



Comprehensive Training Solutions

**IPAF • PASMA • Construction Plant and Tools • Cranes
Drivers • Health and Safety • Working at Heights**



Tel: 0844 477 9989

www.mainline-training.co.uk



Introduction	2
Hand Arm Vibration Syndrome	3
Your Nationwide Powered Access Partner	4
IPAF (Mobile Elevating Work Platforms)	5
PASMA	9
Construction Plant And Tools	11
Crane Training	13
Driver Training	15
Health And Safety	17
Working At Heights	28
Specialist/Bespoke Courses	31
Training Enquiry Form	32
How to Find Us	34



The information contained herein is correct to the best of our knowledge at the time of print.
Mainline reserves the right to amend or improve any specifications in the literature without notice.

Delivering Quality Industry Training for Business Since 1982

Mainline Access and Training are part of the Mainline Group, which stand for quality and reliability.

We have been entirely independent, delivering training programs for over thirty years and became known as one of the UK's leading providers to Construction, Manufacturing and Industrial suppliers nationally.

As a trusted training supplier to some of the most high profile firms, we provide a flexible approach to learning through an approach centred on 'what's best for the customer'. This is achieved by creating bespoke, interactive and personal training courses that fit within your needs as a business and results in a tangible positive impact when taken back to the workplace resulting in excellent feedback.

Our standard of delivery is continued from booking to delivery and aftercare, we only supply fully qualified, industry approved and experienced trainers who are frequently monitored by our robust management processes to ensure nothing but the best quality training is delivered.

Proud to be accredited, certified and recognised by leading bodies, including:



Location:

We can accommodate your training requirements either at your place of work, or, at our custom built training centre, housed within Mainline's headquarters in Swadlincote, Derbyshire conveniently located in the heart of the Midlands, where we can cater for up to 20 delegates; theory and practical training taking place onsite.

Mainline are also proud of being highly compliant to industry standards, including:



For more information and to discuss your training requirements, please call us on 0844 477 9989 or email info@mainline-training.co.uk

REDUCE FINGER VIBRATION NOW

Otherwise known as Vibration White Finger, excessive vibration caused by power tools can lead to Hand Arm Vibration Syndrome, resulting in long-term damage to the nerves, muscles and joints of hands and arms



HAVS awareness courses ... Page 21

ACT BEFORE IT'S TOO LATE!

- ✓ Consult manufacturer's recommended usage times on tools
- ✓ Reduce the amount of time you use a tool in one go
- ✓ Make sure cutting tools are kept sharp so that they remain efficient
- ✓ Avoid gripping or forcing a tool any more than you need
- ✓ Massage and exercise your fingers during work breaks
- ✓ Increase blood circulation by keeping warm and dry

FOR MORE INFORMATION

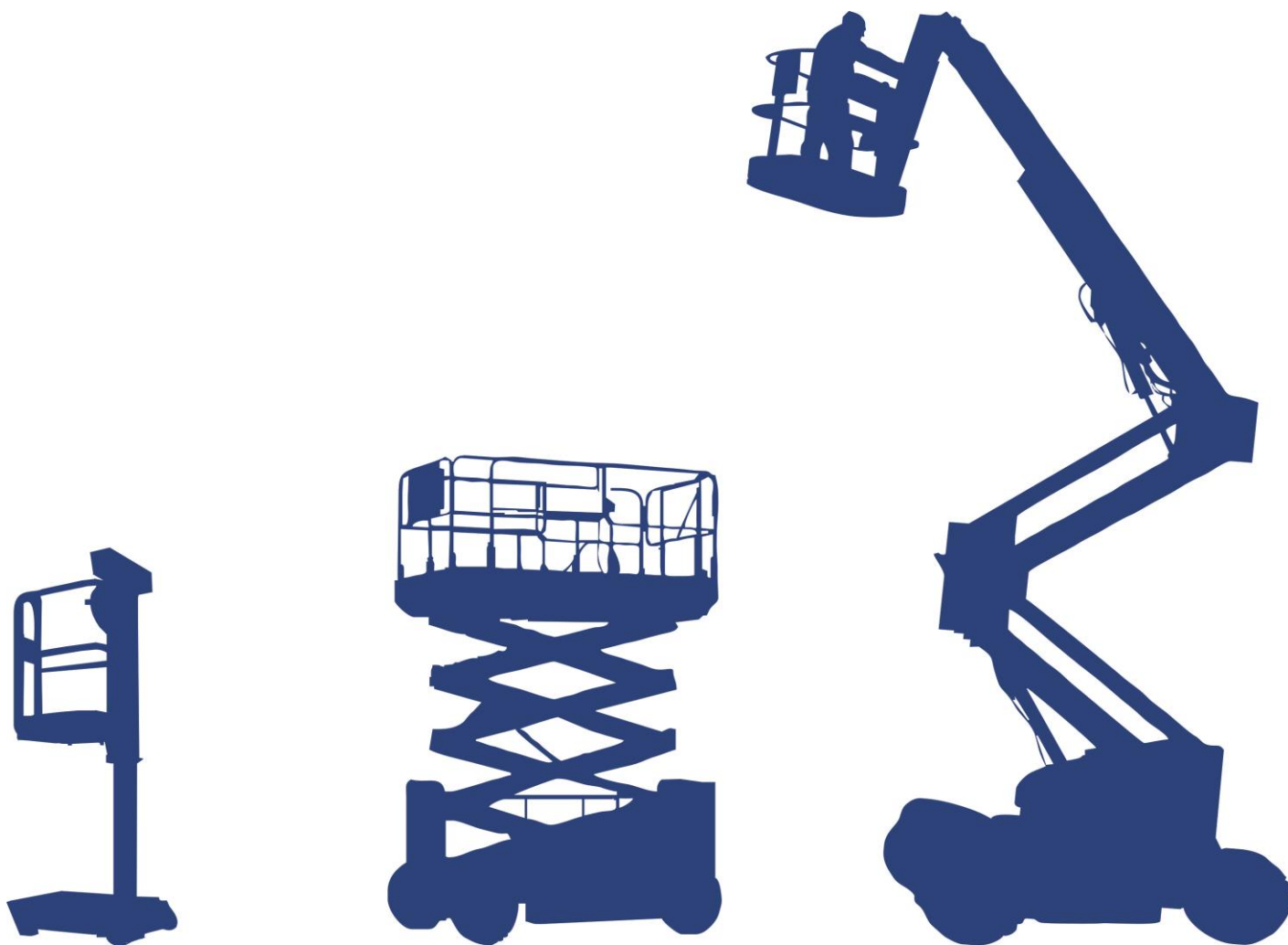
Call: 0845 477 9989

Visit www.mainline-training.co.uk

 **mainline**
TRAINING CENTRE

Nationwide coverage with the high level of service
only an independent offer

Personnel Lifts ▪ Scissor Lifts ▪ Cherry Pickers



National Hire Desk: 0844 477 9989

✉ info@mainline-training.co.uk

🌐 www.mainline-access.co.uk

Aberdeen • Belfast • Birmingham • Cork • Derby • Dublin • Glasgow • Hull Ipswich • Leicester • Liverpool • London North
London South • Manchester • Mansfield • Newcastle • Newport • Norwich • Oxford • Plymouth • Southampton • Swansea • Yorkshire

The International Powered Access Federation (IPAF) promotes the safe and effective use of powered access worldwide. The IPAF training programme for platform operators is certified by TÜV as conforming to ISO 18878. More than 90,000 operators are trained each year through a worldwide network of over 550 training centres. Training generally lasts one to two days and is a mixture of theory and practice.



Those who successfully complete IPAF training are awarded the PAL Card (Powered Access Licence) the most widely held and recognised proof of training for platform operators. The PAL Card is valid for five years and shows the machine categories that the operator has been trained in. It also features the holder's photo and signature, and can be verified by calling IPAF.



