

A life-saving experience.



managing excellence
through training



Managing Excellence Through Training Ltd:

Excellent, cost effective training that gets results.

METT offers a pragmatic approach that deals realistically with safety, health and environmental issues, tailored to meet the individual needs of its clients.

All training personnel are qualified teacher/trainers to the minimum of Level 3. They all have operational expertise in their field, ensuring top class, comprehensive training across a wide variety of industry-recognised courses.

Teaching is conducted in a friendly, approachable manner with plenty of interactivity – a formula that has led to the company's proud boast that:

METT has never had a delegate fail any of its courses!




The METT experience: **it's a life saver.**

People who attend a METT training course find the experience empowering, inspiring, confidence-boosting and educational.

The company has an impressive track record among NHS Trusts, FE Colleges, Primary and Secondary Schools, Construction Companies, Local Government, Health Care Organisations, Sports Associations and businesses of all shapes and sizes.

METT runs courses in the following four core areas:

- First Aid (HSE and OFQUAL, including defibrillation, paediatric etc)
- Health & Safety (including manual handling, fire training and IOSH managing safely courses) 
- Conflict Resolution (including physical intervention)
- Teacher Training (including behaviour management)

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Throughout the four years METT Ltd has been facilitating training we have always found them to be a positive team, who understand our organisational needs. Reliable, consistent and flexible, METT always provides us with training conducive to a proactive learning environment.

Ali Webster, Head of Staff Development, West London Mental Health NHS Trust (St Bernards Hospital, Ealing and Broadmoor Hospital, Berkshire)





First Aid Courses

HSE/OFQUAL Level 3 First Aid At Work

Three day course; gives your organisation appropriate H&S cover and qualifies staff for three years

HSE /OFQUAL Level 3 First Aid At Work Refresher

Two day course; gives your organisation appropriate H&S cover and qualifies staff for three years

HSE/OFQUAL Level 2 Emergency First Aid At Work

One day course; gives your organisation appropriate H&S cover and qualifies staff for three years

Paediatric First Aid

OFSTED approved, OFQUAL Level 2, two day course; ideal for nursery nurses, teaching assistants, teachers, child minders etc.

Automated External Defibrillator Training (AED)

One day course; AED plus good basic life support, greatly improves survival chances in thousands of cases every year; ideal for anyone with a first aid qualification

HSE/OFQUAL Level 2 First Aid For Sport

One day course; equips candidates with skills to deal with major and minor emergencies; ideal for sports coaches, trainers, assistants, managers, teachers and students

HSE/OFQUAL Level 2 First Aid For The Outdoors

One day course, can be extended to a two day course to incorporate scenario training; ideal for scout leaders, expedition leaders, walking group leaders, Duke of Edinburgh Award students etc.

HSE/OFQUAL Level 2 First Aid For Security Services

One day course; highly tailored to delegate needs; especially suitable for security services and organisations offering close protection training

St John Ambulance Young First Aider

One day course; especially suitable for pupils in schools

Basic Life Support For GP Surgeries

One day course for staff based at doctors' surgeries



For more information
visit our website:
www.metttraining.co.uk

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The AED course was very well delivered to our clinicians. It combined both in depth theoretical training with a comprehensive practical session. The trainer was extremely knowledgeable, helpful and able to answer any questions not only from the theory side but also from his personal experience. I would happily recommend METT training.

Victoria Vincent, Education & Training Manager, Horizon Health

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Health, Safety & Environmental Courses

People Moving and Handling

Legal duties, risk assessment, techniques, problem solving etc.

Fire Marshal Training

Regulations, procedure awareness, evacuations, fire drills etc.

Basic Fire Training

The 'fire triangle', alarms, extinguishers, liaison with fire brigade etc.

Training Skills and Practice (TSP)

Chartered Institute of Environmental Health (CIEH) Level 3 course; ideal for those who wish to gain a trainers qualification

Preparing to Teach in the Lifelong Learning Sector (PTLLS)

Follows on from the TSP course above – foundation course for those wishing to gain qualified teacher status

Conflict Resolution & Personal Safety

City & Guilds 1884 Level 2 / CIEH Conflict Resolution & Personal Safety Level 2; dealing with aggressive/violent behaviour

Conflict Resolution – Bespoke

As above, but tailored specifically to an industry and/or environment

Conflict & Behaviour Management In The Classroom

As above, with emphasis on teacher/pupil relationships in schools and colleges

Student Survival Guide

As above, with emphasis on student/lecturer relationships in further education

Managing Safely

Some managers may see health and safety as an add-on to their role – even an intrusion. The course makes it clear that managers are accountable for their teams, and makes a persuasive case for managing safely



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Directing Safely

The course aims to provide directors/owners of companies with an understanding of the moral, legal and business case for proactive health and safety management and to give guidance on effective risk management

Working Safely

All employees need to have an understanding of how health and safety affects both them and those around them. This one-day course is delivered in a high-impact, interactive format and aims to be a fun way to deliver basic health and safety. Includes scenarios and group activities to help deliver the practical points

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I utilise the services of METT Ltd for the delivery of a range of courses, including Health and Safety, First Aid, Fire Marshal and Manual Handling. I have always found METT Ltd's service to be high quality, reliable and efficient.

*Peter Sale, Chief Executive Officer,
Hillingdon Training*

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The Student Survival Guide training from METT was the perfect tool to help students understand how their behaviour both in and out of college can potentially impact on their future lives and careers. By relating to students on a level that they are comfortable with, METT was able to break down barriers with difficult students and encourage them to recognise the opportunities that they have as young adults as well as how best to take advantage of these.

Over the last five years I have found students to enjoy and benefit from METT sessions and I see the services they provide as integral to any programme of study in modern Further Education.

Katherine Dent, Section Manager, Business School, Uxbridge FE College

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Our name is what we train – Excellence

