and Biometric testing

Duration	Client specific
No. of Participants	Maximum 12 delegates

Aim

To provide delegates with information about wellbeing, health and lifestyle decisions and introduce Biometric testing. To signpost further support and referral facilities.

Objectives

Delegates will understand the organisational wellbeing strategy and be able to test for Cholesterol, Glucose and BMI scoring and know where to go for further assistance with lifestyle health related decisions effecting all areas of delegates lives, at work and away from work.

Content

- What is wellbeing?
- Statistics (cardiovascular risk)
- Biometric testing stations
- Blood pressure
- Body Mass Index
- Waist Girth
- Cholesterol monitoring
- Glucose monitoring
- Nutrition
- Signposting client campaigns

Method of Evaluation

Training / Demonstration / Practical application / Syndicate work / video presentation / Biometric test stations.

Locations Available

Clients premises nationwide or local venues can be arranged.

Achievement Measure

This is a non-competency based session that can be stand alone, or integrated into other courses such as first aid training. Certificate of attendance can be provided along with personal wellbeing work book with delegates personal recordings.

For further information or to make a booking contact us now on **01903 871381**

Alpha Training Safety Solutions run professional health and safety training courses for:

- | | |
|--|--|
| Abrasive wheel | Fire risk assessments at all levels |
| Automated external defibrillation | Fire safety |
| Breathing apparatus | Fire marshal and evacuation coordinator |
| Confined space | Hot works |
| Emergency first aid at work | Manual handling |
| Emergency first aid for appointed persons | Manual handling train the trainer |
| First aid at work | Medical gases |
| Fire safety manager | Technical rescue |
| First responder | Wellbeing and Biometric testing |

Many more advanced skills training courses can be run at the clients request. Our aim is to ensure that our courses remain both dynamic and comprehensive whilst in a stress free environment enabling delegates to achieve their full potential.

- All courses can either be run at one of your own venues for convenience, or alternatively at Alpha Training's dedicated Safety Training Facility at their head office in West Sussex.
- Alpha Training Safety Solutions Ltd is a national training company meaning that there are no limits when it comes to meeting the training needs of our clients.



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