

A photograph of a woman with blonde hair, wearing a blue denim shirt, smiling and clapping her hands. In the background, a man in a white shirt is also clapping. They are in a meeting room with large windows. A hand is visible in the foreground, also clapping.

Training & Compliance Solutions

**Continuous  
professional  
learning leads  
to success.**

## Course Brochure

The Cpl Institute's training courses are developed to enhance your professional, organisational and personal competencies. Courses can be tailored to your organisations requirements, to ensure we meet your training needs.



# Who, What & Why?

## About The Cpl Institute

The Cpl Institute embodies the Learning and Development pillar of the Cpl Group's business streams. With over 36 years experience, The Cpl Institute (incorporating Nifast Health and Safety Training and Consultancy and Heartbeat Safety) is delighted to be the provider of choice to many state, semi-state, private and commercial organisations. Our clients need a training provider they can trust, a company which can manage a large portfolio and one which has clearly demonstrated credentials.

The Cpl Institute has multiple accreditation systems, including over 40 Quality and Qualifications Ireland (QQI) validated programmes and also deliver courses through the Pre-Hospital Emergency Care Council (PHECC) and the Institute of Occupational Safety and Health (IOSH).

The Cpl Institute hold ISO 9001:2015 Quality Management System certification.



**QQI**

Dearbhú Cáilíochta agus Cáilíochtaí Éireann  
Quality and Qualifications Ireland



Approved  
Training  
provider  
451

## Training Programmes

The Cpl Institute provide best-in-class training solutions across five streams:

- Corporate Training
- Health and Safety Training
- eLearning
- Driver Training
- Healthcare Courses

The Cpl Institute are committed to providing quality training programmes and services to clients, helping to make the workplace a healthier, safer and more productive environment for all.

We can facilitate companies who wish to train their personnel onsite and can customise and personalise in-house courses tailored to the requirement of our clients. We make our courses both informative and enjoyable and boast an extensive offering in e-Learning, designed to enable compliance in numerous areas while saving time and money.

The Cpl Institute utilises modern technology to deliver instructor-led courses virtually on platforms of our clients' preference, such as: Microsoft Teams or Zoom.

## Bespoke Offering

The Cpl Institute believes in offering our clients more than just the services listed. We assist our clients in providing safer working environments through education, training, consultancy and continuous support in our clients' health and safety endeavours and bespoke course design.

On completion of a programme with a client, we offer continuing support in the form of reviews, audits, advice and driving continuous improvement. We offer free telephone and email support on a variety of client queries and are always available and keen to engage with our clients in further extending our service offering.

## Training Team

The Cpl Institute boasts a team of experienced learning and development professionals to ensure the consistent delivery of a high quality education and training nationwide.

With offices located in Swords, Co. Dublin and in Anglesea Street, Cork City, the team are responsible for the daily operation of our education and training programmes. They are always on hand and readily available to our clients, trainers and learners in order to swiftly address and resolve any issues or concerns, which may arise before, during or after any of our courses.





# Corporate Training

## Develop your Professional Skills

Increase your teams productivity through relevant work related education. Up-skill and increase your teams knowledge in areas that suit your organisation. With tailored training solutions available, we can ensure we provide training that is relevant, targeted and achieves the outcomes you desire.

We have Quality and Qualification Ireland (QQI) courses available which in turn will give you access to higher levels of education if learners are looking to continue on with their professional development. Our corporate QQI courses are at Level 6 on the National Framework of Qualifications. (NFQ)

We are here to help, guide and support you to achieve the required training solutions that suit your needs. Should you not see the specific solution you are looking for, contact us for a chat and see how we can help solve your problem areas and empower your team to excel in their roles.

## Our Corporate courses include:

- QQI Training Delivery & Evaluation
- QQI Training Needs Identification & Design
- QQI Employment Law
- QQI Supervisory Management
- QQI Conflict Management
- QQI Managing People
- Growing Leaders - Raising Performance
- Quality Management System Essentials
- Health and Safety for Managers
- Risk Assessment Training
- Managing Aggressive Customers
- Business Communications
- Bespoke Staff Briefings

[Click here for more information on our Corporate Training.](#)





# Health & Safety Training

## Minimise Risks in the Workplace

In order to provide a safe and healthy environment for employees, service users and visitors, staff must receive the necessary training to undertake the responsibilities or duties required of them in their roles. Employers must monitor and identify areas for training as detailed in their Safety Statement and Risk Assessments.

