

1st CHOICE

SAFETY TRAINING
& CONSULTANCY



**Your 1st Choice for
Fire & Health and Safety
Solutions for Care Homes**

Fire Safety

Trusted by Care Homes

Protecting Lives. Supporting Compliance.

Care homes require a sensitive, thorough approach to fire safety. We provide expert services tailored to the unique needs of care environments—ensuring your residents and staff are safe, and your home is fully compliant.



Why Choose Us?

The company was founded by Scott Mathie, a serving firefighter, and all our Fire Trainers and Assessors are either current or former firefighters. They deliver live virtual, face-to-face, or e-learning sessions, bringing valuable insight to every one.



Our Fire Safety Services Include:

Fire Risk Assessments

In-depth, care-home specific assessments to identify and reduce fire hazards.

Fire Safety Training

Equip your team with the knowledge and confidence to respond effectively.

Evacuation Training

Realistic, hands-on training to ensure safe evacuation of residents.

Evacuation Equipment

Supply, training, and servicing of:
– Evacuation Chairs
– Evacuation Mattresses

Fire Evacuation Strategy

Bespoke evacuation plans tailored to your building and resident needs.

Fire Extinguisher Supply & Servicing

Certified installation and annual servicing of all extinguisher types.



For more information about our training courses or to make a booking, please **scan the QR code**.

Health & Safety Consultancy & Training

Outsource Your Health & Safety
– Focus on What Matters Most,
Your Residents

Your Residents Deserve the Best – So Does Your Team.

Let us take the stress out of compliance. As your outsourced Health & Safety partner, we provide expert guidance, audits, and training—so you can focus on delivering exceptional care.



Our Consultancy Services Include:

Health & Safety Audits & Risk Assessments

Regular reviews to ensure your care home meets all legal obligations.

Policy Development & Compliance Support

Tailored documentation and ongoing advice to keep you inspection-ready.

Ongoing Support Packages

Flexible consultancy packages to suit your size, needs, and budget.

Essential Care Compliance Training for Care Home Staff:

Most subjects can be studied Virtually, Face to Face or via E-Learning

Safeguarding Adults

Ensure your team understands how to protect vulnerable individuals.

Moving & Handling of People

Safe, effective techniques to reduce injury risk for staff and residents.

Food Safety & Hygiene

Keep your kitchen compliant and your residents safe.

First Aid & Emergency Response

From basic First Aid to advanced Pre Hospital First Aid.

Health and Safety Awareness

Courses of all levels to suit your staff's and care homes needs.

Infection Control

Give your staff the training that will prevent infection and contamination.

IOSH Managing Safely

Arm your Supervisors and managers with the skills to understand how to keep your residents, staff & building safe and compliant.



For more information about our training courses or to make a booking, please **scan the QR code**.

Fully Accredited | Experienced Trainers | Nationwide Coverage

Local Expertise | National Reach | Personal Service

Call 0800 009 6876 or 01163 214 304
email info@1cstc.co.uk or visit www.1cstc.co.uk

Call 0800 009 6876 or 01163 214 304
email info@1cstc.co.uk or visit www.1cstc.co.uk

Our Care Homes 5 Star Service

At 1st Choice Health and Safety, we are dedicated to delivering the highest standards of service, with a strong focus on the unique needs of care homes. Our team understands the challenges faced in these environments and works closely with staff to ensure safety, compliance, and peace of mind. With a reputation built on professionalism, reliability, and personal care, we're proud to be a trusted partner to care homes across the region.

Simply scan the QR code to learn more about how we can support you.



The training has been practical, engaging, and tailored to the realities of care work. Our staff particularly valued the hands-on learning and the trainers' background in the care and fire services, which brought real-world relevance.

1st Choice's professionalism and commitment to quality training have made a lasting impact on our team. We highly recommend them to any care provider looking for expert-led, effective safety training.

Five Rivers Living



The feedback from our staff has been overwhelmingly positive. They particularly enjoyed the live fire practicals, which were both engaging and educational. The instructors, with their Fire Service backgrounds, brought a wealth of in-depth knowledge, especially regarding the unique challenges faced in care environments.

We look forward to continuing our collaboration with 1st Choice Safety Training & Consultancy and would not hesitate to recommend their services to others.

Midlands Care



The trainers from 1st Choice Safety Training & Consultancy were exceptional, answering all questions with clarity and confidence. Their backgrounds in the fire service allowed them to speak from a place of experience, which greatly boosted our staff's confidence in handling fire safety.

One of the highlights of the training was the practical fire exercise conducted outside the building. Our staff had the opportunity to use different types of extinguishers on a real fire, which was both educational and engaging.

Abbeyfield Care Home



We're ready to support you

1st CHOICE
SAFETY TRAINING
& CONSULTANCY

T 0800 009 6876 or 01163 214 304

E info@1cstc.co.uk

W www.1cstc.co.uk