



Safety Training



3M Safety Training courses catalogue



Fall Protection



Confined Space



Rescue and Evacuation

#3MScienceOfSafety

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About training delivery.

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. We have one ultimate goal: to provide the very best training to ensure all your workers go home safely every day.

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.

3M's Long History of Training and Education

Teaching and educating on PPE since the

1970's

Years training on fall protection

20+

3M industry expertise

Serving over 20 industries including



Mining, Oil & Gas



Telecommunications



Chemical
& Pharma



Energy
& Utilities



Construction



Heavy
Manufacturing



Transportation



Transportation
Service



Wind Energy

We deliver superior courses based on standard curriculum or custom programs specific to your jobsite needs at:

- ▶ 3M Safety Training center
- ▶ Your site location
- ▶ Using e-Learning modules
- ▶ Complemented with demonstration vehicle and confined space trailer

e-learning powered by 3M.

You decide when and where.

- ▶ Anywhere, anytime
- ▶ Maximum flexibility
- ▶ No sending your team off-site
- ▶ No travel expenses
- ▶ Designed for all devices



3M Safety Training offers you a comprehensive suite of functional, professional and state-of-the-art fall protection training courses. Our immersive courses allow your teams to prepare for the diverse demands of their jobs, alone or in a team. Practical training components can be completed at one of our training centers or in your own work environment. The choice is yours.



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Height Safety Courses





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.

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
- Correct care & use of dedicated anchor points
- 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 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.





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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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.

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

Certification

The successful delegate will receive a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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
- 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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.





HS6

Height Safety Train the Trainer

Ratio

6 students to 1 instructor

Duration

4 days

Overview

The aim of this training is to provide the theoretical knowledge and practical skills to allow participants to plan and deliver a structured and compliant basic work at height and rescue training session to their fellow employees. The training will build and develop on existing height safety competencies and introduce basic training skills enabling the person to prepare and deliver a structured and effective work at height and rescue courses of up to 8 hours in duration to their fellow employees.

The importance of documentation and good record keeping, organization and group control, how to identify the various risks and hazards and how to identify and target specific training needs are also key components of the course.

The course is a pass / fail program and incorporates extensive classroom and hands-on training with written and practical assessments / examinations included.

Prerequisites

Those attending must have successfully completed at least HS2 or equivalent work at height course and be medically fit with a head for heights. They must also have a proven work based experience spanning 2 years involving work at height.

Who Should Attend

People who are deemed 'Internal Trainers' and will be delivering the basic level of working at heights courses stated and overseeing the maintenance of skills program within their business area.

Course Objectives & Content

- The holder of this certificate is trained to deliver a 1 day Basic Work at Height course to employees of their company
- Assessment of training needs
- Development of lesson plans
- Creation of structured practice sessions
- Group control and organisation
- Venue selection and risk assessment
- Student assessment and record keeping
- Equipment selection, inspection and maintenance
- Demonstration of training techniques
- Planning and readiness for emergencies

Certification

Students will receive a certificate valid for 2 years. Within 2 months of the 12 months period, delegates will be re-assessed. If successful, delegates will keep certification until expiry period.

After period of 2 years, delegates being re-assessed within 2 months of the certificate expiry date and refresher course must be taken. The refresher course will be to establish if the delegate has been maintaining their skills and delivering internal training throughout the last 24-month period.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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.

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.

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

Certification

Delegates will receive a certificate valid for 2 years – certificate periods are subject to maintenance of skill levels, annual refresher / updates recommended.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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.

Prerequisites

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

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

Certification

Delegates will receive a certificate valid for 2 years – certificate periods are subject to maintenance of skill levels, annual refresher / updates recommended.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



FPCP (Course #6424)

Fall Protection - Competent Person

Ratio

12 students to 1 instructor

Duration

2 days

Overview

Protecting workers at-height is a challenging task and is dependent on particular job site situations and individual worker duties. There are many fall protection solutions available to workers, each having its own specific requirements. Understanding each option and proper implementation requires oversight by an experienced individual with a higher-level of knowledge and safety training.

This two-day course educates students on the various components of a worksite fall protection program and will also help develop the skills required of a Competent Person. Participants will learn course content through a combination of direct classroom instruction and multiple workshops.

Prerequisites

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

Who Should Attend

Course participants are those who may be involved with a managed fall protection program including the employer, supervisor, safety personnel, workers, and rescuers.