The IPAF training categories, with abbreviations and brief explanations are:

Static Vertical (1a, 1a+): Vertical personnel platforms (static)

Static Boom (1b, 1b+): Self-propelled booms (outriggers), trailers/push-arounds, vehicle-mounted platforms

Mobile Vertical (3a, 3a+): Scissor lifts, vertical personnel platforms (mobile)

Mobile Boom (3b, 3b+): Self-propelled booms

Push Around Vertical (PAV): Push around verticals

Special (SPECIAL): Specialist machines

- Mast Climbing Work Platforms (MCWP)
- Insulated Aerial Devices (IAD)
- Harness Use and Inspection (H)
- Loading and Unloading (LOAD)
- MEWPs for Managers (MM)

What the "+" symbol means

This means that the operator has successfully completed the PAL+ course, which covers additional, practical training and testing on the machine category indicated. The operator has successfully demonstrated his/her ability to operate powered access equipment safely and effectively in challenging work environments.

International Powered Access Federation
info@ipaf.org
www.ipaf.org

1. IPAF Operator Training
2. IPAF PAL+
3. IPAF PAV (Push Around Vertical) Training
4. IPAF Demonstrator Training
5. IPAF MEWPs for Managers Training
6. IPAF Safety Harnesses for MEWPs Training

1. IPAF Operator Training

Aims: This course is designed for anyone who operates any type of Mobile Elevated Work Platform (MEWP), such as scissor lifts, boom lifts, or trailer mounted or vehicle mounted boom lifts, should take this course to comply with the duties placed upon employers and employees by law.

Key areas:

- ✓ Employer's and employee's legal responsibilities
- ✓ Different categories of MEWPs
- ✓ Main structural parts of MEWPs
- ✓ Pre-use inspections
- ✓ Testing and inspection
- ✓ Safe operating methods
- ✓ Practical training

Course Duration: 1 Day

By the end of the course:

Delegates will take a written test, and following a practical training also take a practical assessment. Successful candidates will receive a certificate showing the category or categories of MEWP on which they have been trained.

2. IPAF PAL+

Aims: PAL+ is an optional, additional one day of category-specific training aimed at operators working in higher risk or challenging environments.

Key areas:

- ✓ Compact theory session
- ✓ Emphasis on practical training
- ✓ Categories:
 - Static Vertical (1a+),
 - Static Boom (1b+),
 - Mobile Vertical (3a+)
 - and Mobile Boom (3b+)
- ✓ Challenging practical exercises
- ✓ Written and practical tests
- ✓ Individual interviews

Course Duration: 1 Day

By the end of the course:

Upon successful completion of the theory test, practical test and interview, operators will have the relevant categories added to their PAL Card, e.g. Static Vertical (1a+), Static Boom (1b+), Mobile Vertical (3a+) and Mobile Boom (3b+).

3. IPAF PAV (Push Around Vertical) Training

Aims: This course is designed to enable trainees to become competent in operating various types of PAV (Push Around Vertical) platforms safely.

Key areas:

- ✓ Introduction and pre-course theory test
- ✓ Legislation and guidance
- ✓ Pre-use inspection/handovers
- ✓ Safe operating methods and hazards
- ✓ Theory test
- ✓ Practical training
- ✓ Practical assessment
- ✓ License renewal
- ✓ Course evaluation

Course Duration: 1 Day

By the end of the course: Delegates will be able to carry out pre-use inspections, operate the equipment safely and efficiently.

4. IPAF Demonstrator Training

Aims: This course is an addition to the IPAF access platform course, and gives candidates a more in-depth knowledge of harnesses and their use. It will enable candidates to select, inspect and use harnesses correctly, whether for general use or for use with Mobile Elevated Work Platforms (MEWPS).

Key areas:

- ✓ Health & Safety legislation & regulations
- ✓ Limitations and use of mobile elevating work platforms
- ✓ Identifying controls, safety devices and warning alarms
- ✓ Daily and routine inspection and servicing requirements
- ✓ Setting up in preparation for work
- ✓ Ground and site conditions
- ✓ Safe operating techniques
- ✓ Emergency lowering procedures
- ✓ Manufactures Instruction Manuals
- ✓ The use of fall arrest equipment
- ✓ Multiple choice test paper
- ✓ Practical demonstrating test

Course Duration: 1 Day

By the end of the course:

After successfully passing both the written and practical assessments each candidate's details will be entered on to the IPAF central database and an IPAF Certificate of Training and a IPAF PAL Card will be issued that is valid for 5 years.

5. IPAF MEWPs for Managers Training

Aims: This course is designed for employers, project managers, foremen and supervisors working in a broad range of industries such as construction, facilities management, retail, airports and arboriculture. Also anyone who is responsible for planning and overseeing the use of MEWPs on their job site.

Key areas:

- ✓ MEWP legislation and guidance
- ✓ Rental terms and conditions
- ✓ Machine types and use
- ✓ Structural parts and MEWP selection
- ✓ Operator training and familiarisation
- ✓ Operator daily inspection
- ✓ MEWP personal fall protection
- ✓ Safe operating methods and hazard awareness
- ✓ Safety beyond training
- ✓ Written test

Course Duration: 1 Day

By the end of the course:

Upon successful completion of the theory test, candidates will receive an IPAF certificate. Those who hold a valid Powered Access Licence for operating equipment can have the MEWPs for Managers (MM) category added to their PAL Card.

6. IPAF Safety Harnesses for MEWPs Training

Aims: This course is an addition to the IPAF access platform course, and gives candidates a more in-depth knowledge of harnesses and their use. It will enable candidates to select, inspect and use harnesses correctly, whether for general use or for use with Mobile Elevated Work Platforms (MEWPS).

Key areas:

- ✓ Employer's and Employee's legal responsibilities
- ✓ MEWPs and Harnesses
- ✓ Hierarchy of measures for hazard avoidance
- ✓ Choice of harness and lanyard
- ✓ Testing of harnesses by manufacturer
- ✓ Pre Use checks and correct usage
- ✓ Safe working loads & limitations
- ✓ Rescue situations
- ✓ Keeping of records

Course Duration: Half Day

By the end of the course:

Delegates will take a short written test. A separate harness licence is not issued by IPAF, but successful candidates will have a harness certificate.

7. IPAF Safety Harnesses for MEWPs Training

Aims: This course is an addition to the IPAF access platform course, and gives candidates a more in-depth knowledge of harnesses and their use. It will enable candidates to select, inspect and use harnesses correctly, whether for general use or for use with Mobile Elevated Work Platforms (MEWPS).

Key areas:

- ✓ Employer's and Employee's legal responsibilities
- ✓ MEWPs and Harnesses
- ✓ Hierarchy of measures for hazard avoidance
- ✓ Choice of harness and lanyard
- ✓ Testing of harnesses by manufacturer
- ✓ Pre Use checks and correct usage
- ✓ Safe working loads & limitations
- ✓ Rescue situations
- ✓ Keeping of records

Course Duration: Half Day

By the end of the course:

Delegates will take a short written test. A separate harness licence is not issued by IPAF, but successful candidates will have a harness certificate.



(Prefabricated Access Suppliers' and Manufacturers' Association)

The Work at Height Regulations 2005, require that the assembly, dismantling or alteration of Mobile Access Towers should only be undertaken by a competent person, or if being trained, under the supervision of a competent person.

1. Towers for Users
2. Towers for Managers
3. Low Level Access
4. Combined Low Level and Towers for Users
5. Work at Height Essentials Course

1. Towers for Users

Aims: This course is designed for all personnel who will be responsible for the assembly, dismantling, alteration, moving and inspecting of mobile access towers.

