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Health & Social Care

Content Library





Achieve 100% Compliance in ⅓ of the Time

Stay ahead of regulatory demands with our CPD and RoSPA-accredited compliance training.

At 5Mins.ai, we make compliance effortless, fast, and engaging.

Achieve 100% Compliance in ⅓ of the Time
Thanks to microlearning, your team learns faster and retains more.

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Always up-to-date with current government and industry standards.

Real-Time Monitoring
Assign courses, track progress, and send automated reminders with ease.

Engaging and Effective
Boost engagement by 6-10x with gamification and interactive content.

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Care Certificate (England)

Courses grouped by the Care Certificate standards they support

- Care Certificate (England)
- Duty of Care (Standards 1 and 3)
- Professional Practice in Care (Standard 2)
- Duty of Candour (Standard 3)
- Equality, Diversity & Inclusion in the Workplace (Standard 4)
- Person Centred Care (Standard 5)
- Communication in Care (Standard 6)
- Dignity, Privacy & Respect in Care (Standard 7)
- Fluids and Nutrition in Care (Standard 8)
- Dementia Awareness (Standard 9)
- Mental Health First Aid (Standard 9)
- Mental Health In Care (Standard 9)
- Safeguarding Adults in Health and Social Care (Standard 10)
- Safeguarding Children and Young People in Health and Social Care (Standard 11)
- Basic Life Support (Standard 12)
- Health and Safety Essentials (Standard 13)
- Handling Information in Care (Standard 14)
- Infection Control (Standard 15)
- Autism Awareness (Standard 16)
- Caring for Adults with Learning Disabilities (Standard 16)

Standard references indicate related learning, not verified coverage of every assessment criterion.
The Care Certificate requires all 16 standards and workplace assessment; this selection is not a complete programme.

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Health & Social Care course list

1 of 2

Staffing & management

Adults with Incapacity
Care Planning
Communication in Care
Delivering Good Customer Service in the Care Sector
Deprivation of Liberty Safeguards (DoLS) (England and Wales)
Duty of Candour
Duty of Care
Handling Information in Care
Informed Consent
Mental Capacity Act (MCA) (England and Wales)
Person Centred Care
Professional Practice in Care

First aid

Anaphylaxis
Basic Life Support
Emergency First Aid at Work
First Aid
First Aid In Child Care/Paediatric
Mental Health First Aid

Essential care & safety

Bed Bug Awareness
Care Certificate (England)
Control of Substances Hazardous to Health (COSHH)
Dignity, Privacy & Respect in Care
Food Allergies
Food Safety Level 1
Food Safety Level 2
Food Safety Level 3
Health and Safety Essentials
Infection Control
Moving and Handling People
PPE in Care Homes

Safeguarding adults

Safeguarding Adults in Health and Social Care (Standard 10)
Safeguarding Adults Level 1
Safeguarding Adults Level 2
Safeguarding Adults Level 3
Safeguarding Vulnerable Adults (Global)
The Prevent Duty

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Health & Social Care course list

2 of 2

Specialist children & young people

Caring for Asylum-Seeking and Refugee Children
Child Centred Care
Child Sexual Exploitation
Child Trafficking
Female Genital Mutilation Awareness
Health & Nutrition for Children
Human Growth and Development
Missing from Care
Safeguarding Children (Global)
Safeguarding Children and Young People in Health and Social Care (Standard 11)
Safeguarding Children with Learning Disabilities
Safeguarding Children: Level 1
Safeguarding Children: Level 2
Safeguarding Children: Level 3
Serious Youth Violence

Mental health

Alcohol and Substance Misuse
Mental Health First Aid
Mental Health In Care
Psychological First Aid for Children
Psychologically Informed Environments
PTSD Awareness
Suicide Awareness and Prevention
Trauma
Understanding Self-harm

Nursing & clinical care

Bed/Falls Management
Diabetes Advanced Care
Diabetes Awareness
Dysphagia Awareness
Epilepsy Advanced Care
Epilepsy Awareness
Falls Awareness
Medication Practice & Awareness
Oral Health
Sensory Loss
Sexual Health
Stroke Awareness

Specialist care

ADHD Awareness
Autism Awareness
Care After Death
Caring for Adults with Learning Disabilities
Dementia Awareness
End of Life
Fluids and Nutrition in Care

General Workplace Compliance

Global courses

Data protection & cybersecurity

Advanced Cybersecurity Practices
Cyber Resilience
Cybersecurity Essentials for Employees
Cybersecurity Essentials for IT Managers
Data Privacy Essentials
General Data Protection Regulation

Ethics & responsible business

Anti-Corruption and Anti-Bribery
Business Continuity Planning
Business Ethics
Conflict of Interest
Environmental Awareness
Fraud Prevention and Awareness
Gifts & Hospitality
Intellectual Property
Modern Slavery
Whistleblowing

Equality, diversity & inclusion

Creating Anti-Discrimination Workplaces
Equality, Diversity & Inclusion in the Workplace
Unconscious Bias in the Workplace

Workplace conduct

Harassment Prevention for Employees
Harassment Prevention for Managers
Preventing Sexual Harassment

Health & safety

Display Screen Equipment
Driver Awareness
Fire Safety
Health & Safety: Working from Home
Health and Safety Essentials

General Workplace Compliance

UK courses

Data protection & cybersecurity

Browsing Securely
Malware and Breach Recovery
Preventing Identity Theft
UK GDPR & Data Law

Equality, diversity & inclusion

Creating Anti-Discrimination Workplaces
Disability Awareness
Equality, Diversity & Inclusion in the Workplace
Neurodiversity Awareness
The Equality Act 2010
Unconscious Bias in the Workplace
Understanding Gender Identity & Expression

Workplace conduct

Conflict Management
Electronic Communications
Preventing Harassment & Bullying for Employees
Preventing Harassment & Bullying for Managers and HR
Preventing Sexual Harassment in the Workplace for Employees
Preventing Sexual Harassment: Managers and HR
Sexual Harassment in the Workplace: The October 2026 Legal Changes

Wellbeing

Mental Health Awareness for Employees
Mental Health Awareness for Managers
Workplace Violence & Wellbeing

General Workplace Compliance

UK courses

Health & safety

Accident Reporting
Behavioural Safety
Control of Substances Hazardous to Health (COSHH)
Display Screen Equipment
Driver Awareness
Electrical Safety
Fire Safety
Fire Wardens
First Aid
Food Allergies
Food Safety Level 1
Food Safety Level 2
Food Safety Level 3
Health and Safety Essentials
Health and Safety: Working from Home

Health & safety (continued)

Infection Control
Legionella
Lifting Operations and Lifting Equipment Regulations (LOLER)
Lone Working
Manual Handling
PAT Testing
Personal Protective Equipment (PPE)
Pest Control
Risk Assessment
Slips, Trips & Falls
Waste Management

EU health & safety

Food Allergies
Food Safety Level 1
Food Safety Level 2
Health & Safety Essentials
Health & Safety Working From Home
Manual Handling