



Safety Training

3M Safety Training courses catalogue

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Who we are.

When it comes to protecting your work site, we deliver. At 3M Safety Training, we understand workers' lives are on the line every day, but ensuring their safety starts long before the job begins.

Based on more than 100 years of expertise and jobsite implementation around the globe we are perfectly positioned to provide training in confined spaces and working at height. Invest in 3M Safety Training and be confident that your colleagues will receive their training from a truly expert team.

Our site and facilities.

Put simply, our unique facilities offer world-class safety training. Located centrally in Oldham, the site is easily accessible from across the country. Just look at what is available:

- ▶ Three telecommunications towers
- ▶ 17m working at height training tower
- ▶ Confined space training area with 40m of tunnel
- ▶ Non-operational 30m wind turbine
- ▶ Large rooftop training area
- ▶ IRATA, GWO and MATS (ESUR) approved training facilities

Whatever you need, we've got it covered.

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HSO

Height Safety Introduction

Ratio

10 students to 1 instructor

Duration

0.5 day

Overview

The aim of this course is to provide those attending with a comprehensive understanding of the requirements of working at height including the use of Personal Fall Protection Equipment (PFPE) using dedicated anchor points, it teaches how to assess the tasks and identify the necessary controls to allow the task to be undertaken safely. Following training students will, be able to identify the dangers of work at height, understand key legislation, understand the various categories of PFPE including its characteristics and limitations.

This course does not cover fall arrest climbing and work positioning on open steelwork, or access and working on rooftops.

- Correct care & use of dedicated anchor points (EN 795 A, B, C, D & E)
- Awareness of Syncope - what causes it and how to recognise and deal with the effects
- Awareness of how to deal with emergency situations – includes requirement for rescue and emergency procedures

Certification

The successful delegate will receive a certificate valid for 3 years.

Prerequisites

Delegates shall be of 18 years of age or over, be physically fit and have a head for heights.

Who Should Attend

Persons who are required to access and work within low risk working at height environments, such as garage workshops, MEWP baskets (W@H only), construction sites and factories where access is uncomplicated and anchors are easily identifiable (dedicated).

Course Objectives & Content

- Legislation and Standards
- Hazards and Risk encountered when working at height
- Hierarchy of Controls
- Work categories – an introduction to restraint/position/fall arrest techniques
- Equipment characteristics and limitations
- Fitting and use of Personal Fall Protection Equipment (PFPE)
- Personal Protective Equipment pre user inspection, care, traceability and disposal requirements



HS1

Height Safety Level 1

Ratio

6 students to 1 instructor

Duration

1 day

Overview

The aim of this course is to provide those attending with a comprehensive understanding of how to use personal fall protection equipment in a range of environments. Following training students will be able to identify the hazards associated with work at height, have an understanding of relevant key legislation, understand the various categories of personal fall protection equipment (PFPE) including its characteristics and limitations. They will be able to carry out a simple pre-use inspection of items and understand the need for record keeping, traceability and how to dispose of equipment correctly.

On successful completion of the course those attending will be provided with both the theoretical and practical skills required in order to use a range of fall arrest, work positioning and restraint equipment. A key element of this course is practical application. Students spend a large amount of time practicing climbing techniques using temporary safety systems, installed and structural anchors. The training also includes a demonstration of applicable rescue techniques.

Prerequisites

Medically fit with a head for heights and a reasonable level of fitness.

Who Should Attend

This course is aimed at people who may be required to:

- Access and work at height including in unprotected areas
- Use a combination of dedicated and in-situ anchors
- Traverse and climb at height, moving between anchors, remaining attached at all times
- Use equipment to partially support themselves (but not rope access) while at height
- If the delegate could be expected to undertake a rescue of a person from height, the height safety level 2 course is required

Course Objectives & Content

- Health and safety legislation relevant to the country and standards of operation
- The dangers of work at height
- How to assess hazards and implement effective controls
- How to fit PFPE, its characteristics and limitations
- Inspection, care and disposal requirements for PFPE
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Practical climbing on ladders using fixed vertical safety systems
- Practical climbing on ladders using twin lanyards
- Use of Self-Retracting Lifelines
- Use of temporary, vertical and horizontal fall protection systems
- How to recognise and deal with syncope (suspension trauma)
- Emergency procedures and planning
- Demonstration of rescue techniques

Certification

The successful delegate will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of personal fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS2

Height Safety Level 2

Ratio

6 students to 1 instructor

Duration

2 days

Overview

The aim of this course is to provide those attending with a comprehensive understanding of how to use personal fall protection equipment in a range of environments. Following training students will be able to: identify the dangers of work at height, have an understanding of key legislation, understand the various categories of personal fall protection equipment (PFPE), including its characteristics and limitations. They will be able to carry out a simple pre-use inspection of items and understand the need for record keeping, traceability and the correct disposal of equipment.

On successful completion of the course those attending will be provided with both the theoretical and practical skills required to safely use a range of fall arrest, work positioning and restraint equipment. This training provides the delegate with even more practical climbing and work at height technique practice than the HS1 course and also includes the practical use of rescue equipment in a variety of rescue scenarios.

Prerequisites

Medically fit with a head for heights and a reasonable level of fitness.

Who Should Attend

This course is aimed at people who may be required to:

- Access and work at height including, in unprotected areas
- Use a combination of dedicated and in-situ anchors
- Traverse and climb at height, moving between anchors, remaining attached at all times
- Use equipment to partially support themselves (but not rope access) while at height
- Undertake a basic rescue to recover a person from suspension at height

Course Objectives & Content

- Health and safety legislation relevant to the country and standards of operation
- The dangers of work at height
- How to assess hazards and implement effective controls
- How to fit PFPE, its characteristics and limitations
- Inspection, care and disposal requirements for PFPE
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Climbing vertical ladders (fixed FA systems and twin lanyards)
- Use of Self-Retracting Lifelines
- Use of temporary, vertical and horizontal fall protection systems
- How to recognise and deal with syncope (suspension trauma)
- Emergency procedures and planning
- The characteristics and limitations of rescue equipment
- Rescue of a suspended casualty from an in-reach and out of reach situation

Certification

The successful delegate will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of personal fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS3

Height Safety Level 2 Refresher

Ratio

6 students to 1 instructor

Duration

1 day

Overview

The aim of this course is to provide the delegate who has previously attended the Height Safety Level 2 course with an opportunity to refresh their theoretical knowledge and practical skills and gain re-certification. The course follows the same syllabus as the Height Safety Level 2 training but focuses on initial assessment of the delegate's skill level and practical exercises to ensure compliance with the requirements for Height Safety Level 2 training.

Included in the training will be any necessary updates in legislation, procedures and equipment. This course does not allow a Height Safety Level 1 credited person to gain Level 2 accreditation. People requiring re-certification at Height Safety Level 1 should re-attend the 1 day Height Safety Level 1 course.

Prerequisites

Current certification at Height Safety Level 2 – medically fit with a head for heights and a reasonable level of fitness.

Who Should Attend

This course is aimed at people who may be required to:

- Recertify at Height Safety Level 2

Course Objectives & Content

Confirmation of knowledge of:

- Health and safety legislation relevant to the country and standards of operation
- The dangers of work at height
- How to assess the hazards and implement effective controls
- How to fit PFPE, its characteristics and limitations
- Inspection, care and disposal requirements for PFPE
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Climbing vertical ladders (fixed FA systems and twin lanyards)
- Use of Self-Retracting Lifelines
- Use of temporary, vertical and horizontal fall protection systems
- How to recognise and deal with syncope (suspension trauma)
- Emergency procedures and planning
- The characteristics and limitations of rescue equipment
- Rescue of a suspended casualty from an in-reach and out of reach situation

Certification

The successful delegate will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of personal fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS4

Height Safety PFPE Inspector

Ratio

8 students to 1 instructor

Duration

1 day

Overview

People attending this course will be provided with the necessary information and knowledge required to satisfy part of the competency requirements for the statutory inspection of Personal Fall Protection Equipment (PFPE). Training covers legislation, standards, duties and responsibilities, equipment marking, key documentation and resources, record keeping, traceability, types of inspections, storage and disposal requirements. It involves extensive practical inspection of a wide variety of textile and metalware PFPE equipment.

On completion of training successful candidates will be able to implement a programme of periodic inspections for equipment used during work at height such as harnesses, lanyards, slings, carabiners, helmets, ropes etc.

Certification

The successful delegate will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of personal fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

The personal protective equipment at work regulations 1992

Prerequisites

A working knowledge of the equipment being inspected.
Have an aptitude for the detailed inspection of equipment.

Who Should Attend

People responsible for carrying out recorded inspections of PFPE.

Course Objectives & Content

- Legislation & standards
- Duties and responsibilities
- Useful documents, forms and resources
- CE marking requirements and testing
- Inspection and record keeping procedures
- Types of examinations / inspections
- Types of equipment - general safety, climbing, rope access, rescue etc.
- Textile equipment inspection methods
- Metalware equipment inspection methods
- SRL – limitations of inspection
- Equipment care / storage / disposal

HS5

Height Safety Managers and Supervisors

Ratio

10 students to 1 instructor

Duration

1 day

Overview

This course aims to give an understanding of a site supervisor's responsibilities under the relevant legislation. Delegates will be made aware of their individual responsibilities as a site supervisor when managing, supervising or planning work at height activities, the importance of being aware of on-site hazards and how to manage them effectively.

The course is designed to encourage the delegate to think logically, assess and plan work at height to ensure safety and compliance.

All courses provided by 3M Safety Training are designed to ensure the delegates attain maximum benefit from their attendance. In order to achieve this goal, the course can be tailored with the involvement of those attending, to ensure that all information and instruction is relevant and, where possible, addresses any specific height safety issues being faced.

Prerequisites

Delegate should preferably have experience of working at height.