Key areas:

- ✓ Legislation, Regulations and Guidance affecting working at height with mobile access towers
- ✓ PASMA Code of Practice
- ✓ Product standards EN 1004:2004
- ✓ Assembling, altering and dismantling towers incorporating current best practice for fall protection
- ✓ Structural parts and MEWP selection
- ✓ Inspection of completed mobile access towers and completion of Tower Inspection Records
- ✓ Hazards affecting the use of mobile access towers

Course Duration: 1 Day

By the end of the course:

A PASMA PhotoCard and Certificate will be issued to successful delegates who complete the theory and practical sessions which have a five year validity period.

2. Towers for Managers

Aims: This course is designed for all supervisors or managers in your company or organisation that controls the work of others in the use of mobile access towers including both Alloy and GRP Towers using either 3T or AGR assembly methods.

Key areas:

- ✓ Current Legislation, Regulations and Guidance affecting work at height with mobile access towers
- ✓ PASMA Code of Practice
- ✓ Product standards EN 1004:2004
- ✓ Assembling, altering and dismantling towers incorporating current best practice for fall protection
- ✓ Inspection of completed mobile access towers and completion of Tower Inspection Records
- ✓ Hazards affecting the use of mobile access towers

Course Duration: 1 Day

By the end of the course:

A PASMA PhotoCard and Certificate will be issued to successful delegates who complete the theory and practical sessions which have a five year validity period.



3. Low Level Access

Aims: This course is suitable for anyone in an organisation, who assembles, alters, dismantles, moves, inspects and most importantly USES low level access equipment under 2.5m of height such as podiums, folding room scaffolds and wide area platforms. This not only includes construction sites but all workplaces, such as schools, offices and factories both internally and externally.

Key areas:

- ✓ Current Legislation, Regulations and Guidance affecting work at height with low level access units
- ✓ PASMA Code of Practice
- ✓ Publicly available specification
- ✓ Assembling, altering and dismantling low level units incorporating current best practice for fall protection
- ✓ Inspection of completed low level units and completion of Tower Inspection Records
- ✓ Hazards affecting the use of low level units

Course Duration: Half Day

By the end of the course:

A PASMA Certificate and PhotoCard will be issued to successful delegates who complete the theory and assessment sessions at the level they attend the course which has a five year validity period.

4. Combined Low Level and Towers for Users

Aims: This course is suitable for anyone who may work from low level access units and standard mobile access towers. Delegates will learn how to safely assemble, dismantle and relocate low level access units and standard mobile access towers without risk of personal injury to the delegate or others.

Key areas:

- ✓ Current Legislation, Regulations and Guidance affecting working from low level access units and standard mobile access towers
- ✓ PASMA Code of Practice
- ✓ Publicly available specification
- ✓ Assembling, altering and dismantling, incorporating current best practice for fall protection
- ✓ Inspection of both low level and standard mobile access towers
- ✓ Tower Inspection Records
- ✓ Hazards affecting the use of units & platforms

Course Duration: 1 Day

By the end of the course:

A PASMA Certificate and PhotoCard will be issued to successful delegates who complete the theory and assessment sessions at the level they attend the course which has a five year validity period.

5. Work at Height Essentials Course

Aims: This course delivers several hours of classroom based instruction to providing suitable competence to those operatives working on mobile towers, but not assembling, altering or dismantling them.

Key areas:

- ✓ The Competent Person
- ✓ Health and safety legislation
- ✓ Work at Height Regulations
- ✓ Guidance on Working at Height
- ✓ Details of Industry Training Bodies

Course Duration: Half Day

By the end of the course:

A PASMA Certificate and PhotoCard will be issued to successful delegates who complete the theory and assessment sessions at the level they attend the course which has a five year validity period.



1. 180° (Below 5 Tonne) & 360° Excavators (Above & Below 10 Tonne)
2. Counterbalance Forklift Trucks
3. Dumper Trucks
4. Ride on Rollers
5. Skid Steer Loader Training

1. 180° & 360° Excavators (Above & Below 10 Tonne)

Aims: This course is designed to provide the practical skills and the operating safety knowledge necessary for the safe and efficient operation of an excavator.

Key areas:

- ✓ Responsibilities under the Health and Safety at Work Act, 1974, and other relevant legislation such as PUWER and LOLER Regulations
- ✓ Pre-operational checks and daily maintenance
- ✓ Battery care and refuelling procedures
- ✓ Mobility and stability factors
- ✓ Safety rules applicable to operating
- ✓ Safe use of attachments
- ✓ Excavating and backfilling
- ✓ Safely loading a vehicle, i.e. dumper or trailer

Course Duration: 1 Day

By the end of the course:

Delegates will be able to carry out pre-shift checks and daily maintenance, operate the equipment safely and efficiently and correctly site the equipment allowing for ground and weather conditions and other environmental factors.



CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME

2. Counterbalance Forklift Trucks

Aims: This training will contribute to the company satisfying the requirements placed on Employers by legislation for the correct training of their staff with particular reference to:

- ✓ Health & Safety at Work Act 1974
- ✓ The Management of Health & Safety at Work Regulations 1999
- ✓ Provision and Use of Work Equipment Regulations 1998
- ✓ Lifting Operations and Lifting Equipment Regulations 1998
- ✓ HSE Approved Code of Practice for Rider Operated Trucks 1999

Course Duration: 1-4 Days

Dependant of level of experience.

A 2 day course is also available for candidates who have had previous training. This course will provide Lift Truck Operator Training to Certificate Standard and RTITB Specification, to a maximum of 3 operators who can provide documented evidence of previous basic training.



CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME



3. Dumper Trucks

Aims: This course is designed to provide training to novice and existing operators who have received no formal training in forward and side tipping, rigid and articulated, dumpers and to train operators to correctly prepare, safely drive and correctly maintain a dumper truck.

Key areas:

- ✓ Drive efficiently and safely under differing site conditions, including gradients
- ✓ Position the dumper correctly for discharging into, and loading from excavations
- ✓ Tow and reverse small trailers
- ✓ The various checks and maintenance to be carried out before start of work
- ✓ Correct and safe methods of starting and stopping engines
- ✓ Safety precautions which must be carried out
- ✓ Capacities and limitations
- ✓ Legal requirements

Course Duration: 1 Day

By the end of the course: Each trainee is assessed during the practical element of the course to ensure full understanding of all systems of work taught. There is also a written multiple choice theory test paper followed by a full debrief.



CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME

4. Ride on Rollers

Aims: This course is designed to provide training to novice and existing operators who have received no formal training rollers and to train operators to correctly prepare, safely drive and correctly maintain a ride on roller.

Key areas:

- ✓ Setting the roller for compaction duties
- ✓ The basic construction, purpose and function of components and the purpose and use of all controls and gauges
- ✓ The aims and principles of compaction
- ✓ Minor adjustments and routine service procedures
- ✓ Rolling plans and setting up for compaction
- ✓ Rolling techniques including the principles of compaction
- ✓ Compacting up to supported and unsupported edges, camber, cross fall, obstructions and radius
- ✓ Conditions that may cause instability of the roller
- ✓ Safety procedures when compacting on inclines

Course Duration: 1 Day

By the end of the course:

Delegates will be able to prepare an area for compaction, compact different materials to given instructions, identify and comply with manufacturers', know the capabilities and limitations of the ride on roller and associated attachments and manoeuvre and operate the machine safely and up to an adequate standard.



5. Skid Steer Loader

Aims: This course is designed to provide the practical skills and the operating safety knowledge necessary for the safe and efficient operation of a skid steer loader.