Course Objectives & Content

- Fall hazard identification
- Fundamentals of working at height
- Fall protection oversight
- Worksite programs
- Passive systems
- Administrative controls
- Fall protection planning
- Fall arrest system components
- Positioning systems
- Equipment care
- Rescue overview
- System analysis

Certification

The successful delegate will receive a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable ANSI standards.





FPEI (Course #6411)

Fall Protection - Equipment Inspector

Ratio

12 students to 1 instructor

Duration

0.5 day

Overview

Every day, workers around the globe rely upon fall protection equipment to help protect them when performing duties at height. Although fall protection equipment is built strong for the environments in which it will be used, it is still susceptible to the rigors of the workplace. Both end-user and periodic inspections are critical to help ensure it is ready to perform if and when needed.

This half-day course educates students on the principles of equipment care and the procedures for inspecting commonly used items excluding specialized permanent systems. Participants will learn course content through a combination of direct instruction, workbook exercises, and a practical 'hands-on' inspection workshop.

Prerequisites

Those attending must have successfully completed a Fall Protection Competent Person course.

Who Should Attend

Course participants are those who may be involved with a managed fall protection program, including the tool crib operator, inventory manager, safety personnel, and worker.

Course Objectives & Content

- Oversight groups
- Equipment tracking
- Maintenance procedures
- Storage principles
- Inspection types and schedules
- Documentation and record keeping
- Component failure criteria
- Inspection procedures
- Inspection workshop

Certification

The successful delegate will receive a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable ANSI standards.

Confined Space Courses





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.

Certification

The successful delegates will receive a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.

Prerequisites

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

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 escape breathing device)

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.

Certification

The successful delegates will receive a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.

Prerequisites

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

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 self-contained breathing apparatuses)

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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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.

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)

Certification

The successful delegates will receive a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



CS5

Confined Space Medium Risk (CS2) Requalification

(including emergency escape breathing device)

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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



CS6

Confined Space High Risk (CS3) Requalification

(incorporates self-contained breathing apparatuses)

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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.

Oil and Gas Courses



OG1

Work at Height and Evacuation



Ratio

6 students to 1 instructor

Duration

1.5 days

Overview

The aim of this training is to provide the theoretical knowledge and practical skills to allow the successful delegate to undertake work at height tasks safely and effectively within derrickman application.

Course covers comprehensive understanding of how to use personal fall protection equipment and evacuation devices. 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.

Students 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.

A key element of this course is practical application. Students spend a large amount of time practicing climbing techniques using climb assist systems and evacuation. The training also includes a demonstration of applicable rescue techniques.

Training incorporates extensive classroom and hands-on training and both written and practical examinations. Upon request, all training course conforms to the provisions established by applicable EN or ANSI standards.

Prerequisites

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

Who Should Attend

People who are required to undertake work at height within the derrickman, tool pusher, driller and assistant driller applications.

Course Objectives & Content

- Work at height legislation and standards
- The dangers and hazards of work at height
- How to fit PFPE, its characteristics and limitations
- Pre-inspection of equipment (fall arrest equipment and emergency-controlled escape device)
- Equipment care and disposal requirements
- How to recognize and deal with syncope (suspension trauma)
- Proper use of primary and secondary fall protection equipment (work positioning/restrain lanyard and self-retracting lifeline)
- Climbing ladder practical and best practice use of twin shock absorbing lanyard, vertical lifeline and climb assist system
- Safe transfer to working platforms (monkey board, crown, rod basket, etc)
- Evacuation and descend equipment characteristics and limitations
- Incline escape from monkey board, practical by each trainee
- Demonstration of vertical rescue and vertical evacuation technique

Certification

Successful delegates will be issued with a certificate valid for 2 years and ID cards.

Standards

Upon request, training conforms to the provisions established by applicable ANSI standards.



OG2

Fall Protection Working at Height & Rescue



Ratio

6 students to 1 instructor

Duration

2 days

Overview

The aim of this training is to provide the theoretical knowledge and practical skills to allow the successful delegate to plan and undertake work at height tasks safely and effectively within the Oil and Gas industry.

It incorporates extensive classroom and hands-on training and both written and practical examinations that are based on the requirements of the US OSHA Regulations, ANSI Z359.2 standard and CSA.

Prerequisites

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

Who Should Attend

People who are required to plan, supervise, or undertake work at height within the oil and gas industry.