Who Should Attend

Site managers and supervisors, as well as any person who holds responsibilities for staff and / or activities being undertaken at height should attend this course. Additionally, people who manage teams from an office based location would also benefit from attending this course.

Course Objectives & Content

- Understand the legislative requirements placed upon them
- Understand the risks posed to the employee and employer, when undertaking work at height
- Understanding the environment including work activities – warehouses / construction / rope access / etc.
- Deal effectively with foreseeable health and safety hazards and risks that present themselves in work of this nature
- Risk Assessment, Method Statements and Permits to Work / general safety of employees and visitors
- Understand the content requirement, the creation of a procedure and associated model to allow supervisors to manage their teams effectively
- Understand the hierarchy of controls during activities at height such as collective protection / fall prevention / fall arrest / personal protection
- Requirements when dealing with complex PPE – staff training etc.
- Use of on-site fall arrest and work positioning systems and equipment – harnesses / lanyards / helmets etc.
- Use of Access Equipment (e.g. fixed and portable ladders, cherry pickers and scaffolding etc.)
- Use of tethering and prevention of dropping incidents
- Equipment inspection and record keeping requirements – selection, use and maintenance of PPE
- Emergency Arrangements – rescue and emergency procedures, problems of suspension
- Signage and guarding requirements

Certification

The successful delegate will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of personal fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS7

Height Safety Rescue

Ratio

6 students to 1 instructor

Duration

1 day

Overview

Aimed at those working at height, this course focuses on workmate rescue from a range of scenarios typically found in the workplace. Those attending are taught to assess the situation, and consider all the available options before attempting a rescue. The techniques taught on this course are designed to be simple, user friendly and easy to remember while not putting the rescuer at risk. Training focuses on lowering and hauling techniques but does not cover abseil rescues.

Certification

Delegates will receive a certificate valid for 3 years – certificate periods are subject to maintenance of skill levels, annual refresher / updates recommended.

Prerequisites

People attending this course must be medically fit and should have the required training to allow them to work at height in the environment the equipment is to be used.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

Who Should Attend

This training is aimed towards personnel using personal fall protection equipment (harnesses / lanyards etc.) to work at height in a range of different industrial environments such as rooftops, workshops, factories, quarries and in construction.

Course Objectives & Content

- General requirements for rescue
- Rescue plans and risk assessment
- Emergency procedures
- Casualty care / syncope (suspension trauma) / casualty stabilisation
- Rescue equipment characteristics and limitations
- Equipment inspection and care
- Workmate rescue of a conscious casualty
- Workmate rescue of an unconscious casualty
- Workmate rescue of a casualty in-reach and out of reach
- Avoiding obstructions during rescue



HS8

Height Safety Escape

Ratio

8 students to 1 instructor

Duration

0.5 day

Overview

This course will equip those attending with the necessary skills required to evacuate from a high structure, platform or equipment during an emergency. Operating from a safe area those attending are taught to connect the equipment to specified anchor points, then using simple user friendly escape equipment, they will be taught to descend to ground. Training is carried out using both dedicated rescue and fall arrest harnesses and auto descenders however, customer specific requirements can be catered for.

Certification

Delegates will receive a certificate valid for 3 years – certificate periods are subject to maintenance of skill levels, annual refresher / updates recommended.

Prerequisites

Medically fit with a head for heights. Recognised relevant working at height training.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

Who Should Attend

Those employees who may or may not be wearing harnesses when working at height on platform cranes, gondolas and other high structures who may need to carry out a rapid exit to escape from the area during an emergency.

Course Objectives & Content

- Legislation and standards
- Emergency procedures and equipment
- Equipment characteristics and limitations
- Equipment checking, care, storage, maintenance and disposal requirements
- Equipment fitting and use
- Anchor point checking and attachment
- Practical escape drills



HS9

Height Safety Demonstrator

Ratio

6 students to 1 instructor

Duration

2 days

Overview

The Management of Health and Safety at Work Regulations require employers to ensure all employees are supplied with the necessary instruction, information and training to allow them to perform their roles without risk to themselves or others. Coupled to this are the Work at Heights Regulations 2005, these introduce specific requirements in respect of activities that involve people operating at height. They place unambiguous duties upon employers to ensure all employees are competent.

Training focuses on equipping the student with the knowledge and skills to be able to demonstrate safe practice and use of specified equipment or techniques to fellow company employees. Teaching students to: arrange in-house practice sessions for company employees; the importance of documentation and good record keeping; organisation and group control; how to identify the various risks and hazards involved with this type of activity; how to identify and target essential training needs.

On successful completion of this training those attending will be equipped with the skills to deliver maintenance of skills training on specified equipment. The equipment specified can be tailored to meet your particular requirements.

NOTE: all students will be capable of delivering practice sessions using a mannequin. Demonstrators will not be competent to deliver rescue sessions using a live person.

Prerequisites

Those attending must have successfully completed a HS2 Height Safety Level 2 or equivalent basic working at height & rescue course and be medically fit with a head for heights.

Who Should Attend

People responsible for carrying out skills maintenance and arranging practice sessions for their employer.

Course Objectives & Content

- Legislation – general requirements for working at height rescue
- The dangers of working at height and safe systems of work
- Group control and organisation
- Assessment of prior learning
- Creation of structured practice sessions
- The importance of feedback and good coaching skills
- Venue selection and risk assessment
- Forms and paperwork
- Equipment inspection, care and maintenance procedures
- Anchors and anchor point selection
- Rescue and evacuation using 3M™ DBI-SALA® Rollgliss™ R550
- Rescue using 3M™ DBI-SALA® Rollgliss™ R250
- Evacuation from a wind turbine

Certification

All delegates will receive a certificate & ID card valid for 2 years.

Recertification will consist of one day practical assessment, which needs to be completed before certificate expiry.

The successful candidate must complete a minimum of 3 practice sessions per year to remain in date.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS11

Height Safety Landscape Maintenance

Ratio

6 students to 1 instructor

Duration

1 day

Overview

The aim of this course is to provide those attending with the practical skills and theoretical information needed in order to work safely on inclined embankments up to 40 degrees to undertake de-vegetation and maintenance work. The training will also cover the techniques required for safe working in proximity to unguarded retaining walls, bridge heads and open culverts.

Part 1, will cover: legislation, how to use personal fall protection equipment (PFPE) to achieve a safe system of work. During training each delegate will be taught how to fit and adjust their harness and lanyard correctly.

Part 2, Practical elements: This will include, Inspection of PFPE and its use in work restraint systems, selection of suitable anchor points, and use of temporary horizontal lifelines and belay systems. The requirement for rescue planning and the safe recovery of a casualty.

The course does not include instruction on suspended working techniques.

Prerequisites

Delegates must be medically fit to work at height and must be 18 years of age.

Who Should Attend

The course is aimed at people that are required to work on steep ground

Course Objectives & Content

Have an understanding of:

- Health and safety legislation
- Dangers of working at height
- How to deal with syncope / suspension intolerance (awareness only)
- PFPE characteristics, limitations
- Inspection, care and disposal requirements for PFPE
- Restraint positioning and fall arrest techniques
- Anchor point selection and pre-use checking of eye bolts and in-situ anchor points
- Temporary horizontal lifeline systems
- Rescue plans and risk assessment requirements
- Rescue equipment characteristics and limitations
- Work-mate rescue issues

Demonstrate good safe working practices, and competence in the following work categories:

- Restraint / fall arrest
- Competence when selecting and using anchor points – eye bolts, and in-situ anchors
- Competence when installing and using temporary horizontal lifeline systems
- Competence in belayed working lines
- Deal with a conscious or unconscious casualty

Certification

Successful delegates will be issued with a certificate valid for 3 years.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS12

Height Safety High Bay Warehouse

Ratio

6 students to 1 instructor

Duration

1 day

Overview

The aim of this course is to provide those attending with a comprehensive understanding of the requirements for accessing high bay pickers and storage racking in warehouses, and the requirements for rescue from them. The course is a blend of theoretical knowledge and practical skills. The course is pass/fail. Delegates will be assessed on theoretical knowledge and practical skills.

Prerequisites

Those attending must be medically fit with a head for heights.

Who Should Attend

People who may need to use PFPE when accessing and working on high reach fork lifts, VNAs and storage racking.

Course Objectives & Content

- Health and safety legislation
- Dangers of work at height
- Assessment of hazards and risks commonly associated with accessing high bay storage and associated equipment
- Personal Fall Protection Equipment – its characteristics and limitations
- Pre-use inspection and fitting of harness and associated equipment
- Identification and selection of suitable anchor points
- Use of Self-Retracting Lifelines
- Use of twin lanyard systems
- Safe use of portable ladders
- Planning and dealing with emergencies
- Dealing with syncope (suspension trauma)
- Self rescue techniques
- Rescue of an incapacitated person and casualty care

Certification

Successful delegates will be issued with a certificate valid for 3 years.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS13

Height Safety Workshop Environments

Ratio

6 students to 1 instructor

Duration

0.5 day

Overview

This course provides work at height training for workers who are required to use overhead fall arrest lifelines and Self-Retracting Lifelines (SRL) within workshops, maintenance and manufacturing facilities.

Prerequisites

Those attending must be medically fit with a head for heights.

Who Should Attend

People who may need to use PFPE when accessing work areas where overhead lifelines are fitted.

Course Objectives & Content

- Health and safety legislation
- Dangers of work at height
- Assessment of hazards and risks commonly associated with using overhead lifelines
- Assessment and selection of appropriate access methods
- Pre-use inspection and safe use of overhead lifelines
- Personal fall protection equipment – its characteristics and limitations
- Pre-use inspection and fitting of harness and associated equipment
- Use of self-retracting lifelines (SRLs)
- Planning and dealing with emergencies
- Dealing with syncope (suspension trauma)
- Safety with tools and equipment when working at height

Certification

Successful delegates will be issued with a certificate valid for 3 years.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

HS14

Height Safety Construction

Ratio

12 students to 1 instructor

Duration

0.5 day

Overview

The aim of this on-site training is to provide the theoretical knowledge and practical skills to identify the hazards specific to working at height within the construction industry, evaluate the associated risks and implement the appropriate controls to allow the task to be undertaken safely.