Key areas:

- ✓ Understand the relevant legislation relating to work activities
- ✓ Identify the machine components and operator controls
- ✓ Perform pre-shift and operational checks
- ✓ Prepare the skid steer loader for work
- ✓ Drive over various types of terrain
- ✓ Manoeuvre in confined areas
- ✓ Carry out a range of loading procedures with different types of material
- ✓ Perform a variety of excavation work
- ✓ Clean, spread and level different types of material
- ✓ Explain the loading and unloading procedures on an off a transporter
- ✓ Safely shut down and secure machinery at the end of the operation

Course Duration: 1 Day

By the end of the course:

Delegates will be able to carry out pre-use inspections, operate the equipment safely and efficiently.



CPCS Crane Training will equip the Crane professional with knowledge on LOLER, PUWER & HASAW Regulations and ensure accordance with the BS7121 Code of practice. The knowledge gained from this training includes understanding relevant documentation, risk assessments and theoretical and practical working practice.

1. Appointed Person
2. Crane Lift Supervisor
3. Self-Erecting Tower Crane
4. Slinger Signaller

1. Appointed Person

Aims: To provide delegates with the training and knowledge to enable them to understand the appointed persons role and responsibilities. To comply with the lifting and slinging equipment regulations and meet the code of practice laid down by the British Standards for the safe use of cranes.

Key areas:

- ✓ Legislation
- ✓ Code of Practice
- ✓ Duties and Responsibilities
- ✓ Duty Charts
- ✓ Safe Working Loads
- ✓ Communication Methods
- ✓ Risk assessments
- ✓ Method Statements
- ✓ Lift Plans Uniform Method of Rating Slings

Course Duration: 2-4 Days

By the end of the course:

Delegates will achieve the Red CPCS Trained Operator Card.

CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME

2. Crane Lift Supervisor

Aims: To provide delegates with the training and knowledge to enable them to understand the appointed persons role and crane supervisor responsibilities.

Key areas:

- ✓ Legislation
- ✓ Code of Practice
- ✓ Roles and responsibilities
- ✓ Risk Assessment
- ✓ Method Statements

Course Duration: 2-4 Days

CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME

3. Self-Erecting Tower Crane

Aims: To give foundation training and assessment towards the achievement of a Construction Plant Competence Scheme Trained Operator Card. This is the qualification you will need to be allowed to work on any Major Contractor Site.

Note: The achievement of a CPCS Card is dependent upon passing the CSCS Health & Safety Test. Training towards this is given as part of the course if required.

Key areas:

- ✓ Operating the crane safely and productively.
- ✓ Responding to the recognized signals for controlling crane operations.
- ✓ Deciding whether a particular load is within the capacity of the crane.
- ✓ Hazard recognition and awareness
- ✓ Minor adjustments and routine maintenance in accordance with the manufacturers and employers instructions.
- ✓ Fault finding procedures and rectifying faults.

Course Duration: 2-4 Days

CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME

4. Slinger Signaller

Aims: To provide delegates with the training and knowledge to enable them to carry out slinging and signalling duties in the movement of loads with lifting equipment.

Key areas:

- ✓ Legislation
- ✓ Code of Practice
- ✓ Documentation
- ✓ PPE
- ✓ Prevention and Control of Accidents
- ✓ Risk Assessments

Course Duration: 2-4 Days

CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME

ATT

 Certificate of
Competency/Achievement



Driver Certificate of Professional Competence (DCPC)

DCPC was introduced in the UK in September 2009 for Professional HGV drivers and in September 2008 for bus and coach drivers. It is a qualification designed to confirm and expand the knowledge and skills of the driver throughout their working life. The DCPC is divided into what is called “periodic training”. This is 35 hours of training over a 5-year period. Every professional driver will need to complete this training in order to retain the DCPC and be legally allowed to drive professionally.

Course Content:

- ✓ Health and Safety
- ✓ First Aid
- ✓ Drivers Hours – As Part of the Modular Course
- ✓ Tachographs – As Part of the Modular Course
- ✓ Safe Loading and Unloading – As Part of the Modular Course
- ✓ Vehicle Checks – As Part of the Modular Course
- ✓ Customer Service – As Part of the Modular Course

For New Drivers: You will have to pass an initial Driver CPC qualification before being able to drive professionally. It can be taken at the same time as the vocational driving test.

For Existing Drivers: As an existing professional bus, coach and lorry driver you are deemed to hold Driver CPC by ‘acquired rights’. However, you must complete your periodic training within 5 years of the introduction of Driver CPC as follows:

- ✓ 9 September 2013 for PCV licence holders
- ✓ 9 September 2014 for LGV licence holders

Note: ‘Acquired rights’ (or ‘grandfather rights’) apply to people who already hold a full vocational licence to drive buses, coaches and lorries on the Driver CPC start date. A licence acquired before January 1997 which has a “D1 not for hire or reward” or “101” code does not qualify as ‘acquired rights’, and to drive professionally drivers will need to take all four modules of the new Driver CPC test.

Drivers' Hours & Tachographs

Compliance with Drivers' Hours and Tachograph regulations is absolutely crucial to your business. The key to compliance is understanding how to implement all these regulations and to make sure you keep up-to-date of any changes that come into force.



Theory Session One

Tachographs

- ✓ Introduction to the correct use of digital and analogue tachographs.
- ✓ Reading and understanding the information provided on the Tachograph charts.

Theory Session Two

Drivers' hours regulations.

- ✓ Driver's responsibilities for maintaining records of hours under the European Working Hours Directive.
- ✓ Calculating driving hours, break times, duty hours to comply with the directive.

At the end of the course, delegates should be able to:

- ✓ Explain the use of a digital Tachograph.
- ✓ Explain the use of the analogue, paper Tachograph
- ✓ Read the output from both types of Tachograph.
- ✓ Define driving hours, duty hours, periods of availability and other work.
- ✓ Calculate hours based on the definitions
- ✓ Explain the penalties for failing to comply with regulations.



This course is recognised as part of the Drivers CPC Periodic Training requirements, and counts towards 35 hours of training under the scheme.

1. Asbestos Awareness (UKATA)
2. Cable Avoiding Tool & Genny Operation
3. Cartridge Nail Gun Safety
4. Confined Space Training
5. Control of Substances Hazardous to Health (COSHH)
6. Emergency First Aid at Work
7. Fire Marshal
8. Fire Safety Risk Training
9. First Aid at Work (HSE) Certificate & Re-Qualification Programme
10. Hand Arm Vibration Awareness
11. Health & Safety Awareness
12. HIAB Operator Training
13. IOSH – Directing Safely for SME's
14. IOSH – Managing Safely
15. IOSH – Working Safely
16. LPG Training – Cabinet Heaters & Forced Air Heaters
17. Manual Handling – Operators & Staff
18. Manual Handling for Managers
19. NEBOSH – National Certificate in Construction Health & Safety
20. Safe Vehicle Loading/Unloading
21. Safety in Use of Abrasive Wheels
22. Site Management Safety Training Scheme (SMSTS)
23. Site Safety Awareness Training
24. SPA Passport to Safety
25. Toolbox Talk Course Leader Training
26. Water Rescue Safety & Awareness Training
27. Workplace Risk Assessments



1. Asbestos Awareness (UKATA)

Aims: The object of this course is to help employees appreciate the risks and problems associated with working areas where asbestos may be present.

Key areas:

- ✓ Health & Safety risks of asbestos
- ✓ Personal Protective Equipment care and use
- ✓ Anticipation of asbestos problems
- ✓ Identification of possible asbestos content in various materials
- ✓ Probable location of hidden asbestos material
- ✓ Handling of possible asbestos materials
- ✓ Requirements for positive or negative identification
- ✓ Isolation of possible exposed areas
- ✓ Requirements for licensed removal experts
- ✓ Disposal of waste products

Course Duration: Half Day

By the end of the course: delegates will have an understanding of the dangers of asbestos, and what precautions and procedures to follow when coming into contact with asbestos, creating a safer environment.



