

Resillience. Response. Training.

**Where Expertise Meets
Readiness. Turning Real-
World Experience into
Reliable Solutions for Every
Challenge.**

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*"Preparation is the difference between
managing risk and being overcome by it."*

First-class resilience, response, and training, delivered by professionals.

From preparedness to response, we provide the expertise you can rely on.

Greater resilience, stronger teams, reduced risk, and measurable results.

About Us.

Sector 3 Group was founded by senior leaders from the fire and rescue, emergency medical, and high-risk industry sectors. Between us, we bring decades of operational experience in the UK Fire and Rescue Service, RAF Fire Service, military deployments, emergency medicine, and specialist rescue operations.

Our mission is simple - to provide dependable Resilience, rapid Response, and expert training to clients who can't afford to get it wrong. Our vision is to be the trusted partner for organisations across the UK seeking high-quality operational cover, specialist rescue, and training services.

Our values define us:

- **Readiness** – We prepare thoroughly so we can deliver when it matters.
- **Integrity** – We keep our word, act transparently, and earn trust.
- **Excellence** – We set high standards and meet them every time.
- **Collaboration** – We work alongside clients as part of their team.

"We've built a team with deep operational credibility. Our clients rely on us not just for what we can do, but for the confidence that we'll be there when they need us most." - Paul Bowyer, Director, Sector 3



Paul Bowyer

Director | NILO | Fire Service Commander

Veteran of the RAF Fire Service with operational tours in Afghanistan. Senior leader within a UK local authority fire and rescue service, with specialist expertise in hazardous materials and complex incident management.



Andy Pike

Director | Fire & Rescue Commander

Military and aviation firefighting background, passionate mental health advocate, and experienced in operational deployments for major transport hubs and high-risk sites.



Neil Fossett

Director | EMT | Fire Service Junior Commander

Over 20 years in policing, fire and rescue, and ambulance service roles, including overseas firefighting leadership in Afghanistan. Brings operational credibility and proven expertise in high-risk environments.



Miles Ward

Director | EMT | Rescue & Safety Specialist

Emergency Medical Technician with leadership experience as an Army Cadet Instructor and commissioned British Army Captain. Brings operational expertise and commercial awareness from managing safety teams in high-risk environments.

Our Services

A close-up photograph of medical equipment, including a defibrillator and various cables, with a person's hand visible in the background.

**Prehospital
& Trauma
Training**

A photograph showing a person's hands performing a first aid technique on a mannequin's head.

**Adult &
Paediatric
First Aid
Training**

A photograph of a firefighter in full gear, including a helmet and oxygen tank, standing in front of a fire.

**Fire Safety
Training**

A photograph showing a person's hands holding a medical device, possibly a stethoscope or a small pump.

**Health &
Social Care
Training**

A photograph of two workers in a warehouse setting, one using a pallet jack to move a box.

**Manual
Handling
Training**

A photograph of a group of people in a meeting or training session, with one person speaking and others listening.

**Trauma
Informed Mental
Health Training**

A photograph of two yellow safety cones on a floor, one with the text 'IN PROGRESS' on it.

**Health
& Safety
Training**

A photograph of a modern office interior with large windows, desks, and chairs.

**Training
Consultancy**



We Provide Fully Equipped Specialist Response & Rescue Teams

Confined Space | Water Rescue | Rescue From Height



**HAZMAT
Consultancy**



**Aviation Fire
& Rescue
Staffing**



**Aviation Fire
& Rescue
Resillience**



**Emergency
Planning &
Exercising**



**Fire Risk
Assessment &
Inspection**



**Event Fire
Marshalling**

Every service we deliver - from resilience to response
to training - is led by subject matter experts.

Everything we deliver, we've done.

Prehospital & Trauma Training

For those employed in high-risk sectors like construction, oil and gas, security, mining, or the fire service, holding a FREC 3, FREC 4, or Immediate Emergency Care (IEC) qualification is highly advantageous. These fields face a greater likelihood of workplace incidents, and having a trained first responder on hand can significantly improve the management and outcome of any emergency scenario.



At Sector 3 Group, we use realistic, scenario-based simulations to create an engaging and immersive learning experience. By replicating real operational situations, learners gain a solid understanding of the skills being taught. This approach allows them to apply their knowledge in a safe, supportive environment, preparing them for the real-world challenges they may face.



QA Level 3
First Response
Emergency Care

FREC 3

Throughout the course, you will acquire the competencies outlined in the PHEM skills framework at descriptor level D. Additionally, you will gain practical experience in administering emergency oxygen, managing trauma patients, identifying major illnesses, and other vital competencies.

The Quallsafe First Response Emergency Care (FREC 3) (Level 3 RQF) is a five-day, nationally recognised and regulated qualification ideal for those working or volunteering as first responders. It is particularly relevant for firefighters, industrial fire teams, police officers, and medical personnel operating at events or in high-risk workplaces. This includes roles such as Emergency/Community First Responders, Door Supervisors, Close Protection Operatives, and Security Guards.

It is equally suited to personnel in high-risk environments such as the military, power stations, manufacturing, agriculture, and large-scale industrial or commercial sites.