The course is classroom based but does include practical session on the inspecting and fitting of harnesses and the setting up of appropriate work restraint and fall arrest systems. If you wish to include your company's policies or processes into this training, we can work with you to ensure our training meets your specific requirements.

Prerequisites

Be medically fit and have a head for heights.

Who Should Attend

People who may be required to work at height within the construction industry.

Course Objectives & Content

- The dangers of work at height
- How to assess the hazards and implement effective controls
- How to fit PFPE, its characteristics and limitations
- Inspection care and disposal requirements for PFPE
- Restraint and fall arrest techniques
- Overview of horizontal lifeline systems
- Set up and use of Self Retracting Lifelines (SRLs)
- Suspension Intolerance
- Planning for emergencies

Certification

Successful delegates will be issued with a certificate valid for 3 years.

Standards

- The Working at Height Regulations 2005
- BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment
- BS 8454 COP for delivery of training for work at height



CS1

Confined Space Low Risk

Ratio

6 students to 1 instructor

Duration

1 day

Overview

This course is aimed at people required to access confined spaces classified as low risk.

The training covers the essential legislation, working practices and safety requirements for safe entry to a confined space where the risk assessment has classified the space as low risk. The course also focuses on working as a team and the responsibilities of each team member.

Prerequisites

Medically fit, comfortable in confined spaces and a reasonable level of fitness.

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

Confined spaces regulations 1997

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

Who Should Attend

Employees who are required to access confined spaces classified as low risk.

Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Confined space hazards
- Control measures
- Safe system of work / PPE / permit to work
- Risk assessment / method statement
- Confined spaces personnel and teamwork
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Vertical shaft entry and egress (up to 3 metres)
- Use of tripod / davit and retrieval winch
- Correct use of gas detector sampling techniques
- Communications / emergency actions



CS2

Confined Space Medium Risk (including emergency breathing apparatus EBA)

Ratio

6 students to 1 instructor

Duration

2 days

Overview

This course is aimed at people required to access confined spaces classified as low or medium risk.

The training covers the essential legislation, working practices and safety requirements for safe entry to a confined space where the risk assessment has classified the space as low or medium risk, using compressed air escape breathing apparatus as part of the planned means of self-rescue. The course also focuses on working as a team and the responsibilities of each team member.

Prerequisites

Medically fit, comfortable in confined spaces and a reasonable level of fitness.

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

Confined spaces regulations 1997

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

Who Should Attend

Employees who are required to access confined spaces classified as low or medium risk.

Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Control measures
- Safe system of work / PPE / permit to work
- Risk assessment / method statement
- Confined spaces personnel and teamwork
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Working at height and suspension intolerance
- Vertical shaft entry and egress
- Use of tripod / davit and retrieval winch
- Correct use of gas detector sampling techniques
- Communications / emergency actions
- Use of escape breathing apparatus

CS3

Confined Space High Risk (incorporating full working breathing apparatus)

Ratio

6 students to 1 instructor

Duration

3 days

Overview

This course is aimed at people required to access confined spaces classified as high risk. These can be defined as confined spaces where there is a foreseeable risk from a significant hazard.

The training includes the use of respiratory protective equipment for access to confined spaces (positive pressure self contained breathing apparatus). The course covers the selection, use, inspection checks and management of working breathing apparatus, including duration calculations.

Prerequisites

Candidates should be comfortable in confined spaces, physically fit and medically capable of using positive pressure breathing apparatus - contact us for more information on influencing conditions. Candidates with spectacles or facial hair should contact us for advice. This course is physically demanding.

Who Should Attend

People who are required to work in confined spaces where a significant hazard may exist using positive pressure breathing apparatus. This module is not suitable training for the use of breathing apparatus in fire fighting, mining or diving operations.

Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Communications / emergency actions
- Control measures
- Safe system of work / PPE / permit to work

- Risk assessment / method statement
- Confined spaces personnel and teamwork
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Working at height and suspension intolerance
- Vertical shaft entry and egress
- Access including detachment from recovery line
- Use of tripod / davit and retrieval winch
- Dangerous atmospheres
- Review of gas detection equipment
- Correct use of gas detector sampling techniques
- Use of full breathing apparatus
- Time duration calculations and board management of breathing apparatus users
- Operation in zero visibility
- Emergency procedures

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

Confined spaces regulations 1997

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

CS4

Confined Space Rescue

Ratio

6 students to 1 instructor

Duration

1 day

Overview

This course specifically concentrates on the advanced rescue skills required to provide on-site cover for those working in confined spaces (of any type). It assumes previous qualification in entry and breathing apparatus, and covers searching, advanced winching and hauling systems, operations in zero visibility, incident management and Immediate Response Risk Assessment (IRRA).

Prerequisites

Candidates should hold a valid qualification in CS3 as well as being physically fit, comfortable in confined spaces and medically capable of using positive pressure breathing apparatus - contact us for more information on influencing conditions. Candidates with spectacles or facial hair should contact us for advice. This course is physically demanding.

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

Confined spaces regulations 1997

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

Who Should Attend

People who are required to provide professional on-site rescue cover for confined space operations with responsibilities including evacuation of casualties using stretchers, searching, and rigging of hauling systems. It is not suitable for those involved in mining operations.

Course Objectives & Content

- Summary of the Regulations
- Dangerous atmospheres
- Review of gas detection equipment and sampling techniques
- Review of vertical access & traverse techniques
- Rescue incident management
- Immediate-response risk assessment
- Advanced emergency procedures & searches
- Rigging of rescue hauling systems
- Use of rescue stretchers
- Practical exercises (full working breathing apparatus / zero visibility)

CS5

(includes emergency breathing apparatus EBA)

Confined Space Medium Risk (CS2) Requalification

Ratio

6 students to 1 instructor

Duration

1 day

Overview

This course is for re-qualification of people holding current Confined Space Certification for medium risk.

Prerequisites

Medically fit. Comfortable in confined spaces and have a reasonable level of fitness. Candidates must also hold a current recognised Confined Spaces Access certification at medium risk level.

Who Should Attend

Employees who are required to requalify to access confined spaces classified as low or medium risk.

Course Objectives & Content

Underpinning knowledge:

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Control measures
- Safe system of work / PPE / permit to work
- Risk assessment / method statement
- Confined spaces personnel and teamwork
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Working at height and suspension intolerance
- Vertical shaft entry and egress
- Use of tripod / davit and retrieval winch
- Correct use of gas detector sampling techniques
- Communication / emergency actions
- Use of escape breathing apparatus

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

Confined spaces regulations 1997

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

CS6

(incorporates full working breathing apparatus)

Confined Space High Risk (CS3) Requalification

Ratio

6 students to 1 instructor

Duration

1 day

Overview

This course is for the requalification of people holding current Confined Spaces Access certification up to and including High Risk (incorporating full working breathing apparatus).

Prerequisites

Candidates must hold a current recognised Confined Spaces Access certification up to and including high risk level (incorporating FWBA) e.g. CS3, and should be physically fit, comfortable in confined spaces and medically capable of using positive pressure breathing apparatus – contact us for more information on influencing conditions. Candidates with spectacles or facial hair should contact us for advice. This course is physically demanding.

Who Should Attend

People who are required to requalify to work in confined spaces or dangerous atmospheres using positive pressure breathing apparatus. This module is not suitable training for the use of breathing apparatus in firefighting, mining or diving operations.

Course Objectives & Content

Underpinning knowledge:

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Communications / emergency actions
- Control measures
- Safe system of work / PPE / permit to work
- Risk assessment / method statement

- Confined spaces personnel and teamwork
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Working at height and suspension intolerance
- Vertical shaft entry and egress
- Access including detachment from recovery line
- Use of tripod / davit and retrieval winch
- Dangerous atmospheres
- Review of gas detection equipment
- Correct use of gas detector sampling techniques
- Breathing apparatus checks, selection and donning
- Use of full breathing apparatus
- Time duration calculations and board management of BA users
- Operations in zero visibility
- Emergency procedures

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

Confined spaces regulations 1997

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

CS7

Confined Spaces Managers and Supervisors

Ratio

8 students to 1 instructor

Duration

1 day

Overview

This course aims to give an understanding of site supervisors' responsibilities under the relevant legislation, and its supporting Regulations. Delegates will be made aware of their individual accountability when acting as a site supervisor, and the importance of being aware of the on-site hazards and how to manage them effectively.

The course is designed to encourage the delegate to think logically, and apply the knowledge obtained by way of safety procedures that have been proven as allowing effective on-site management of confined spaces.

All courses provided by 3M Safety Training are designed to ensure the delegates attain maximum benefit from their attendance. In order to achieve this goal, 3M Safety Training ensures a detailed course syllabus is compiled with the involvement of those receiving the training. This ensures that all the information and instruction being provided is relevant, and where possible, addresses specific issues the company presently has.

Prerequisites

Delegate should preferably have experience of working in confined spaces.

Who Should Attend

Site Managers, and Supervisors, as well as any person who holds responsibilities for staff and / or activities being undertaken in confined spaces should attend this course. Additionally, those persons who manage teams from an office based location would also benefit from attending this course.

Course Objectives & Content

- Accident consequences
- Relevant legislation
- Definition and recognition of confined spaces
- Confined spaces examples and categories
- Hazards and control measures
- Risk assessment / safe system of work (Method Statement)
- Use of gas monitors
- Isolation
- Lockout / tagout requirements
- Confined spaces personnel and teamwork
- Equipment and PPE
- Escape breathing apparatus selection, checks and donning
- Breathing apparatus types and characteristics
- Working at height and suspension intolerance
- Emergency procedures, communications and rescue provision
- Practical confined space assessment

Certification

Delegates will receive a certificate valid for 3 years.