2. Cable Avoiding Tool & Genny Operation

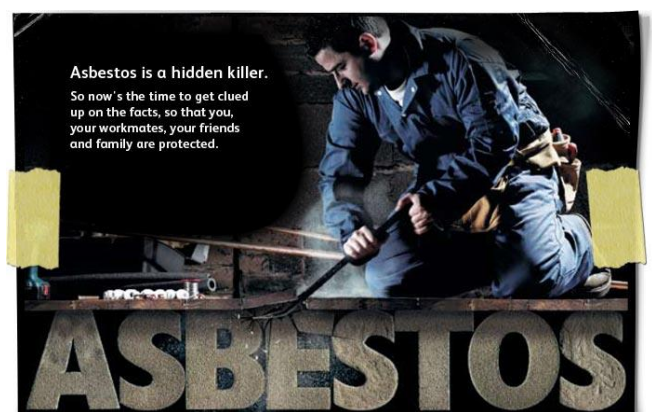
Aims: The cable avoiding tool (CAT) and signal generator (Genny) are commonly used to locate underground cables and pipes on site, but they are often used by untrained staff. This could result in errors being made, and the possibility of accidents occurring. This course will enable candidates to understand fully the correct operation and functions of this equipment.

Key areas:

- ✓ Theory of cable location
- ✓ Controls and display indicators
- ✓ Calibrating, and pre-se tests
- ✓ Operation of power and radio modes
- ✓ Compatibility between CAT and genny
- ✓ Operation Techniques
- ✓ Use of accessories supplied
- ✓ Use with Sonde (mouse)
- ✓ Use with Fexi-trace
- ✓ Accuracy of results

Course Duration: Half Day

By the end of the course: Delegates will take a short written test and receive a course handout summarising the topics covered. The delegate will have sound knowledge of the safe use of cable avoiding tool and genny operation.



3. Cartridge Nail Gun Safety

Aims: This course is designed to teach delegates how to safely use a cartridge nail gun. This is an essential course for all users of powder activated cartridge tools. (A colour blindness course should be taken prior to the course).

Key areas:

- ✓ The Law
- ✓ Misfire Procedure and Drill
- ✓ Safe Operation
- ✓ Types of Fixings
- ✓ Storage and Disposal of Cartridges
- ✓ Hazards
- ✓ Personal Protective Equipment (PPE)
- ✓ Question and Answer Paper
- ✓ Issue of Certificate of Attendance
- ✓ Registration on the National Database

Course Duration: Half Day

By the end of the course:

Delegates will achieve an understanding on how to safely and efficiently use a cartridge nail gun.



4. Confined Space Training

Aims: This course is designed to give candidates an understanding of the regulations, and what the regulations mean for the employee as well as the employer. (The course can be tailored to the needs of individual companies)

Key areas:

- ✓ Health and Safety at Work Act 1974 (HASAWA)
- ✓ Outcomes of the Confined Spaces Regulations 1997
- ✓ Personal Protection and Hygiene Requirements
- ✓ Risk Assessing Residual Hazards
- ✓ Safe System of Work
- ✓ Types of Gaseous Atmosphere, Portable Gas Monitoring Equipment and its Use
- ✓ The Use of Harness/Tripod/Fall Arrest
- ✓ The Use of Escape Breathing Apparatus
- ✓ The Use of Working/Rescue Breathing Apparatus
- ✓ The Use of Fresh Air Breathing Apparatus
- ✓ The Use of Powered Respirators

Course Duration: Half Day

By the end of the course:

Delegates will achieve an understanding of how to plan any work in a confined space, including equipment selection and how to put measures into place.



5. Control of Substances Hazardous to Health (COSHH)

Aims: This course is designed to instruct operators and staff in the correct and safe methods of the control of substances hazardous to health (COSHH). The course will be tailored to the working environment, as well as the specific programme described in the COSHH Regulations.

Key areas:

- ✓ Legal duties
- ✓ Assessing risk
- ✓ Accidents, causes and prevention
- ✓ Practical applications
- ✓ Correct techniques relative to the working environment

Course Duration: Half Day

By the end of the course:

Delegates will be able to carry out a COSHH Risk Assessment and be able to recognise COSHH data sheets and know how to use them.



6. Emergency First Aid at Work

Aims: The course aims to provide you with the practical skills required to carry out Basic Emergency First Aid within the working environment.

Many topics are covered as follows:

- ✓ Cardio Pulmonary Resuscitation (CPR)
- ✓ The recovery position
- ✓ Bleeding and dressing of wounds
- ✓ Shock, asphyxia (eg choking casualty and other airway disorders)
- ✓ The circulatory system, the respiratory system, incident management
- ✓ The unconscious and conscious casualty

Course Duration: 1 Day



7. Fire Marshal

Aims: This course is a Fire Marshal training programme aimed at all staff, to ensure that they have a basic knowledge of Fire and Fire extinguishers.

Key areas:

- ✓ Raise the standard of Fire awareness in the workplace
- ✓ Ensure that all personnel undergo basic Fire awareness training with the view to making a positive contribution to the prevention of accidents and avoidance of health hazards
- ✓ Maintain a register of personnel who have received such training
- ✓ Will provide all participants with a Fire Marshal certificate

Course Duration: Half Day

By the end of the course:

Delegates will know what Fire Extinguishers to use, know the different types of bottles, know how to put out a fire and be aware of the role of Fire Marshall.

It is important that workers have a basic knowledge of Fire and Fire extinguishers to make them aware of the inherent dangers in the workplace so that they will not be a risk to themselves or to their co-workers who work alongside them.



8. Fire Safety Risk Training

Aims: This course is designed to give guidance in the formulation of a Fire Safety Management Plan to ensure that all aspects of fire safety are maintained in accordance with the Regulatory Reform Order (Fire Safety) 2005.

Key areas:

- ✓ Fire legislation
- ✓ The background of Fire Risk Assessments
- ✓ The nature of fire
- ✓ Causes of fire and fire spread
- ✓ Fire classification
- ✓ Human behaviour in the event of fire
- ✓ What a Fire Risk Assessment involves
- ✓ Fire Risk Assessment procedures
- ✓ Coping with the residual risk

Course Duration: 1 Day

By the end of the course:

Delegates will receive a certificate of attendance.



9. First Aid at Work (HSE) Certificate & Re-Qualification Programme

Aims: The course aims to provide you with the practical skills required to carry out Emergency First Aid within the working environment.

Many topics are covered as follows:

- ✓ Diagnostic Skill Cardio Pulmonary Resuscitation (CPR)
- ✓ The recovery position
- ✓ Severe bleeding and dressing of wounds
- ✓ Burn injuries, fractures, spinal injuries, crush injuries, eye injuries
- ✓ Fainting, illness, shock, heart attack, stroke, head injury
- ✓ Asphyxia (choking casualty and other airway disorders)
- ✓ Poisoning, epilepsy, diabetes, the circulatory system, the respiratory system

Course Duration: 3 Days

Re-Qualification Programme: To be eligible for this course, you will need to provide confirmation of your current First Aid at Work Certificate within date, and present it for verification prior to the start of the course. The programme covers a comprehensive syllabus and is supported by your personal first aid manual. A certificate that is validated for three years from date of issue will be distributed after successful completion of a practical assessment, and multiple choice question paper assessment. **Course Duration:** 2 Days.



10. Hand Arm Vibration Awareness

Aims: This course is designed to provide delegates with an understanding of the legal requirements and correct practices/procedures in relation to Hand Arm Vibration.