Optional additional modules are available - including supraglottic airways, nasal naloxone, blood glucose monitoring, Pentrox, and Entonox - but can only be delivered where there is a genuine operational need and an appropriate clinical governance framework in place to support ongoing competence.

QA Level 4
First Response
Emergency Care

FREC 4

Throughout the FREC 4 course, you will develop advanced skills as outlined in the PHEM skills framework at descriptor level E. This course will enhance your abilities in managing complex trauma patients, advanced airway management, administering emergency medications, and dealing with major illnesses.

The Quallsafe First Response Emergency Care (FREC 4) (Level 4 RQF) is a nationally recognised and regulated qualification for those looking to advance their first responder skills. It is ideal for firefighters, industrial emergency response teams, medical personnel, and security professionals working in high-risk sectors such as oil and gas, power generation, manufacturing, construction, and the military.

Building on the foundations of FREC 3, this course develops the ability to manage complex casualties and incidents in high-pressure environments. Learners achieve the competencies set out in the PHEM skills framework at descriptor level E, including advanced airway management, trauma care, administration of emergency medications, and the management of major illnesses.

First Aid Training

From nurseries, schools and care homes to shops, offices and construction companies, we offer quality, accredited and flexible first aid courses across the UK tailored to you. Our trainers are experienced healthcare professionals who have seen firsthand the importance of effective first aid training. They are passionate about sharing their knowledge and expertise with our learners to help them save lives.

Courses	Duration	Level	Valid For
Emergency First Aid At Work (EFAW)	1 Day	3	3 Yr
First Aid At Work (FAW)	3 Days	3	3 Yr
Combined EFAW & Emergency Paediatric First Aid	1 Day	3	3 Yr
Combined FAW & Paediatric First Aid	3 Days	3	3 Yr
Paediatric First Aid	2 Days	3	3 Yr
Basic Life Support & Safe Use of an AED	5 hr	2	1 Yr
Basic Life Support & Management of Anaphylaxis	4 hr	2	1 Yr
Basic Life Support For Adults and Children	3 hr	2	1 Yr



First Aid Training Delivered By Paramedics & Associated Healthcare Professionals.

97%

Of our first aid course delegates felt that having training delivered face to face by an experienced healthcare professional enhanced their learning experience and made the training more engaging and memorable.



First Aid Needs Assessment

All businesses are required to carry out a first aid needs assessment. We can help you review your workplace requirements and identify the level of training needed to keep your staff safe and compliant.



Fire Safety Training

Ensuring workplace safety involves providing employees with essential fire safety training. This proactive measure safeguards both personnel and business interests. Fire safety training demonstrates a commitment to employee well-being, instilling confidence and boosting morale. Expert delivery by firefighters and industry professionals provides real-world experience, imparting invaluable knowledge and hands-on experience to effectively prepare employees for unforeseen emergencies.

Level 1 Award in Fire Safety Awareness (RQF)

This half-day qualification provides a thorough understanding of fire safety principles, including causes of workplace fires, safety responsibilities, risk control methods, and fire-fighting equipment use. Invest in your workplace safety with this essential training course.

Level 2 Award in Fire Safety (RQF)

This 1-day course equips designated personnel with essential fire safety knowledge and skills. Topics covered include crucial fire safety issues. Investing in this training gives your business peace of mind that employees can handle fire safety incidents and protect your workplace.



Fire Safety Training Delivered By Fire Fighters & Fire Officers.

Sector 3 Group delivers accredited Fire Safety Training alongside bespoke, risk-based training packages tailored to the needs of construction companies and related industries. Drawing on extensive operational experience, we design courses that address the specific hazards and compliance requirements of each site, ensuring training is practical, relevant, and directly applicable to the working environment.

Accredited & Bespoke Fire Safety Solutions.



FIRE WARDER

Health & Social Care Training

At Sector 3 Group, we deliver high-quality health and social care training designed for real-world application. All courses are delivered by experienced healthcare professionals with extensive backgrounds in supporting individuals with disabilities, older people, and those with mental health needs. Our trainers bring hands-on operational experience, enabling them to share practical insights and prepare learners for the challenges they may encounter in their roles.

**Level 2 Award in
Safeguarding and
Protecting Children,
Young People and
Adults at Risk (RQF)**

**Level 2 Award
in Principles of
Safe Handling &
Administration of
Medication (RQF)**

**Level 2 Award in
Infection Prevention
and Control (RQF)**

**The Essentials Of
Sepsis Recognition &
Escalation For Care &
Support Staff**





**Health & Social Care
Training Delivered
By Healthcare
Professionals.**

**Real experience
matters - our
trainers have lived
the challenges
you face.**



Manual Handling Training

Manual handling training is essential for any organisation where lifting, carrying, or moving loads is part of the job. In sectors such as construction, manufacturing, and industrial operations, poor technique can lead to serious injuries, downtime, reduced productivity, and potential legal consequences. Sector 3 Group delivers training through industry experts with real operational experience, ensuring staff gain the skills and awareness needed to work safely and efficiently.