Standards

Confined spaces regulations 1997

The Health and Safety at Work Act 1974

The Working at Height Regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment

BS 8454 COP for delivery of training for work at height



TC1

Rooftop Safety Awareness

Ratio

12 students to 1 instructor

Duration

0.5 day

Overview

This course will provide those attending with the basic information required to safely access rooftop sites. It aims to highlight the key hazards and risks found so that employees can take effective action to reduce risks to an acceptable level. The course will emphasise the difference between safe and unsafe rooftops, requirements for guardrails, barriers and safe access, radio frequency and suggest good working practices.

Prerequisites

None.

Who Should Attend

Field staff and others working in the telecommunications industry who may require access to switches, BTSs and protected rooftop sites as part of their work activities and do not require use of fall arrest equipment.

Course Objectives & Content

- Legislation affecting work on rooftops
- Duties and responsibilities

- General requirements when working on third party sites
- Hazards & risks found on rooftop sites
- RF Safety (maximum 20 minutes)
- Safe systems of work - lone working, permit to work, slips, trips and falls, asbestos, general PPE
- Protected and unprotected rooftops – how to identify and take effective action
- Access – safety requirements when working with fixed and portable ladders

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue



TC2

Roof Worker Arqiva Approved

Ratio

6 students to 1 instructor

Duration

1 day

Overview

During this course those attending are provided with the essential practical and theoretical information needed in order to safely access and work on rooftop sites. Students are taught to identify and deal with hazards and risks commonly associated with this type of work, training will also cover the correct use of personal fall protection equipment (PFPE) such as harnesses, lanyards, restraint ropes etc.

Prerequisites

Those attending must be medically fit with a head for heights.

Who Should Attend

This course is aimed at field engineers, site acquisition staff, riggers and others who may need to use PFPE when accessing and working on rooftop sites.

Course Objectives & Content

Underpinning knowledge:

- Health and safety legislation
- Dangers of working at height
- Assessment of hazards and risks commonly found on rooftops
- Collective fall protection methods and equipment
- Introduction to RF found on rooftops (duration 15-20 minutes)
- Dealing with syncope (suspension trauma) – awareness only
- How to fit PFPE, its characteristics and limitations
- Inspection, care and disposal requirements for PFPE
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking – eyebolts and horizontal fixed wire systems
- Practical climbing of ladders using twin lanyards
- Practical restraint and fall arrest techniques on rooftops
- Equipment handling of light loads to a maximum 20 kg
- Safety with tools and equipment when working at roof edges

Certification

The successful delegates will receive a certificate.

Standards

Arqiva Approved

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

TC5

Basic Lifting and Rigging Skills

Ratio

6 students to 1 instructor

Duration

1 day

Overview

For people working in the rigging industry, this course teaches the essential knowledge and practical skills required when carrying out small lifting operations (maximum 150 kg) on a range of structures. On completion of the course the successful candidate will have a basic understanding of the legislation that applies to lifting operations. Be able to tie various knots and lashings, understand the theory of haul systems, work with a range of small winches & pulleys, rig and lift a variety of objects including beams and dishes.

Prerequisites

None - however, must be able to work at height and may be required to use personal fall protection equipment. Either the Basic or Advanced Climber qualification (or similar) would be a distinct advantage.

Who Should Attend

Operators involved in lifting and slinging operations.

Course Objectives & Content

- Legislation (WAHR 2005 and LOLER 1998)
- Risk assessment and method statements
- Lifting equipment and accessories
- Pre-use inspections
- Knots and lashings
- Selection and use of lifting equipment (including ropes, pulleys & slings)
- Slinging and hand signals
- Lifting configurations
- Optional 2nd day training is available on the use of portable lifting appliances including: Capstan Winch and Tirfor

Certification

The successful delegates will receive a certificate.

Standards

Health and safety at work act 1974

Working at height regulations 2005

Lifting Operations and Lifting Equipment Regs 1998

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

TC6

RF Safety Awareness Arqiva Approved

Ratio

12 students to 1 instructor

Duration

0.5 day

Overview

This course aims to provide delegates with the ability to recognise the known hazards associated with working in proximity to radio frequency fields commonly found on rooftops and communications towers. It provides employees with advice and guidance on safe working practices and procedures.

Prerequisites

None.

Who Should Attend

People involved in the design, planning, installation and maintenance of equipment, which propagates radio frequencies or who visit sites with such equipment present. The course would also be useful for managers and supervisors responsible for personnel working on or in proximity to RF radiation.

Course Objectives & Content

- Technical background to RF
- Hazards to health from RF exposure
- Access and risks associated with work in RF fields
- Sources of radio frequency radiation
- Safety standards
- Safe working procedures
- Use of personal RF monitors

Certification

The successful delegates will receive a certificate.

Standards

Arqiva Approved

Health and safety at work act 1974

BS 8454 COP for delivery of training and education for work at height and rescue

TC8

Fixed Ladder Access & Rescue

Ratio

4 students to 1 instructor

Duration

1 day

Overview

The aim of this course is to provide those attending with a comprehensive understanding of the requirements for accessing fixed ladders and the requirements for rescue from them. The course is a blend of theoretical knowledge and practical skills. The course is pass / fail. Delegates will be assessed on theoretical knowledge and practical skills.

Prerequisites

Those attending must be medically fit with a head for heights.

Who Should Attend

This course is aimed at those people who may be required to access flat roofs, working platforms and gantries via fixed ladders. These ladders may be open unprotected ladders, hooped ladders or ladders with vertical fall arrest systems fitted.

Course Objectives & Content

- Relevant health and safety legislation including; Health & Safety at Work Act, The Working at Height Regulations 2005
- Identification of hazards and assessment of associated risks
- Hierarchy of controls for working at height
- Personal Fall Protective Equipment – characteristics and limitations
- Pre-use inspection and care for PFPE
- Fitting and adjusting harnesses and associated equipment
- Identification and selection of suitable anchor points
- Single line restraint techniques
- Climbing and descending fixed ladders using twin lanyards
- Climbing and descending fixed fall arrest systems
- Planning for rescue
- Rescue equipment – characteristics and limitations
- Suspension Intolerance – what is it and how to deal with it
- Rescue of a casualty suspended on a ladder from fall arrest lanyards and fixed fall arrest systems using company specified rescue equipment / device

Certification

Students will receive two certificates - one for the access module and one for the rescue module. Fixed ladder access is valid for 3 years; fixed ladder rescue is valid for 1 year.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue



TC9

Basic Tower Climber and Rescue (MATs approved)

Ratio

6 Students to 1 Instructor

Duration

3 days

Overview

This course will provide a solid foundation for those who are new to the telecommunications industry and introduces prospective climbers to work on communications masts and towers. The Basic Tower Climber and Rescue course introduces techniques and equipment to allow people access to all areas of communications masts and towers, this includes work on open steelwork. This course will provide students with key information and the knowledge required to work safely at height. Training covers the key characteristics and limitations of personal fall protection equipment (PFPE), how to climb fixed ladders using a range of fixed fall arrest systems and how to climb open steelwork using lanyards and fall ropes. The course will also equip students with the skills required to undertake the rescue of an injured workmate stranded on a mast or tower. Regarding rescue, the training covers the limitations and use of dedicated abseil rescue equipment commonly found in the telecommunications industry. The course can be tailored to your specific rescue/abseil descent equipment.

Prerequisites

Delegates shall be of 18 years of age or over, be physically fit and have a head for heights. A self-declaration of fitness and completion of all aspects of the training is required.

Who Should Attend

This course is generally aimed at people new to the telecommunications industry who wish to work on a masts or towers.

Course Objectives & Content

- Health and safety legislation and standards
- Assessment of hazards and risks
- PFPE fitting, characteristics, inspection and care
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Awareness of fixed fall arrest systems
- Practical climbing with fall ropes, and Self Retracting Lifelines (SRLs)

- Tie all knots demonstrated during the course (bowline, clove hitch, figure of eight)
- Dealing with syncope (before and after effects)
- Rescue hierarchy
- Rescue equipment fitting, characteristics, limitations, inspection, use and care
- Remote lowering of a casualty
- Demonstrate a 'Snatch' or 'Pick-off' rescue
- Use of tension pilot wires (cable ways)

Certification

The successful delegate will receive a certificate valid for 1 year.



TC10

Basic Tower Climber and Rescue Revalidation (MATS approved)

Ratio

6 Students to 1 Instructor

Duration

1 day

Overview

This is a revalidation course for those who work on towers and masts in the telecommunications industry, it will focus on the key information and knowledge required to work safely at height. Training covers the key characteristics, limitations and correct use of personal fall protection equipment (PFPE), how to climb fixed ladders using a range of fixed fall arrest systems, how to climb open steelwork using lanyards and fall ropes. The course also refreshes those attending with the skills required to attempt the rescue of an injured workmate stranded on a mast or tower. Regarding rescue, the training covers key characteristics of equipment, limitations of the equipment and how to use dedicated abseil rescue equipment commonly found in the telecommunications industry. The course can be tailored to your rescue/abseil descent equipment.

Prerequisites

Delegates must have an in-date Basic Tower Climber & Rescue Course certificate (Basic/Advanced Climber & Tower Rescue), a self-declaration of fitness and completion of all aspects of the training is required

Who Should Attend

This course is aimed at people who wish to re-certificate in basic tower climber and rescue.

Course Objectives & Content

Underpinning knowledge of:

- Health and safety legislation and standards
- Assessment of hazards and risks
- PFPE fitting, characteristics, inspection and care
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Awareness of fixed fall arrest systems
- Practical climbing with fall ropes, and SRLs
- Tie all knots demonstrated during the course (bowline, clove hitch, figure of eight)
- Dealing with syncope (before and after effects)
- Rescue hierarchy
- Rescue equipment fitting, characteristics, limitations, inspection, use and care
- Remote lowering of a casualty
- Demonstrate a 'Snatch' or 'Pick-off' rescue
- Use of tension pilot wires (cable ways)

Certification

The successful delegate will receive a certificate valid for 1 year.