Course Objectives & Content

- Fall protection system assessments
- Fall hazard identification and assessment of risk
- Hierarchy of controls and implementation
- Personal Fall Protection Equipment - characteristics and limitations
- Detailed equipment inspection
- Development and implementation of fall protection plans and programs
- Traditional fall protection (e.g., handrails, guardrails, etc.)
- Fall restraint systems, including working on monkey boards
- Fall arrest systems (incl.: personal fall arrest systems, nets, safe work zones, horizontal & vertical safety lines)
- Fall protection rescue procedures
- Selection and use of certified and non-certified anchorages
- Roles and responsibility

Certification

Successful delegates will be issued with a certificate valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable ANSI standards.

OG3

Fall Protection Trainer



Ratio

6 students to 1 instructor

Duration

5 days

Overview

The aim of this training is to provide the theoretical knowledge and practical skills for participants to plan and deliver a structured and compliant work at height training session to their fellow employees. The training helps build and develop on existing height safety knowledge and skills and introduce basic training skills enabling the person to prepare and deliver a structured and effective basic work at height courses of up to 8 hours in duration to their fellow employees.

Prerequisites

Delegates shall be 18 years of age or over and will need to prove existing training and experience at working at height. Delegates will also need to have the aptitude, attitude, and communication skills to effectively deliver and assess critical safety training.

Who Should Attend

Those with the responsibility to ensure that workers at height are adequately trained and persons required to assess the competency of employees working at height.

Course Objectives & Content

- The holder of this certificate will be trained and authorized to deliver working at height—fall protection training to employees of their company
- Assessment of training needs
- Development of lesson plans
- Creation of structured practice sessions
- Group control and organizations
- Venue selection and risk assessments
- Student assessment and record keeping
- Equipment selection, inspection, and maintenance
- Demonstration of training techniques
- Planning and readiness for emergencies

Certification

Students will receive a certificate valid for 2 years. Within 2 months of the 12 months period, delegates will be re-assessed. If successful, delegates will keep certification until expiry period.

After period of 2 years, delegates being re-assessed within 2 months of the certificate expiry date and refresher course (OG4) must be taken. The refresher course will be to establish if the delegate has been maintaining their skills and delivering internal training throughout the 24-month period.

Standards

Upon request, training conforms to the provisions established by applicable ANSI standards.

OG4

Fall Protection Working at Height & Rescue 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 Fall Protection Trainer (OG3) course with an opportunity to refresh their theoretical knowledge and practical skills and gain re-certification. The course follows the same syllabus as the Fall Protection Trainer training but focuses on initial assessment of the delegates skill level and practical exercises to ensure compliance with the requirements for Fall Protection training.

Included in the training will be any necessary updates in legislation, procedures, and equipment.

Certification

Successful delegates will be issued with a certificate valid for 2 years. Within 2 months of the 12 months period, delegates will be re-assessed. If successful, delegates will keep certification until expiry period.

After period of 2 years, within 2 months of the certificate expiry date, refresher course must be taken.

Standards

Upon request, training conforms to the provisions established by applicable ANSI standards.

Prerequisites

The applicant must previously have completed the full Fall Protection Trainer (OG3) course and be medically fit with a head for heights.

Who Should Attend

Those who need to refresh their Fall Protection Trainer (OG3) course.

Course Objectives & Content

Underpinning knowledge:

- Fall protection system assessments
- Fall hazard identification and assessment of risk
- Hierarchy of controls and implementation
- Personal Fall Protection Equipment - characteristics and limitations
- Detailed equipment inspection
- Development and implementation of fall protection plans and programs
- Traditional fall protection (e.g. handrails, guardrails, etc.)
- Fall restraint systems, including working on monkey boards
- Fall arrest systems (incl.: personal fall arrest systems, nets, safe work zones, horizontal & vertical safety lines)
- Fall protection rescue procedures
- Selection and use of certified and non-certified anchorages
- Roles and responsibilities



Telecommunication Courses





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 valid for 2 years.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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.

Certification

Students will receive two certificates - one for the access module and one for the rescue module. Fixed ladder access is valid for 2 years; fixed ladder rescue is valid for 1 year.

Prerequisites

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

Standards

Upon request, training conforms to the provisions established by applicable EN standards.

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

- Health and safety legislation and standards
- 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



TC9

Basic Tower Climber and Rescue



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 2 year, annual refresher / updates recommended.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.

TC10

Basic Tower Climber and Rescue Revalidation



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 2 year, annual refresher / updates recommended.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.

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 2 year, annual refresher / updates recommended.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.



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