Key areas:

- ✓ What HAV is
- ✓ How it can affect you
- ✓ How to identify HAV
- ✓ What you can do to prevent it
- ✓ Can you do the job another way
- ✓ Select the right tool
- ✓ PPE

Course Duration: Half Day

By the end of the course:

Delegates will Understand the regulations and legal obligations, demonstrate knowledge and practical application, be able to advise on risk assessments and explain the key safety issues.



11. Health & Safety Awareness

Tailored To Suit Your Requirements

Aims: This course is a health & safety awareness training programme aimed at all staff, to ensure that they have a basic knowledge of health and safety. It is important that workers have a basic knowledge of health and safety to make them aware of the inherent dangers in the workplace so that they will not be a risk to themselves or to their co-workers who work alongside them.

Key areas:

- ✓ Understanding of COSHH
- ✓ Incident reporting (RIDDOR)
- ✓ First Aid
- ✓ Risk Assessments
- ✓ Raise the standard of health & safety awareness in the workplace
- ✓ Making a positive contribution to the prevention of accidents and avoidance of health hazards
- ✓ Maintain a register of personnel who have received training

Course Duration: Half Day–2 Days

By the end of the course:

Delegates will have a basic knowledge in Health & Safety including Risk Assessments, COSHH, RIDDOR, First Aid and PPE.



12. HIAB Operator Training

Aims: This course is designed to be mainly practical but some classroom based input is vital to the understanding of the safe operation of this equipment. This course will ensure that your staff operates this expensive equipment efficiently and safely. The requirement for training is clearly part of Health & Safety legislation.

Key areas:

- ✓ Health & Safety
- ✓ Personal Protective Equipment
- ✓ Types of Crane
- ✓ Daily Checks
- ✓ Selection of Suitable Sites
- ✓ Introduction to Equipment
- ✓ Setting up the Crane
- ✓ Loading / Unloading Various Types of Load

Course Duration: 1-3 Days

By the end of the course:

Delegates will be able to load and unload in a safe way.

CP CONSTRUCTION PLANT
CS COMPETENCE SCHEME

ATT

Certificate of
Competency/Achievement

13. IOSH – Directing Safely for SME's

Aims: This course is designed to provide the delegate with an understanding of the requirements placed on Company Directors with regards to health and safety and their implications in their own workplace.

Key areas:

- ✓ Statutory requirements
- ✓ Health and safety management
- ✓ Risk management (overview)
- ✓ Corporate Killing
- ✓ Business case for health and safety
- ✓ Corporate Governance (Turnbull)
- ✓ HSC proposals for Directors (INDG 343)
- ✓ Monitoring, audit and management review

Course Duration: 1 Day

By the end of the course:

Delegates will be able to understand the importance of strategic health and safety management and its integration into business management systems.



14. IOSH – Managing Safely

Aims: This course is designed to equip the delegate with an understanding of health and safety requirements and legislation and their implications in the workplace.

Key areas:

- ✓ Statutory requirements
- ✓ Loss appreciation
- ✓ Risk management
- ✓ Safety management models
- ✓ Human factors and safety performance
- ✓ Recognition and control of workplace hazards
- ✓ Effective communication

Course Duration: 1-4 Days

By the end of the course:

Delegates will be able to identify how and why health and safety forms an integral part of any manager's or supervisor's responsibilities, understand hazards and legal responsibilities in the workplace.



15. IOSH – Working Safely

Aims: This course is designed to develop the delegate's awareness of health and safety issues, to ensure that they understand the main hazards associated with the workplace.

Key areas:

- ✓ Working safely
- ✓ Hazards (general)
- ✓ Hazards (specific)
- ✓ Improving safety performance

Course Duration: 1 Day

By the end of the course:

Delegates will be able to understand the basic health and safety issues in the workplace, understand individual responsibilities, be conscious of major hazards and understand the need for safe systems of work.



16. LPG Training – Cabinet Heaters & Forced Air Heaters

Aims: This course is designed to provide delegates with knowledge in cabinet heaters & forced air heaters that are regulated under Gas Safety Regulations. These regulations require persons undertaking work on the appliances to be competent to do so. The course is designed for those persons who are already involved with the maintenance of cabinet heaters & forced air heaters. The course will bring trainees up to the current competence levels required by the Gas Safety Regulations. This course will contain both practical and theoretical elements.

Key areas:

- ✓ Have an understanding of the Regulations and legal Obligations related to LPG appliances
- ✓ Demonstrate knowledge and practical application
- ✓ Examine LPG: Cabinet Heaters and Forced Air Heaters and handle them correctly
- ✓ Testing components for faults
- ✓ Have an understanding of the Transport of LPG

Course Duration: Half Day

By the end of the course:

Delegates will understand the safe working practices when working on LPG equipment.

This course also covers a brief outline of the transport of LPG.



17. Manual Handling – Operators & Staff

Aims: This course is designed to instruct operators and staff in the correct and safe methods of manual handling. The course will be tailored to the working environment, as well as the specific programme described in the Manual Handling Regulations 1998.

Key areas:

- ✓ Legal duties
- ✓ Assessing risk
- ✓ Accidents, causes and prevention
- ✓ Practical applications
- ✓ Correct techniques relative to the working environment

Course Duration: Half Day

By the end of the course:

Delegates will be able to carry out a risk assessment on manual handling and identify risk in manual handling.



18. Manual Handling for Managers

Aims: This course is designed to enable delegates to establish and maintain safe working practices with regard to manual handling operations within their teams and to become competent in identifying hazards and compiling manual risk assessments.

Key areas:

- ✓ The importance of good handling practice
- ✓ How our bodies work when we carry out manual handling tasks
- ✓ About the injuries that can occur
- ✓ What we can do to reduce the risks
- ✓ Manual Handling Operations Regulations 1992
- ✓ Duties of the Manager
- ✓ Understanding the main requirements of current legislation
- ✓ Identifying techniques to reduce risks and recommend corrective actions
- ✓ Compiling risk assessments

Course Duration: 1 Day

By the end of the course:

Delegates will receive a certificate of attendance



19. NEBOSH – National Certificate in Construction Health & Safety

Aims: This course is designed for delegates who have successfully completed the NEBOSH National General Certificate in the last 5 years or who also intend to take Unit 1 of the NEBOSH National General Certificate (NGC1).

Key areas:

- ✓ Construction law and management
- ✓ Construction site: hazards and control
- ✓ Movement of people and vehicles: hazards and control
- ✓ Manual and mechanical handling: hazards and control
- ✓ Work equipment: hazards and control
- ✓ Electrical: hazards and control
- ✓ Fire: hazards and control
- ✓ Chemical and biological health: hazards and control
- ✓ Physical and psychological health: hazards and control
- ✓ Working at height: hazards and control
- ✓ Excavation work and confined spaces: hazards and control
- ✓ Demolition: hazards and control

Course Duration: 1-9 Days

By the end of the course:

Delegates will have a sound understanding of the principles of health and safety and have the tools to build an effective safety culture within the construction industry.



20. Safe Vehicle Loading/Unloading

Aims: This course is designed to provide delegates with an understanding of loading and unloading machinery and plant onto vehicles before transportation. It provides training as referred to in the laws relating to health and safety and work equipment, enabling employers and employees to fulfil their legal obligations.

Key areas:

- ✓ Employer's and Employee's legal responsibilities
- ✓ Types and suitability of vehicles
- ✓ Trailers and towing
- ✓ Inspection of vehicles/trailers
- ✓ Weight limitations and definitions
- ✓ Risk Assessments
- ✓ Position of load on vehicle and axle loadings
- ✓ Load height and projections
- ✓ Types and use of securing equipment

Course Duration: Half Day

By the end of the course:

Delegates will be able to load and unload plant safely and also secure loads safely.