TC11

Monopole Access and Rescue

Ratio

6 Students to 1 Instructor

Duration

1 day

Overview

The aim of this course is to provide students with key information, knowledge and practical skills which are required to safely access and rescue personnel from Monopole structures.

Prerequisites

Delegates shall be of 18 years of age or over, be physically fit and have a head for heights. A self-declaration of fitness and completion of all aspects of the training is required.

Who Should Attend

This course is generally aimed at people new to the telecommunications industry who wish to work on Monopole Structures.

Course Objectives & Content

- Health and safety legislation and standards
- Assessment of hazards and risks
- PFPE fitting, characteristics, inspection and care

- Positioning and fall arrest techniques
- Anchor point selection and checking
- Awareness of fixed fall arrest systems
- Practical climbing with fall ropes, and Self Retracting Lifelines (SRLs)
- Dealing with syncope (before and after effects)
- Rescue hierarchy
- Rescue equipment fitting, characteristics, limitations, inspection, use and care
- Remote lowering of a casualty
- Demonstrate a 'Snatch' or 'Pick-off' rescue
- Use of tension pilot wires (cable ways)

Certification

The successful delegate will receive a certificate valid for 1 year.



GW01

GWO Working at Height & Rescue

Ratio

6 students to 1 instructor

Duration

2 days

Overview

The training is accredited by the Global Wind Organisation. The GWO Work at Height and Rescue module is designed to provide wind industry personnel, with the basic skills that will enable them to work safely at height and respond effectively to emergencies. It is designed for personnel working in either the onshore or offshore wind sectors.

Prerequisites

All personnel participating in basic safety training shall be medically fit and capable of fully participating.

Who Should Attend

Personnel who are new to the global wind industry or require GWO qualification for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.

Course Objectives & Content

The aim of this course is to give the participants the necessary basic knowledge and skills through theoretical and practical training to use PFPE, with basic skills that will enable them to work safely at height and respond effectively to emergencies in remote wind turbine environments and in accordance with the GWO BST standard.

The objectives of the BST Working at Heights module are to ensure that delegates are able to demonstrate:

- Knowledge of hazards and risks associated with working at height specific to the wind industry
- Understanding of current national WAH legislation for their area of operation
- Correct identification and pre-use inspection of PFPE, e.g. FP Harness, hard hat, lanyards etc.
- Correct use of PFPE including identification of approved anchor points and climbing vertical ladders
- Correct response to emergencies and appropriate use of rescue and evacuation equipment

Certification

This course represents one module of the overall GWO BST syllabus. Certificate is valid for 2 years. We recommend that rescue procedures are regularly practiced.

For further information please contact 3M Safety Training.

Standards

Health and safety at work act 1974

GWO training Standards

The Working at Height Regulations 2005 (UK – or equivalent regional legislation)

BS 8437 CoP for the selection, use and maintenance of fall protection systems and equipment

BS 8454 CoP for delivery of training for work at height

GWO2

GWO First Aid

Ratio

6 students to 1 instructor (Maximum class size 12)

Overview

The aim of this course is to provide individuals with the basic first aid skills, knowledge and practical guidance that will enable them to work in a safe manner in the wind industry.

The course will enable the delegate to meet emergency response training requirements for personnel new to the global wind industry. It is designed to accommodate personnel working in both the onshore and offshore sectors.

Prerequisites

Delegates shall be 18 years of age or over.

Who Should Attend

Personnel who are new to the global wind industry or require GWO qualification for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.

Course Objectives & Content

- Health and safety legislation
- First aid guidelines ERC & AHA
- Management of an incident
- Safety awareness in an emergency situation
- Correct order of management in an emergency situation in a wind turbine environment
- The makeup of the body and how it functions
- A-B-C principles and primary survey
- Use of first aid principles in emergency situations
- Serious / minor illness and injuries
- Primary & secondary incidents
- Life saving first aid
- Cardiopulmonary resuscitation and practice exercise
- AED safety procedures and correct use of an AED
- Managing minor and serious incidents
- Demonstration of first aid equipment

Duration

2 days

Certification

The course will provide the delegate with the knowledge and skills to complete the 'First Aid' module of the Global Wind Organisation (GWO) Basic Safety Training (BST) requirements.

The GWO First Aid certificate is valid for 2 years.

Standards

Health and safety at work act 1974

GWO training Standards

ITC accredited



GWO3

GWO Manual Handling

Ratio

12 students to 1 instructor

Duration

0.5 day

Overview

The aim of this course is to provide individuals with the basic manual handling skills, knowledge and practical guidance that will enable them to work in a safe manner in the wind industry.

The course will enable the delegate to meet emergency response training requirements for personnel new to the global wind industry. It is designed to accommodate personnel working in both the onshore and offshore sectors.

Prerequisites

Delegates shall be 18 years of age or over.

Certification

The course will provide the delegate with the knowledge and skills to complete the 'manual handling' module of the Global Wind Organisation (GWO) Basic Safety Training (BST) requirements.

The GWO manual handling certificate is valid for 2 years.

Standards

Health and safety at work act 1974

GWO training Standards

Manual handling operations Regulations 1992

Who Should Attend

Personnel who are new to the global wind industry or require GWO qualification for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary Global Wind Organisation (GWO) Basic Safety Training (BST) training modules.

Course Objectives & Content

- Health and safety legislation
- Assessment of hazards and risks
- Spinal anatomy and posture
- Identify worker's risk of developing muscular / skeletal injuries
- Safe practices for manual handling including the correct handling of equipment
- Identifying signs and symptoms of injuries related to poor manual handling
- Planning lifts – TILE
- Risk control and lifting techniques
- Behavioural safety (causes / consequences of injury)
- Problem solving approach to manual handling in a wind turbine environment
- Scenario based training - wind turbine environment



GWO4

GWO Fire Awareness

Ratio

Theory 12 students to 1 instructor
Practical 12 students to 2 instructors

Overview

To provide personnel with the basic skills that will enable them to work in a safe manner in the wind industry and to meet emergency response training requirements for personnel new to the global wind industry. It is designed to accommodate personnel working in both the onshore and offshore sectors.

To gain the required level of understanding and awareness of emergency response through:

- Theoretical and practical training to prevent fires
- Make initial and appropriate judgments when evaluating a fire
- To efficiently extinguish an initial fire by using basic hand held fire fighting equipment

Prerequisites

Delegates shall be 18 years of age or over.

Who Should Attend

Personnel who are new to the global wind industry or require GWO qualification for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.

Duration

0.5 day

Course Objectives & Content

- Health and safety legislation
- Assessment of hazards and risks
- Fire combustion and fire spread
- Fire prevention
- Identify any sign of a fire in a wind turbine environment
- Contingency plans in a wind turbine environment
- Smoke detection and emergency escape procedures
- Actions required on discovering a fire
- Correct operation and fire extinguishing by means of the fire fighting equipment in a wind turbine
- Scenario based practice
- Practical operation of the fire fighting equipment in a wind turbine to extinguish a fire

Certification

The course will provide the delegate with the knowledge and skills to complete the 'Fire awareness' module of the Global Wind Organisation (GWO) Basic Safety Training (BST) requirements.

The GWO manual handling certificate is valid for 2 years.

Standards

Health and safety at work act 1974

GWO training Standards



GWO7

GWO Working at Height Refresher

Ratio

6 students to 1 instructor (Maximum class size 12)

Duration

1 day

Overview

The aim of this course is to provide individuals with the theoretical knowledge and practical skills required to refresh and maintain the required level of competence to: safely access wind turbines using fixed ladders; rescue a colleague from suspension in PFPE; escape from a wind turbine using an auto descender.

It is designed to accommodate personnel working in both the onshore and offshore sectors.

Prerequisites

Delegates shall be 18 years of age or over, be physically fit and have a head for heights.

Delegates must hold a valid (not older than 24 months) GWO approved Working at Height & Rescue training certificate.

Who Should Attend

Personnel who are new to the global wind industry or require GWO qualification for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.

Course Objectives & Content

Underpinning knowledge:

- Work at height - the main dangers, legislation, hazards and risk assessment
- Planning operations - includes safe systems of work, rescue from nacelle / tower and emergency procedures
- Characteristics and limitations of PFPE – harnesses, lanyards, travellers etc.
- Requirements for inspection, storing and maintaining personal fall protective equipment

- Selection and use of personal fall protection equipment
- Climbing fixed ladders (min 15 m) fitted with fall arrest systems (Cabloc, LadSaf, Latchway, Glideloc)
- Climbing with lanyards and associated safety equipment
- Pre syncope (Suspension trauma) and post fall care
- Rescue and escape equipment – characteristics and limitations (Milan 024 & 029, DBI-SALA® R550)
- Emergency evacuation / escape techniques from the nacelle
- Ladder rescue techniques
- Nacelle rescue techniques (internal and external)
- The rescue element of this course should be practiced annually

Certification

The course will provide the delegate with the knowledge and skills to complete the 'Working at Height Refresher' module of the Global Wind Organisation (GWO) Basic Safety Training (BST) requirements.

The GWO Working at Height Refresher certificate is valid for 2 years.

Standards

Health and safety at work act 1974

GWO training Standards

The Working at Height Regulations 2005 (UK – or equivalent regional legislation)

BS 8437 CoP for the selection, use and maintenance of fall protection systems and equipment

BS 8454 CoP for delivery of training for work at height

GWO8

GWO First Aid Refresher

Ratio

6 students to 1 instructor (Maximum class size 12)

Overview

The aim of this refresher course is to review and build on previously gained knowledge and skills from BST First Aid so that delegates can administer safe and effective first aid in the wind industry.