Level 2 Award in Principles of Manual Handling (RQF)

Level 2 Award in Safe Moving and Handling (RQF)

Level 2 Award in Principles & Practice of Moving People Safely (RQF)

Level 2 Award in Moving People Safely (RQF)



**Manual Handling
Training Delivered By
Industry Experts.**



**Safe lifting
isn't just about
technique - it's
about keeping
your team moving.**



Health & Safety Training

Ensuring the health and safety of employees should be a top priority for any business. Providing comprehensive health and safety training not only protects employees from potential harm, but also reduces the risk of accidents and incidents in the workplace. Industry experts with hands-on experience and knowledge of current regulations and best practices are essential in delivering this training.

Courses	Duration	Level	Valid For
Award in Risk Assessment (RQF)	2 Days	3	3 Yr
Award in Health and Safety in Health & Social Care (RQF)	1 Day	2	3 Yr
Award in Working at Height (RQF)	3 hr	2	3 Yr
Award in Principles of Risk Assessment (RQF)	1 Day	2	3 Yr
Award in Principles of COSHH (RQF)	4 hr	2	3 Yr
Award in Health and Safety in the Workplace (RQF)	3 Day	3	3 Yr
Award in Health and Safety in the Workplace (RQF)	1 Day	2	3 Yr
Award in Health and Safety in the Workplace (RQF)	4 hr	1	3 Yr





Health & Safety Training Delivered By Industry Experts.

Our trainers can provide practical insights and real-world examples that engage learners and make the training more relevant and effective. Ultimately, investing in health and safety training delivered by industry experts can help businesses create a safer and more productive work environment.



Specialist Rescue Training & Response

We provide bespoke response solutions for high-risk environments across the UK and internationally, delivering capability where it's needed most.

Decades Of Experience From Around The World.

Sector 3 Group provides specialist rescue teams to support high-risk industries, ready to respond to emergencies in the most challenging environments.



With extensive backgrounds in the emergency services, military, and high-risk industries, we provide practical, risk-based solutions tailored to each client's operations. Our teams are operationally experienced and fully qualified, working to current legislation, recognised safety standards, HSE guidance, and best practice across the sectors we serve.



Consultancy

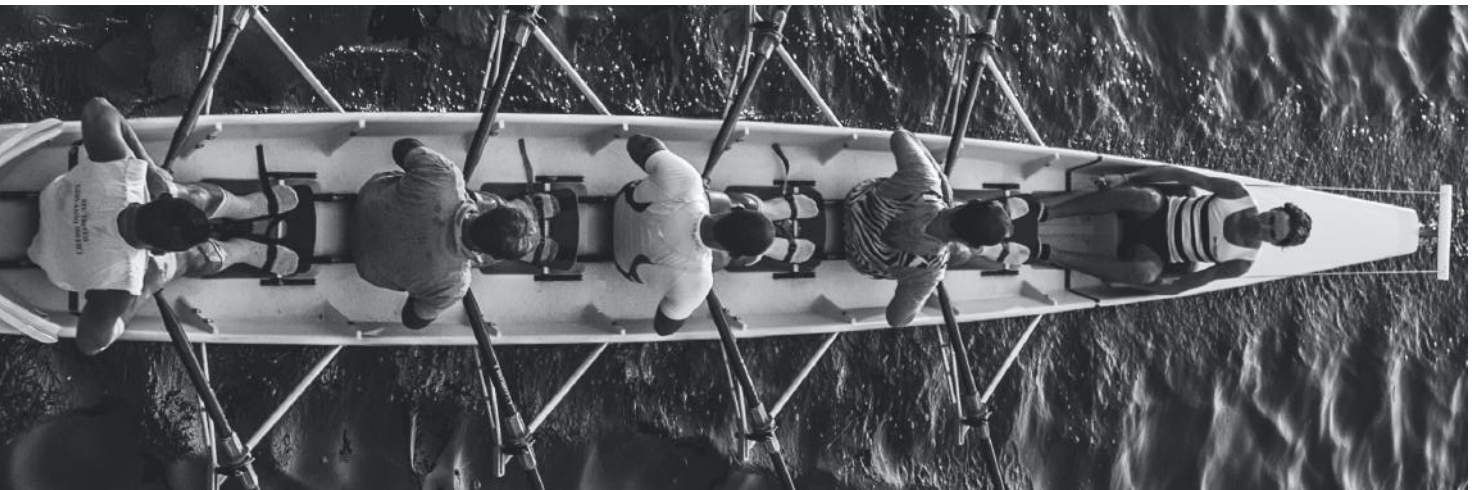
Risk Assessment | HAZMAT | Clinical Governance | Emergency Planning

Sector 3 Group provides consultancy services in risk assessment, hazardous materials management, clinical governance, and emergency planning. We work closely with clients to understand their operations and develop practical, compliant solutions that address real-world risks. Our team brings extensive experience from the emergency services, military, and high-risk industries, ensuring advice is grounded in operational reality and aligned with current legislation, recognised standards, and best practice.



ENGAGING | EDUCATING | EMPOWERING

**Delivering
practical,
compliant
solutions
for high-risk
operations.**





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