21. Safety in Use of Abrasive Wheels

Incorporating PUWER and covering Diamond Blades

Aims: This course is designed to provide delegates with an understanding of the legal requirements and correct practices/procedures in relation to Abrasive Wheels and Provision and Use of Work Equipment Regulations (PUWER).

Key areas:

- ✓ Health & Safety and legal obligations
- ✓ Types of abrasives wheels
- ✓ Store and handle Abrasive wheels & equipment correctly
- ✓ Examine and test wheels for damage
- ✓ Set and dress wheels
- ✓ Demonstrate knowledge and practical application

Course Duration: Half Day

By the end of the course:

Delegates will understand Regulations and Legal Obligations, be able to fit abrasive wheels safely and identify the right disc for the machine.



22. Site Management Safety Training Scheme (SMSTS)

Aims: The SMSTS (Site Management Safety Training Scheme) is a five day course delivered as day release over five weeks, this industry recognised course will provide companies who need to meet the ever increasing demand for evidence of health and safety compliance with all the relevant knowledge to meet today's legislative demands.

The SMSTS course is appropriate for everyone involved in the line management, including charge hands, foremen, supervisors, site managers, project managers, as well as proprietors of smaller companies.

Key areas:

- ✓ Site set-up
- ✓ CDM
- ✓ Risk Assessment
- ✓ Method Statement
- ✓ Scaffolding
- ✓ Electricity
- ✓ Excavators
- ✓ Demolition
- ✓ Confined Space

Course Duration: 5 Days

We also offer a 2 day refresher course.

By the end of the course: This will provide companies who need to meet the ever increasing demand for evidence of Health & Safety compliance, with all the relevant knowledge to meet today's legislative demands.

SSSTS Courses Also Available: The SSSTS course is appropriate for everyone involved in line management, including charge hands, foremen, supervisors, site managers, project managers, as well as proprietors of smaller companies. **Course Duration:** 2 Days



23. Site Safety Awareness Training

Aims: This course is designed to raise awareness of site safety for all employees and operatives so as to reduce the number of reported accidents.

Key areas:

- ✓ Current Legislation
- ✓ Health and Safety at Work Act 1974 (HASAWA)
- ✓ Personal Protective Equipment (PPE) Regulations
- ✓ Provision and Use of Work Equipment Regulations (PUWER) 1998
- ✓ Vehicle Safety on Site
- ✓ Working Near Excavations
- ✓ Working at Height
- ✓ Fire Protection Emergency Procedure
- ✓ Reporting of Accidents (RIDDOR)
- ✓ Control of Substances Hazardous to Health (COSHH)
- ✓ DVD and Discussion Session
- ✓ Assessment

Course Duration: Half Day

By the end of the course:

Delegates will achieve an understanding of how to identify risks, develop an understanding and be able to determine the safest method of best practice.

This offers an ideal introduction to the CSCS Health and Safety test.



24. SPA Passport to Safety

Aims: This course is designed to develop the delegate's awareness of Health and Safety issues related to carrying out building maintenance work and to ensure that they understand the main hazards associated with this type of work.

Key areas:

- ✓ Duty of care
- ✓ Power tools
- ✓ Occupational health
- ✓ Asbestos awareness
- ✓ Access egress
- ✓ Confined spaces

Course Duration: 1-2 Days

By the end of the course:

Delegates will be assessed and Safety Passports issued.



25. Toolbox Talk Course Leader Training

Aims: This course is designed for those responsible for the safety of others at work, who require the skills and confidence to effectively deliver informative and interesting induction sessions.

Key areas:

- ✓ How to Prepare for the Training Session
- ✓ Candidates with Learning Difficulties
- ✓ Content Selection Relevant to Work Tasks
- ✓ How to Reinforce Important Points
- ✓ Create Interest in the Subject Matter
- ✓ Control of the Group for Effective Learning
- ✓ How to Encourage Group Discussion
- ✓ Question and Answer Session
- ✓ Test Material

Course Duration: Half Day

By the end of the course:

Delegates will learn how to train staff to know the business and its core safety elements, so they themselves can train and develop the corporate message.



26. Water Rescue Safety and Awareness Training

Aims: This course is designed for anyone working near to still water, flood water or moving water. It is in full compliance with the Health and Safety at Work Act 1974.

Key areas:

- ✓ Health and Safety Law and Regulations 1974
- ✓ Appreciation of the Power of Water
- ✓ Understanding Flood Plains and Hydrology
- ✓ Recognising the Water Signs
- ✓ Working near Water
- ✓ Walking/Wading Through Flood Water
- ✓ Entering Water
- ✓ Use of Rescue Equipment and PPE
- ✓ Throwing Techniques
- ✓ Disease and Infections
- ✓ Fatigue and Hypothermia
- ✓ Casualty Recovery Techniques
- ✓ Casualty Handling
- ✓ Driving and Vehicle Movement in Flood Water

Course Duration: 1 Day

By the end of the course:

Delegates will understand the importance of water safety and rescue and the dangers of working in and around water.



27. Workplace Risk Assessments

Aims: This course is designed to enable the delegate to competently undertake risk assessments.

Key areas:

- ✓ Purpose of workplace risk assessments
- ✓ Hazard identification
- ✓ Principles and process of workplace risk assessment
- ✓ Health and safety legislation
- ✓ Hierarchy of controls
- ✓ Control methods
- ✓ Safe systems of work

Course Duration: 1 Day

By the end of the course:

Delegates will be assessed in risk assessment technique and receive a certificate of achievement.



1. Basic Work at height
2. Harness Appreciation & Inspection
3. Height Rescue & Evaluation
4. Rooftop Safety
5. Safe Use & Inspection of Ladders & Step Ladders
6. Scaffold Safety Inspection

Compliance with the Work at Height

Regulations 2005 might just save a life...

The Work at Heights Regulations 2005 applies to all Work at Height where there is a risk of a fall liable to cause personal injury. They place duties on employers, the self-employed, and any person who controls the work of others.

1. Basic Work at Height

Aims: The course syllabus is intended to provide basic information for anyone involved in or affected by work at height. The aim of this course is to ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment, and are aware of their responsibilities.

Key areas:

- ✓ Understand the effects of gravity and its consequences.
- ✓ To have an understanding of the legislation and guidance with regards to working at height and fall protection equipment.
- ✓ Recognise the main hazards and risks in connection to work at height.
- ✓ Understand the need for a rescue plan.
- ✓ Correctly identify appropriate anchorage points.
- ✓ Identify safe systems of work using ladders.
- ✓ Perform a pre-use inspection of work at height equipment (harness/lanyard).
- ✓ Demonstrate a good understanding of the three types of fall protection systems and the components used in these systems.
- ✓ Basic knowledge for the Selection of products for basic work at height applications.
- ✓ Correctly don a harness.

Course Duration: Half Day

By the end of the course:

Delegates will understand working at height awareness and best practice requirements when using fall protection equipment. Delegates will be issued with a certificate which shows they are competent working at heights.



2. Harness Appreciation & Inspection

Aims: To enable delegates who operate MEWPS' to identify and select the correct form of safety harness and lanyard, and be able to inspect, maintain, monitor, fit and use them effectively.

Key areas:

- ✓ Legislation
- ✓ NEW - Guidance on when safety harnesses/lanyards need to be worn - see our tech update section for details
- ✓ Categories for Safe Work at Height
- ✓ CE Marking
- ✓ Trace-ability
- ✓ Work Restraint - WHY?
- ✓ Work Restraint - How it will Work
- ✓ Equipment Strengths
- ✓ Pre Use Equipment Check
- ✓ Rescue Provision
- ✓ Practical Session

Course Duration: Half Day

By the end of the course:

Delegates will receive an IPAF Certificate of Competency.



3. Height Rescue & Evaluation

Aims: This course covers all aspects relating to working at height and rescue and provides delegates with an understanding of why rescue procedures are needed, and how to plan for and successfully complete a rescue.