The course will enable the delegate to appropriately respond in the event of an emergency. It is designed to accommodate personnel working in both the onshore and offshore sectors.

Prerequisites

Delegates shall be 18 years of age or over and be medically fit and capable of fully participating.

Delegates shall possess a valid (not older than 24 months) BST / BSTR certificate for the First Aid Module.

Who Should Attend

Personnel who are new to the global wind industry or require GWO qualification for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.

Course Objectives & Content

Underpinning knowledge:

- Health and safety legislation
- First aid guidelines ERC & AHA
- Management of an incident
- Safety awareness in an emergency situation
- Correct order of management in an emergency situation in a wind turbine environment

Duration

1 day

- The make-up of the body and how it functions
- A-B-C principles and primary survey
- Use of first aid principles in emergency situations
- Serious / minor illness and injuries
- Primary & secondary incidents
- Lifesaving first aid
- Cardiopulmonary resuscitation and practice exercise
- AED safety procedures and correct use of an AED
- Managing minor and serious incidents
- Demonstration of first aid equipment

Certification

The course will provide the delegate with the knowledge and skills to complete the 'First Aid Refresher' module of the Global Wind Organisation (GWO) Basic Safety Training (BST) requirements.

The GWO First Aid Refresher certificate is valid for 2 years.

Standards

Health and safety at work act 1974

GWO training Standards

ITC accredited

GWO9

GWO Advanced Rescue Training (ART)

Ratio

4 students to 1 instructor

Duration

Hub, Blade and Spinner – 1 day

Nacelle, Tower and Basement – 2 days

Single Rescuer – 2 x half days

For all courses combined – 3 days

Overview

These courses deal with the specific issues surrounding advanced rescues in all areas of a wind turbines.

They are designed to give delegates the knowledge and practical skill required to safely package and extract an injured person using industry standard lowering/raising equipment applicable to that issued by your employer for this purpose.

Prerequisites

Those attending training will need to be physically fit, able to work within restricted spaces and hold a current GWO working at height, first aid and manual handling certificate. Provide a WINDA ID prior to completing the training.

Who Should Attend

Personnel who need to work within areas of a WTG that require advanced rescue procedures or have been selected to lead advanced rescue operations within wind turbine.

Course Objectives & Content

- Planning for rescue and emergencies
- Characteristics and limitations of lowering/raising equipment
- Packaging the injured person
- Safe management of injured person
- Rescue from the blade, hub and spinner
- Rescue from nacelle, tower and basement
- Rescue from enclosed/crawl space
- Rescue up
- Single person rescue strategies
- Evacuation of an injured person, inside and outside
- Suspension intolerance

Certification

Successful delegates will receive 2 GWO ART certificates valid for 2 years and 2 Single rescuer certificates with no expiry.

Standards

Health and safety at work act 1974

GWO training Standards

The Working at Height Regulations 2005 (UK – or equivalent regional legislation)

BS 8437 CoP for the selection, use and maintenance of fall protection systems and equipment

BS 8454 CoP for delivery of training for work at height

GWO10

GWO Advanced Rescue Training (ART) Nacelle, Tower & Basement Rescue Refresher (NTBRR)

Ratio

4 students to 1 instructor

Duration

2 days

Overview

The aims of NTBRR module is to review and build on previously gained knowledge and skills from the ART Nacelle, Tower & Basement training as well as working at Heights training through theoretical and practical training. Hence, enable Delegates to perform entry type injured person rescue operations, in a WTG, using industry standard rescue equipment, rescue methods and techniques.

Prerequisites

Those attending training will need to be physically fit, able to work within restricted spaces and hold a current GWO working at height, first aid, manual handling and Advanced Rescue certificate. Provide a WINDA ID prior to completing the training.

Who Should Attend

Personnel who need to work within areas of a WTG that require that need refreshing in advanced rescue procedures or have been selected to lead advanced rescue operations within wind turbine.

Course Objectives & Content

- Planning for rescue and emergencies
- Characteristics and limitations of lowering/raising equipment
- Packaging the injured person
- Safe management of injured person
- Rescue from the blade, hub and spinner
- Rescue from nacelle, tower and basement
- Rescue from enclosed/crawl space
- Rescue up
- Single person rescue strategies
- Evacuation of an injured person, inside and outside
- Suspension intolerance

Certification

Successful delegates will receive 2 GWO Advanced Rescue Training Nacelle, Tower & Basement Rescue Refresher certificates valid for 2 years and 2 Single rescuer certificates with no expiry.

Standards

Health and safety at work act 1974

GWO training Standards

The Working at Height Regulations 2005
(UK – or equivalent regional legislation)

BS 8437 CoP for the selection, use and maintenance of fall protection systems and equipment

BS 8454 CoP for delivery of training for work at height

GWO11

GWO Enhanced First Aid

Ratio

6 Students to 1 instructor (Maximum class size 12)

Duration

2 days GWO First Aid + 1 day Enhanced First Aid

Overview

The EFA Training shall enable Delegates to support and care for others working in the industry by possessing the knowledge, skills and attitude of Enhanced First Aid. Upon completion of the GWO EFA training Delegates will be able to administer safe, effective and immediate lifesaving and enhanced first aid measures to save life and give assistance in remote areas using advanced emergency equipment and medical teleconsultation.

Prerequisites

Delegates shall be 18 years of age or over.

Who Should Attend

Personnel who will be working in the wind industry or related fields, and who will have duties to fulfil in a wind turbine environment, as well as usually being in physical contact with a wind farm environment or an offshore wind structure.

Personnel that is selected by their employer to perform Enhanced First Aid onshore or offshore, where training according to the GWO Enhanced First Aid training may enable them to react to incidents and thus mitigate the results of casualties deriving from the identified risks.

Course Objectives & Content

- Local legislation/risks/hazards
- Carrying out basic and enhanced First Aid in a safe and sound manner
- Identifying and explaining normal functions related to the human body
- Demonstrating understanding and correct order of management in an emergency
- Delivering immediate enhanced first aid to stabilise the casualty
- Assessing the casualty, for injury or acute illness, to determine if medical advice and external-to-incident support is required
- Requesting telemedical consultation and medical/rescue
- Requesting immediate medical/rescue assistance providing a concise and relevant report of the casualty's condition
- Preparing the casualty for transfer to nominated evacuation/rescue point
- Acting as a leader in first aid situations
- Administering safe, effective and immediate lifesaving and enhanced first aid measures to save life and give assistance in remote areas using advanced emergency equipment and medical teleconsultation, while having regard for personal-protection

Certification

The EFA training is valid for the period of 24 months. Certificates and training records shall be renewed before the end of a given validity period.

GWO12

GWO Enhanced First Aid Refresher

Ratio

6 Students to 1 instructor (Maximum class size 12)

Duration

1 day GWO First Aid + 1 day Enhanced First Aid

Overview

The EFA Refresher Training shall underpin knowledge to enable Delegates to support and care for others working in the industry by possessing the knowledge, skills and attitude of Enhanced First Aid. Upon completion of the GWO EFAR training Delegates will be able to administer safe, effective and immediate lifesaving and enhanced first aid measures to save life and give assistance in remote areas using advanced emergency equipment and medical teleconsultation.

Prerequisites

Delegates shall be 18 years of age or over.

Who Should Attend

Personnel who will be working in the wind industry or related fields, and who will have duties to fulfil in a wind turbine environment, as well as usually being in physical contact with a wind farm environment or an offshore wind structure.

Personnel that is selected by their employer to perform Enhanced First Aid onshore or offshore, where training according to the GWO Enhanced First Aid training may enable them to react to incidents and thus mitigate the results of casualties deriving from the identified risks.

Course Objectives & Content

Underpinning knowledge of:

- Local legislation/risks/hazards
- Carrying out basic and enhanced First Aid in a safe and sound manner
- Identifying and explaining normal functions related to the human body
- Demonstrating understanding and correct order of management in an emergency
- Delivering immediate enhanced first aid to stabilise the casualty
- Assessing the casualty, for injury or acute illness, to determine if medical advice and external-to-incident support is required
- Requesting telemedical consultation and medical/rescue
- Requesting immediate medical/rescue assistance providing a concise and relevant report of the casualty's condition
- Preparing the casualty for transfer to nominated evacuation/rescue point
- Acting as a leader in first aid situations
- Administering safe, effective and immediate lifesaving and enhanced first aid measures to save life and give assistance in remote areas using advanced emergency equipment and medical teleconsultation, while having regard for personal-protection

Certification

The EFA training is valid for the period of 24 months. Certificates and training records shall be renewed before the end of a given validity period.

GWO13

GWO Working at Height & Manual Handling combined

Ratio

6 students to 1 instructor

Duration

2 days

Overview

The training is accredited by the Global Wind Organisation (GWO). The GWO Basic Safety Training (BST) Work at Height and Manual Handling module is designed to provide wind industry personnel with the basic skills that will enable them to work safely at height, using correct manual handling techniques and respond effectively to emergencies. It is designed for personnel working in either the onshore or offshore wind sectors.

The aim of this course is to give participants the necessary basic knowledge and skills through theoretical and practical training to use PFPE, with basic skills that will enable them to work safely at height, using correct manual handling techniques and respond effectively to emergencies in remote wind turbine environments in accordance with the GWO BST standard.

Prerequisites

Delegates shall be 18 years of age or over, be physically fit and have a head for heights.

Who Should Attend

Personnel who are new to the global wind industry or require GWO qualification for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.

