

2025

PSTC TRAINING CENTRE

TRAINING | CONSULTANCY | SUPPLIES

COURSE & COMPLIANCE BROCHURE

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Training Centre

Training | Consultancy | Supplies



About Us.

Practical Solutions. Professional Standards. Personalised Support.

Philip & Son Training Consultants (PSTC) is Ireland's leading provider of tailored training, health and safety consultancy, and compliance solutions. Founded in 2011, we proudly serve clients in education, construction, manufacturing, logistics, retail, and healthcare. Our approach is built on clear advice, quality instruction, and real-world compliance support.

What Makes PSTC Different?

- Certified, experienced trainers and EMTs
- Hands-on, practical training - no fluff
- Full-service support: training, consultancy, and supplies
- Custom course bundles and compliance packages
- Nationwide coverage with in-house and virtual options

Whether you're a school, crèche, SME, or national company - we're here to help you stay compliant and confident.



TAILORED, PRACTICAL, AND FULLY COMPLIANT TRAINING SOLUTIONS

At PSTC, we deliver practical, no-nonsense training designed around your organisation's real-world needs. All our courses are taught by qualified professionals — many of whom are active EMTs, safety consultants, or industry specialists. Whether delivered on-site, virtually, or in our training centres, every course is structured for compliance, engagement, and confidence. You'll receive attendance records, cert tracking options, and documentation to support your workplace obligations under Irish health and safety legislation.

OUR TRAINING COURSES INCLUDE:

- First Aid Response (FAR)
- Cardiac First Response (CFR & Advanced)
- Paediatric First Aid
- Fire Warden Training (with extinguisher practical)
- Manual Handling
- People Moving & Handling
- Abrasive Wheels (Operator & Instructor)
- Infection Prevention & Control
- Safe Administration of Medication (SAMS)
- BLS for Healthcare Provider
- Seizure Management
- Site-Specific Safety Briefings & Toolbox Talks
- Driver Safety Awareness & Vehicle Familiarisation

Courses can be booked individually or bundled into full compliance packages tailored to your sector - including healthcare, education, construction, logistics, and manufacturing.



Train the Trainer – Deliver Courses In-House or Start Your Own Business

Instructor-level training is ideal for organisations looking to reduce long-term training costs, manage compliance internally, or empower their staff to teach. It's also perfect for individuals who want to build a career as an independent instructor. PSTC delivers professional, hands-on instructor programmes that include theory, delivery practice, and feedback from experienced tutors. All courses come with teaching resources, assessment templates, and guidance on planning and certifying courses.

Our Instructor Courses Include:

- Fire Warden Instructor
- Abrasive Wheels Instructor
- First Aid Response (FAR) Instructor
- Cardiac First Response (CFR) Instructor
- Working At Heights Instructor

Instructor programmes can be taken individually or as part of a bundled progression route, with add-on supports such as observation placements, course development packs, and ongoing mentoring available for new trainers.



Expert-Led Compliance Support That Goes Beyond the Classroom

At PSTC, our consultancy services are built on real-world knowledge, not just paperwork. We work closely with SMEs, schools, healthcare settings, construction sites, and logistics firms to identify risks, streamline documentation, and ensure full legislative compliance. Whether you need a once-off audit or ongoing support, our consultants provide clear, actionable advice with follow-up options built in. Everything we do is designed to help you operate safely, legally, and confidently.

OUR CONSULTANCY SERVICES INCLUDE:

- Workplace Risk Assessments
- Safety Statement Development & Reviews
- Fire Risk Assessments & Evacuation Planning
- VDU / DSE Assessments for Remote or Office Staff
- Training Needs Analysis (TNA)
- Incident Investigation Support
- Fleet Safety & Driver Risk Assessments
- Subcontractor & Contractor Compliance Checks
- Pre-accreditation Support

All consultancy services can be booked individually or included as part of a compliance package or ongoing monthly retainer. For clients on retainer, we also offer certificate tracking, kit audits, regular check-ins, and priority access to our advisory team.



Ongoing Support to Keep You Compliant, Organised, and Audit-Ready

PSTC's Retainer Service is designed for organisations that want peace of mind and consistent compliance without the cost of a full-time safety officer. Our retainers provide year-round access to expert advice, regular reviews, and document updates. Whether you're a school preparing for an inspection, a clinic managing multiple teams, or a construction firm juggling contractors, our retainer clients benefit from proactive, hands-on support tailored to their sector.

WHAT'S INCLUDED IN OUR RETAINER PACKAGES:

- Monthly, quarterly, or annual site visits
- Risk Assessment & Safety Statement updates
- Policy creation and document reviews
- Incident investigation assistance
- Ongoing phone and email support
- Discounted training rates
- Fire equipment and first aid kit audits
- Training and certificate expiry tracking

Retainers start from as little as €150 /month and are customised to suit the size, sector, and risk level of your organisation. They're ideal for SMEs, schools, healthcare providers, and logistics companies who want to stay compliant without the paperwork headaches.



Essential Workplace Supplies for Safety and Compliance

PSTC provides a wide range of quality safety supplies to help your workplace stay compliant and prepared. From restocking first aid kits to supplying fire safety gear and defibrillators, we offer reliable, branded solutions backed by expert support. All our equipment meets Irish regulatory standards and can be delivered nationwide - with optional onsite set-up and compliance documentation.

OUR SUPPLY SERVICES INCLUDE:

- First Aid Kits (workplace, trauma, childcare, vehicle)
- AEDs, batteries, pads & cabinets
- Fire Extinguishers & Blankets
- Safety Signage & Posters
- Incident Books & Safety Documentation
- Equipment Checks & Restocking Logs
- AED & First Aid Kit Management for Retainer Clients

We also offer subscription restocking services so you never run out of essential supplies or miss expiry dates - great for schools, clinics, offices, and transport providers.



Why Choose PSTC

At Philip & Son Training Consultants (PSTC), we go beyond tick-box training. We deliver real-world solutions to help you meet your legal obligations, reduce risk, and build a safer, more confident workplace. Whether you're a school preparing for an inspection, a clinic managing busy staff schedules, or a site-based business juggling compliance tasks - we're here to make your job easier.



EXPERIENCE

Our team includes EMTs, safety consultants, and qualified instructors who understand compliance from the frontline.



HANDS-ON TRAINING

All our courses are designed to be applied immediately in real settings — not just theory from a manual.



BESPOKE SERVICE

From SMEs to schools, we customise training, consultancy, and equipment packages to suit your environment.



ONGOING SUPPORT

We don't just train and leave — we offer follow-up advice, retainer support, kit restocking, and policy reviews.



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