The Safety, Health and Welfare at Work Act 2005 sets out the main provisions for organisations to secure and improve the safety, health and welfare of people at work in Ireland. Ensure management lead from the top and create a safe and productive work environment for your team to flourish.

We have a large health and safety offering and in partnership with our health and safety experts, we can provide training and consultancy services to our clients nationwide. Call us for a chat on how we can help to keep your workplace safe.

## Our Health and Safety courses:

- Manual Handling Training
- QQI Manual Handling Instructor Training
- DSE Assessors
- PHECC First Aid Training
- Health and Safety for Managers
- Fire Warden Training
- QQI Safety & Health at Work
- QQI Health & Safety Representation
- Risk Assessment Training
- IOSH Managing Safely
- MEWP Training
- Forklift Training
- Power Pallet Truck Training

[Click here for more information on our Health & Safety courses.](#)



# eLearning

## Develop your Skills Online

Save money, reduce the time taken away from the workplace, remove travel costs and reduce the need for printed training materials. Online eLearning allows individuals to complete training courses at their own pace, in their own time.

We all have busy lives and we need to fit learning around our work or life commitments. We offer short eLearning courses that will increase your knowledge in numerous areas and enhance your skill set.

We have a number of courses available across multiple sectors, our most popular are displayed to the right. If you are looking for a specific course, let us know, as we may have a suitable course or we could tailor one of our courses to your requirements.

We can also create online courses to be uploaded to your Learning Management System (LMS). Contact us to discuss your eLearning requirements.

## Our eLearning courses include:

- Manual Handling (Online Theory)
- First Aid Essentials
- GDPR Awareness
- Health & Safety Awareness
- Fire Warden
- Fire Safety Awareness
- DSE Awareness
- Driver Safety Awareness
- Food Safety Level 1 & 2 (HACCP)
- Risk Assessment Training
- Cyber Security Awareness
- Fraud Prevention Awareness
- Equality & Diversity Awareness

[Click here for more information on our eLearning courses.](#)





# Driver Training

## Minimise the Risks to your Drivers

To manage occupational road risk, drivers should be afforded periodic training.

The focus of our driver training programmes and tailored solutions is to raise driver awareness, concentration and observation skills and anticipate the actions of others by encouraging best practice skills in the driving arena.

The Safety, Health and Welfare at Work Act 2005 includes the company vehicle as a place of work, it states that 'every employer shall ensure, so far as is reasonably practicable, the safety, health and welfare at work of his or her employees'.

Ensure your staff, products and vehicles are in safe hands by completing periodic training with your drivers, whether that be those who drive company vehicles or those who drive their own vehicles as part of their work. Contact us for more information.

## Our Fleet Safety courses include:

- Decision Driver Training
- Pre-Employment Assessments
- Post-Collision Driver Support
- Online Driver Safety Training
- Off Road 4 x 4 Training
- Staff Toolbox Talks
- Banksman Training
- Trailer Towing Training
- Vehicle Familiarisation Training
- Vehicle Risk Assessments
- Shunter Operator Training
- Driving in Ireland Familiarisation
- Driver CPC

[Click here for more information on our Driver training options.](#)



# Healthcare Training

## Upskill your Healthcare team

Ensure your Healthcare team are trained and qualified within their roles.

The Cpl Institute's Healthcare training courses are designed to lead to the QQI Level 5 Major Award in Healthcare Support. All modules are aimed at achieving major awards in Community & Health Services, Health Service Skills and Community Care, with subject matter experts leading each module.

Quality and Qualification Ireland (QQI) Healthcare Awards prepare learners for employment and gives them access to higher levels of education.

We are running in-house Healthcare courses at present and upskilling teams in their own workplace. This ensures we have access to all the equipment used as part of their daily tasks and creates a comfortable and familiar environment for the learners.

## Our Healthcare courses include:

- QQI Care of the Older Person
- QQI Care Skills
- QQI Safety & Health at Work
- QQI Infection Prevention & Control
- QQI Care Support
- QQI Palliative Care Support
- QQI Activities of Patient Living Care
- QQI Intellectual Disability Studies
- QQI Work Practice
- QQI Communications
- PHECC First Aid Training
- Sharps Safety Training
- People Moving & Handling

[Click here for more information on our Healthcare courses.](#)





For more information  
on the courses we  
deliver or to discuss  
your training needs,  
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