Course Objectives & Content

The objectives of the BST Working at Heights and Manual handling module are to ensure that delegates can demonstrate:

- Knowledge of hazards and risks associated with working at height specific to the wind industry
- Understanding of current national W@H legislation for their area of operation
- Correct identification and pre-use inspection of PFPE, e.g. FP Harness, hard hat, lanyards etc
- Correct use of PFPE including identification of approved anchor points and climbing vertical ladders
- Correct response to emergencies and appropriate use of rescue and evacuation equipment
- Demonstrate correct Manual Handling techniques for tools, equipment and casualties in an emergency situation

Certification

This course has combined Work at Height and Manual Handling into one module of the overall GWO BST syllabus. Certificate is valid for 2 years. We recommend that rescue procedures are regularly practiced. For further information please contact 3M Safety Training.

Standards

Health and safety at work act 1974

GWO training Standards

The Working at Height Regulations 2005
(UK – or equivalent regional legislation)

BS 8437 CoP for the selection, use and maintenance of fall protection systems and equipment

BS 8454 CoP for delivery of training for work at height

Manual handling operations Regulations 1992

GWO14

GWO Working at Height and Manual Handling Combined Refresher

Ratio

6 students to 1 instructor

Duration

1 day

Overview

The training is accredited by the Global Wind Organisation (GWO). The GWO Basic Safety Training Refresher (BSTR) Work at Height and Manual Handling module is designed to refresh wind industry personnel, with the theoretical knowledge and practical skills required to maintain the required level of competence to safely access wind turbines using fixed ladders, rescue a colleague from suspension in PFPE, escape from a wind turbine. Using correct manual handling techniques throughout. It is designed for personnel working in either the onshore or offshore wind sectors.

Prerequisites

Delegates shall be 18 years of age or over, be physically fit and have a head for heights. Delegates must hold a valid (not older than 24 months) GWO BST approved Working at Height training certificate.

Who Should Attend

Personnel who require GWO BST requalification for site access including manual handling. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.

Course Objectives & Content

Underpinning knowledge:

- Work at height – the main dangers, legislation, hazards risk assessment and manual handling
- Planning operations – includes safe systems of work, rescue from nacelle/tower, emergency procedures and manual handling tasks
- Characteristics and limitations of PFPE – harnesses, lanyards, travellers etc.
- Requirements for inspection, storing and maintaining personal fall protective equipment
- Selection and use of personal fall protection equipment
- Climbing fixed ladders (min 15 m) fitted with fall arrest systems
- Climbing with lanyards and associated safety equipment
- Pre-syncope (Suspension trauma) and post fall care
- Practice correct manual handling techniques
- Rescue and escape equipment – characteristics and limitations
- Emergency evacuation techniques from the nacelle
- Rescue techniques from the ladder and nacelle (internal and external)

Certification

The course will provide the delegate with the knowledge and skills to complete the 'Working at Height Refresher' module of the Global Wind Organisation (GWO) Basic Safety Training (BST) requirements. The GWO Working at Height Refresher certificate is valid for 2 years.

Standards

Health and safety at work act 1974

GWO training Standards

The Working at Height Regulations 2005
(UK – or equivalent regional legislation)

BS 8437 CoP for the selection, use and maintenance of fall protection systems and equipment

BS 8454 CoP for delivery of training for work at height

Manual handling operations Regulations 1992



WE5

Met Mast Climber / Rescue

Ratio

4 students to 1 instructor

Duration

1 day

Overview

During this course delegates are provided with the essential practical and theoretical information needed in order to safely use fall protection equipment to access and work on lattice towers and masts. Delegates are taught how to identify and deal with a range of hazards commonly found in this environment and associated with this type of activity.

Prerequisites

Those attending training should be medically fit to carry out the practical part of the course and have completed the GWO / RenewableUK or equivalent Work at Height Course.

Certification

Delegates will receive a certificate valid for 2 years.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

Who Should Attend

Those who are required to access met masts and similar types of structure as part of their work.

Course Objectives & Content

- Carry out a risk assessment and describe the methods used to deal with the main hazards
- Demonstrate the ability to select and use a range of personal protective equipment
- Safely use permanent vertical fall arrest systems
- Safely use temporary vertical fall arrest systems (fall ropes)
- Climb open steel structures and work at height using lanyards and associated safety equipment
- Carry out work position on high structures
- Describe and demonstrate the correct method of inspection, storing and maintaining personal equipment
- Describe the precautions to be taken with tools and equipment when working at height
- Use simple hauling equipment to raise / lower light loads up to a maximum of 20 kg
- General requirements for rescue
- Emergency procedures
- Dealing with suspension intolerance (trauma)
- Rescue equipment – characteristics and limitations
- Equipment inspection and care
- Rescue



WE6

Lifting and slinging for WTGs

Ratio

6 student to 1 instructor

Duration

0.5 day

Overview

The aim of this course is to provide those attending with the essential knowledge and practical skills required when carrying out small lifting operations.

This course is a mix of theory and practical with a bias towards practical exercises. On completion of the course the successful candidate will have an understanding of the legislation that applies to lifting operations and SWLs / WLLs and will be able to: assess loads in terms of their weight and centre of gravity; carry out pre-use inspections on equipment to ensure safe lifting; sling loads and ensure they are secure and ready for lifting; use the correct hand and radio signals; demonstrate the correct use of different lifting equipment (e.g. lifting bags, slings, shackles and chains).

Prerequisites

The GWO BST (or BSTR) Working at Height training certificate (delegates must be able to work at height and may be required to use personal fall protection equipment).

Who Should Attend

This course is aimed at people with a responsibility to carry out slinging and lifting operations and those who supervise such work.

Course Objectives & Content

- Relevant health and safety legislation including: WAHR 2005 and LOLER 1998
- Procedures and policy
- Risk Assessment and Method Statements
- Lifting equipment and accessories
- Pre-use inspections
- Knots and lashings
- Selection and use of lifting equipment
- Slinging and hand / radio signals
- Lifting configurations and tag lines

Certification

All successful delegates will receive a certificate.

Standards

The Health and Safety at Work Act 1974

The Working at Height Regulations 2005

The Lifting Operations and Lifting Equipment Regulations 1998

The Provision and Use of Work Equipment Regulations 1998

BS 8454 CoP for delivery of training for work at height

RT1

Rope Access Technician

Ratio

6 students to 1 instructor

Duration

4 days

Overview

This 4 day course is for people required to use abseil techniques in order to gain access to and work in difficult locations.

The course complies with British Standard ISO 22846-2:2012 Code of Practice and ISO for the use of rope access techniques and provides all the required skills for modern rope access operations on structures of any form.

It includes single pitch working and rope changeovers (passing, re-belays, deviations, or moving between ropes).

There is an element of assessment in this course.

Prerequisites

Those attending should be medically fit to carry out the practical part of the course. Previous experience of working at height is desirable but not required.

Who Should Attend

Workers needing to use rope access techniques in order to gain access and carry out work at height.

Course Objectives & Content

On completion of the course, all delegates will be informed in:

- Introduction to the hierarchy of controls
- Health & Safety Standards and Legislation
- Equipment fitting and pre-use checks: inspection and care of rope access equipment
- Use of backup systems
- Equipment rigging, fitting and rope management
- Anchors and anchor point selection
- Descending / ascending techniques
- Changeovers and re-belays
- Simple rescue by lowering
- Simple vertical rescue by descent

Certification

All successful candidates will receive a certificate valid for 3 years.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

ISO 22846

RT2

Rope Access Supervisor

Ratio

6 students to 1 instructor

Overview

This four day course is for people required to supervise employees using industrial rope access techniques to gain access to difficult and awkward locations.

The course complies with British Standard ISO 22846-2:2012 Code of Practice and ISO for the use of rope access techniques and provides all the required skills to supervise the operation of qualified technicians.

Prerequisites

Students must hold a valid BS:7985, BS ISO 22846-2:2012 Rope Access Technician or IRATA Level 1-2-3 certificate.

Who Should Attend

Those responsible for the supervision of colleagues using rope access techniques.

Duration

4 days

Course Objectives & Content

On completion of the course, all delegates will be able to:

- Demonstrate a working knowledge of current Health & Safety standards and legislation, risk assessments and method statements
- Equipment fitting and pre-use checks
- Inspection and care of rope access equipment
- Use of back-up systems
- Equipment rigging, fitting, rope rigging and management
- Descending / ascending techniques
- Changeovers and re-belays
- Understand and construct simple systems of mechanical advantage and haul systems
- Demonstrate the role of a supervisor
- Supervise and check equipment rigged and fitted by operatives
- Select and use advanced anchor points / knots and rigging techniques
- Demonstrate aid climbing, traversing, advanced rigging and tensioned ropes
- Carry out a number of advanced rescue techniques

Certification

All successful candidates will receive a certificate valid for 3 years.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

ISO 22846

IR1

IRATA 1 Rope Access Level 1

Ratio

4 students to 1 instructor

Duration

5 days

Overview

The IRATA Level 1 rope access course is the entry level into the IRATA framework, and is aimed at delegates with little or no previous experience. The course teaches a delegate to operate industrial rope access methods under direct supervision of an IRATA Level 3 technician, including ascent, descent, rope changeovers, rebelay, aid climbing, rescue and hauling.

There is a written and practical assessment by an external examiner in this course.

Prerequisites

Those attending should be medically fit to carry out the practical part of the course. Previous experience of working at height is desirable but not required.

Who Should Attend

People needing to use rope access techniques in order to gain access and carry out work at height and who require IRATA certification.

Certification

All successful certificates will receive IRATA accreditation.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

IRATA ICOP

IR2

IRATA 2 Rope Access Level 2

Ratio

4 students to 1 instructor

Duration

5 days

Overview

IRATA Level 2 Technicians are required to operate at a higher level of skill than a Level 1 Technician, as a consequence those attending this course will be trained in advanced rescue and rope access techniques. There is an external written and practical assessment in this course.

Delegates wishing to enter directly to IRATA Level 2 (based on prior experience) must contact us for information. The direct entry training course covers seven days including two days of assessment.

Prerequisites

Those attending should be medically fit to carry out the practical part of the course. Students must hold, and have held, a valid IRATA Level 1 certificate for at least 12 months and have at least 1000 hours of logged rope access work.