Key areas:

- ✓ The hierarchy of controls when carrying out Work at Height (WAH) Legislation
- ✓ How a rescue kit works
- ✓ Harness inspection and wearing
- ✓ Using a rescue kit at ground level
- ✓ Simulated rescue of a dummy
- ✓ Recertification, training and first aid procedures

Course Duration: 1 Day

By the end of the course:

Delegates will be issued with a certificate which shows they are competent carrying out rescue at height.



4. Rooftop Safety

Aims: To equip trainees with increased knowledge and best practice requirements when working on flat and pitched roofs. Delegates to be trained on specific rooftop safety products (practical).

Key areas:

- ✓ General roof height safety considerations
- ✓ Working at height suitability - fall arrest / work positioning / restraint on roofs
- ✓ Basic elements of safe working procedures / equipment principles / operator
- ✓ Considerations when working on roofs including:
- ✓ Harnesses
- ✓ Lanyards
- ✓ Inertia reels
- ✓ Restraint systems
- ✓ Connectors
- ✓ Fall arrest systems
- ✓ Fixed and temporary systems
- ✓ Equipment requirements and limitations for roof work: specific requirements / suitability
- ✓ Anchorage - propriety devices in consideration with access and applications found on roofs
- ✓ Rescue considerations specific to scope of work on roofs

Course Duration: 1 Day

By the end of the course:

Delegates will be able to work safely at height, have a sound theory of the dangers and risks of working on a roof at height, and have the practical skills in using the appropriate height safety equipment correctly and safely.



5. Safe use & Inspection of Ladders & Step Ladders

Aims: The aim of this course is to inform and instruct nominated persons regarding the statutory examinations required on all ladders and step ladders under the Work at Height Regulations 2005 in the inspection and use of ladders and step ladders.

Key areas:

- ✓ Work at height Regulations 2005
- ✓ Ground conditions
- ✓ Use of Type of Ladder
- ✓ Bracing and footing
- ✓ Ladder access
- ✓ Record of ladders and step ladders examination
- ✓ Assessment sheet
- ✓ Practical section

Course Duration: Half Day

By the end of the course:

Delegates will take a practical assessment on the inspection and safe use of ladders and step ladders.



6. Scaffold Safety Inspection

Aims: To enable the delegates to be fully aware of the various types of scaffold, their uses and construction, faults most commonly encountered, and to carry out statutory inspections and completion of reports.

Key areas:

- ✓ Applicable legislation, British Standards Code of Practice BS5973 and HSE recommendations
- ✓ Working platforms and their safe working loads
- ✓ Scaffold systems including independent tied scaffolds, system scaffolds and mobile aluminium towers
- ✓ Safe use of ladders
- ✓ Scaffold erection to include the correct use and application of fall arrest equipment during scaffold erection
- ✓ Statutory Inspections and completion of reports also incorporating handover certificates and method statements
- ✓ The inspection of all types of scaffold (independent, putlog, birdcage, mobile and static)

Course Duration: Half Day

By the end of the course:

Delegates will be able to understand the requirements of the relevant legislation, identify the safe working loads for working platforms, adopt a safe working practice, carry out statutory inspections of all types of scaffolds and correctly select and use fall arrest equipment during scaffold erection.



We can provide a full bespoke service to meet all your training and development needs.

Our specialist training team have the knowledge and skills to provide support and guidance when implementing your training plan.

Whether you are a small business looking to train your staff, or a large organisation seeking to improve your existing staff development portfolio, we will work with you to build a tailored programme to fit your requirements.

We are committed to delivering needs-driven training to organisations and can offer expertise in a number of areas including:

- ✓ Plant Appreciation
- ✓ Health and Safety Awareness
- ✓ Management Techniques
- ✓ Train the Trainer
- ✓ Company Induction Training
- ✓ Street Works/Furniture
- ✓ Temporary Traffic Management

All training that your employees successfully complete will be awarded a certificate and a card (if applicable) to recognise that they have passed the training and are able to perform certain duties. These can be widely recognised or accredited by a relevant awarding body.

If you would to find out how we can help with your organisational development requirements, contact us on **0844 477 9989** or email us at **info@mainline-training.co.uk**.

Training Enquiry Form

Please complete this form indicating your course requirements and send back to us via:

fax on 01283 554854, email: info@mainline-access.co.uk or alternatively you can post it back to
Mainline Access and Training, George Holmes Way, Heathcote Road, Swadlincote, DE11 9DF.

Please note: if you require any training not listed in our brochure,
please detail this in the box below and we will be happy to provide this for you.

Personal Details

Company Name:	
Customer Name:	Job Title:
Address:	
Postcode:	
Tel:	Email:

Course(s) Required

No. of Candidates:	Course Title:	Preferred Date:

Signature:

Date:	Purchase Order Number:
-------	------------------------

Training Enquiry Form

Please complete this form indicating your course requirements and send back to us via:

fax on 01283 554854, email: info@mainline-access.co.uk or alternatively you can post it back to
Mainline Access and Training, George Holmes Way, Heathcote Road, Swadlincote, DE11 9DF.

Please note: if you require any training not listed in our brochure,
please detail this in the box below and we will be happy to provide this for you.

Personal Details

Company Name:	
Customer Name:	Job Title:
Address:	
Postcode:	
Tel:	Email:

Course(s) Required

No. of Candidates:	Course Title:	Preferred Date:

Signature:

Date:	Purchase Order Number:
-------	------------------------

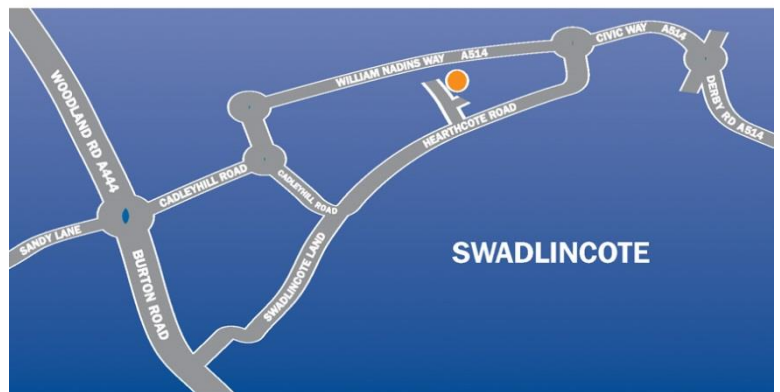
How to Find Us

We can accommodate your training requirements either at your place of work, or, at our custom built training centre, housed within Mainline's headquarters in Swadlincote, Derbyshire conveniently located in the heart of the Midlands, where we can cater for up to 20 delegates; theory and practical training taking place onsite.



Location Address:

Mainline Training Centre
George Holmes Way
Hearthcote Road
Swadlincote
Derbyshire
DE11 9DF



Ways to Book:

We are always happy to discuss any training requirements with you.

- ① Call us on **0844 477 9989**
- ② Complete and return the Training Enquiry Form at the back of this brochure
Fax to: **01283 554854**
Email to: **info@mainline-training.co.uk**
Post to: **Mainline Training Centre, George Holmes Way, Heartcote Road, Swadlincote, DE11 9DF**
- ③ Email us at **info@mainline-training.co.uk**
- ④ Visit our website **www.mainline-training.co.uk**

mainline **TRAINING CENTRE**

Comprehensive Training Solutions



**Approved
Training Centre**



Tel: 0844 477 9989

Fax: 01283 554854

Email: info@mainline-training.co.uk

Web: www.mainline-training.co.uk

A Division of Mainline (1982) Ltd



George Holmes Way, Heathcote Road, Swadlincote, Derbyshire, DE11 9DF