Who Should Attend

IRATA Level 1 technicians requiring the additional skills of Level 2.

IRATA Level 2 technicians wanting recertification to their current level.

Certification

All successful certificates will receive IRATA accreditation.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

IRATA ICOP

IR3

IRATA 3 Rope Access Level 3

Ratio

4 students to 1 instructor

Duration

5 days

Overview

IRATA Level 3 technicians provide supervision and rescue cover for Level 1 and 2 technicians, and delegates will be trained in advanced rescue and rope access techniques. There is an external written and practical assessment in this course, and delegates will be expected to be fully familiar with legislation, codes of practice, risk management and assessment techniques.

Delegates wishing to enter directly to IRATA Level 3 (based on prior experience) must contact us for information.

Prerequisites

Those attending should be medically fit to carry out the practical part of the course. Students must hold, and have held, a valid IRATA Level 2 certificate for at least 12 months and have at least 1,000 hours of logged rope access work, plus a valid First Aid certificate.

Who Should Attend

IRATA Level 2 technicians requiring the additional skills of Level 3.

IRATA Level 3 technicians wanting recertification to their current level.

Certification

All successful certificates will receive IRATA accreditation.

Standards

Health and safety at work act 1974

Working at height regulations 2005

BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment for use in the work place

BS 8454 COP for delivery of training and education for work at height and rescue

IRATA ICOP



TR1

Technical Rescue Operative

Ratio

4 students to 1 instructor

Duration

5 days

Overview

This course is intended for workers in specialist rescue teams. This 5 day course concentrates on all aspects of rescue and evacuation from height. Candidates are taught: snatch, strop and stretcher rescues; basic and advanced hauling techniques; use of cableways and tyroleans. It assumes that candidates will operate entirely under the instruction of a team leader. Note that there is no medical content to this course and candidates will be assumed to have basic climbing and rope access skills. There is an element of assessment in this course.

Prerequisites

Candidates should have previously completed Basic Climber & Rope Access L1 course or similar and hold a valid certificate. Those attending should be medically fit to carry out the practical part of the course.

Who Should Attend

People working at height who are required to serve in a rescue role as part of a team.

Course Objectives & Content

On completion of the course, all delegates will be informed in:

- General requirements for rescue
- Emergency procedures
- Introduction to rescue equipment
- Equipment inspection and care
- Anchors, stakes and belays
- Snatch rescue / cut rescues
- Cableway / Tyrolean rescues
- Stretcher rigging and handling
- Pulley systems and hauling
- Leading edge systems (tripods, A-frames)

Certification

All successful candidates will receive a certificate valid for 3 years.

TR2

Technical Rescue Team Leader

Ratio

4 students to 1 instructor

Duration

5 days

Overview

This course is intended for workers in specialist rescue teams. This 5 day course concentrates on rigging and planning of rope rescues, with a leader controlling a small group of operatives. Candidates are instructed in decision-making under pressure, failure recovery and logistics. Note that there is no medical content to this course. There is an element of assessment in this course.

Prerequisites

Candidates should have previously completed the Technical Rescue Level 1 (Operative) course or equivalent, and hold a valid certificate. Those attending should be medically fit to carry out the practical part of the course.

Who Should Attend

People working at height who are required to serve in a group / team lead role as part of a professional rescue team.

Course Objectives & Content

On completion of the course, all delegates will be informed in:

- Refreshment of knowledge and skills within the technical rescue operative course
- Team management
- Rigging for rescue
- Anchors, load calculations and contingency plans
- Rigging complex hauling, traversing and lowering systems
- Advanced stretcher transport
- Leading edge systems (tripods, A-frames)
- Failure recovery and improvisation

Certification

All successful candidates will receive a certificate valid for 3 years.

AA1

Asbestos Awareness

Ratio

12 students to 1 instructor

Overview

The aim of this awareness training course is to provide those attending with the required knowledge and understanding to avoid the risks from asbestos.

Prerequisites

None.

Who Should Attend

This course is aimed at employees who may be at risk from exposure to asbestos and their supervisors / managers. It is intended to give the information needed to undertake a successful risk assessment and avoid work that may disturb asbestos.

Duration

0.5 day

Course Objectives & Content

On completion of the course, all delegates will be informed in:

- Relevant health and safety legislation
- The properties of asbestos and its effects on health
- The types, uses and likely occurrence of asbestos in buildings and plant
- Emergency procedures in the event of accidental exposure
- How to avoid the risk of exposure to asbestos

Certification

All successful candidates will receive a certificate valid for 3 years.

Standards

The Health and Safety at Work Act 1974

Management of Health and Safety at Work Regulations 1999

Control of Asbestos Regulations 2012

ACOP L143

RIDDOR 2013

EI1

Eyebolt Installation Class A1 Anchor Devices

Ratio

6 students to 1 instructor

Duration

0.5 day

Overview

This course provides both the theoretical and practical training to enable personnel to install fall arrest and abseil anchor devices, which comply with EN795 Class A1 in accordance with manufacturer's specifications and BS7883 Code of Practice.

Prerequisites

Those attending must be medically fit to carry out the intended activities.

Who Should Attend

People required to install fall arrest anchors.

Course Objectives & Content

- Relevant health and safety legislation
- Knowledge of BS EN795: 2012 protection against falls from height – anchor devices, requirements and testing
- Knowledge of BS7883: 2005 Code of Practice for the design, selection, installation, use and maintenance of anchor devices conforming to BS EN795
- Choices of systems
- Positioning of eyebolts
- Installation techniques into concrete, brickwork and steel
- Installing for use with BS ISO 22846-2 2012 & BS 7985:2013 Code of practice for the use of rope access methods for industrial purposes
- Testing
- Periodic examinations
- Certification

Certification

All delegates will receive a certificate.

Standards

The Health and Safety at Work Act 1974

BS EN795:2012

BS ISO 22846-2:2012

BS 7985

PLA1

Portable Ladder Access

Ratio

8 students to 1 instructor

Duration

0.5 day

Overview

The aim of this half day course is to provide individuals with the necessary skills to erect extension ladders and position roof ladders. The course will provide delegates with the practical skills required to protect themselves when working at height either from a ladder or when traversing to a safe place of work.

Prerequisites

All candidates should be physically fit to carry out the physical parts of the course. They should also be aware of any company policy regarding working at height and risk assessment as part of their employment.

Who Should Attend

The training is intended for those people required to access place of work by means of a portable ladder.

Course Objectives & Content

On completion of the course, all delegates will be able to:

- Describe the scope and limitations of working at height from ladders
- Describe the methods of risk assessing the working environment prior to commencement of work
- Describe the pre and post operation inspection of ladders
- Demonstrate correct selection of ladders for the type of work to be carried out
- Demonstrate the ability to position and erect both extension and roof ladders in safe and protected environment
- Demonstrate the ability to select and use suitable personal protective equipment when accessing work sites via ladders
- Describe the procedure for reporting incidents

Certification

All successful students will receive a certificate which is valid for 3 years.

PLI1

Portable Ladder Inspector

Ratio

8 students to 1 instructor

Duration

0.5 day

Overview

This half-day course is designed to enable the competent user to provide a vital link in the Health and Safety framework of an organization. The course will provide candidates with the knowledge and skills to competently inspect ladders and maintain records.

Prerequisites

None.

Who Should Attend

People responsible for programmed inspection of ladders and steps.

Course Objectives & Content

- Legislation and Standards
- Hazards associated with use of ladders and steps
- Inspection criteria
- Types and construction
- Recording Marking and Standards

Types of inspection:

- Before and after use
- Programmed Inspections
- Maintenance
- Cleaning and lubrication

Certification

All successful students will receive a certificate which is valid for 3 years.

MH1

Manual Handling

Ratio

8 students to 1 instructor

Overview

The aim of this course is to reduce manual handling injuries at work and will provide those attending with a comprehensive understanding of how to move objects safely, so that the risk of injury or strain is reduced.

Prerequisites

None, although delegates should be fit to take part in manual handling exercises. **NOTE:** this course can be adapted to meet the needs of the individual or the task.

Who Should Attend

The course is aimed at all employees where there is a risk of injury from manual handling tasks.

Course Objectives & Content

- Relevant Health and Safety legislation
- Manual handling definition, scale of the problem and reasons for safe manual handling
- How manual handling risk assessments contribute to health and safety
- Practical safe manual handling techniques
- An understanding of safe practices when using, lifting and moving equipment

Standards

Health and Safety at Work Act 1974

Manual Handling Operations Regs.1992

Reporting of Injuries, Diseases and Dangerous Occurrences Regs. 1995 (as amended 2013) (RIDDOR)

Provision and Use of Work Equipment Regs. 1998 (as amended 2002) (PUWER)

Lifting Operation Lifting Equipment Regs. 1998 (LOLER)

Management of Health and Safety at Work Regs. 1999





Courses tailored to your precise needs.

Even though our training covers numerous industries and activities, sometimes you need training that's specific to the needs of your site. Never fear.

Our safety experts love site visits, so let them come to you. You may need a single training solution in one place, or a wide range of worldwide training that complies with the needs of different regions. Either way, we'll take a good look around, and talk to you about the most effective training.

In addition to training, 3M Safety Training also offers a range of consultancy and inspection services:

Managed services.

According to the HSE, falls from height are the UK's biggest cause of workplace death and serious injury*.

The Work at Height Regulations 2005 require all employers to minimise the risk to employees working at height. With 3M Safety Training, you have all the specialist help to develop and carry out complete risk management programmes, and tackle any other issues you may have.

*Source: HSE, Kinds of accident in Great Britain, 2016.

Consultancy.

If your business carries out work at height or confined space access work, we offer a range of consultancy and inspection services.

From simply incorporating company policy and procedures into your training, to carrying out complete global safety training programmes, our team of experts are here to help.









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