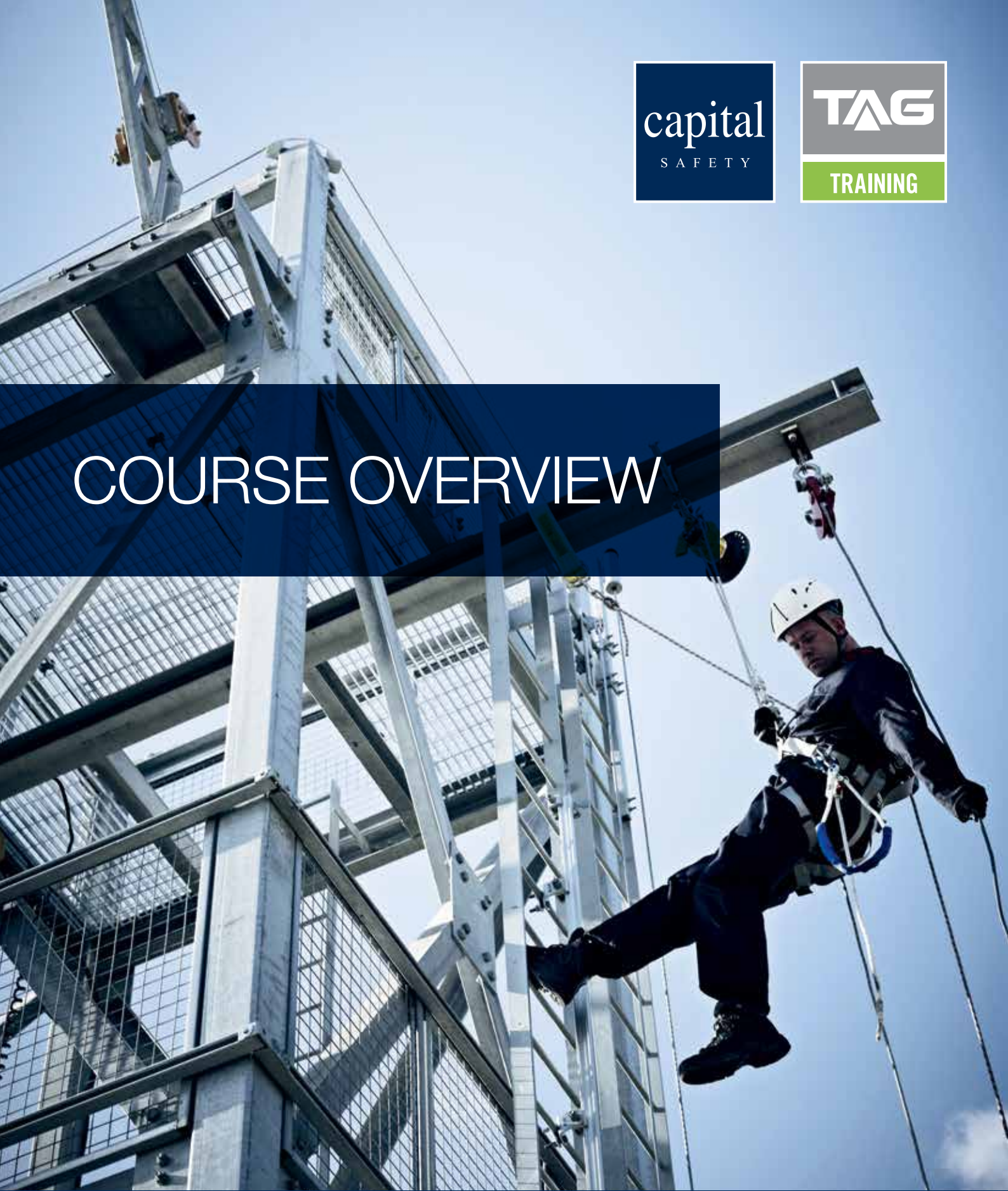




# COURSE OVERVIEW



[www.capitalsafety.com](http://www.capitalsafety.com)



# CAPITAL SAFETY IS THE WORLD LEADER IN FALL PROTECTION EQUIPMENT, SYSTEMS AND ANCHORS





As the World leader in fall protection, Capital Safety is perfectly positioned to provide training in safe work at height and confined space access/egress in a wide range of industrial sectors.

Professional and highly trained team of instructors, all possessing extensive work at height experience ensuring your workforce get the best training experience possible.

- Regional facilities to avoid extensive delegate travel or ability to facilitate courses at your own sites
- Ability to build bespoke course programme's to ensure that training meets your specific company requirements
- Access to and use of the widest range of fall protection equipment to ensure delegates receive a broad training experience.





Capital Safety Training, the new name for



## UK COURSES

Courses offered at TAG include:

- Full Range of Work at Height Courses
- Confined Space Access and Egress
- First Aid

Specific courses for:

- Wind Turbine Industry
- Oil & Gas Industries
- Telecommunications
- Rope Access and Technical Rescue
- Confined Spaces work
- Consultancy and Management Services

Features of the Manchester site:

- On site parking
- Spacious rooftop training area
- Confined space training facility
- 30m Wind turbine
- Telecoms training structures
- Rope access training area

Capital Safety Training, the new name for



## FRENCH COURSES

We provide theoretical and practical training on the issues of security and legal aspects:

- Management risk analysis on site
- Training to the study of risk
- Audit Implementation site security
- Single document risk assessment

ITFH facilities include:

- fully equipped classrooms
- empty spaces where all specifications can be met
- scaffolding constructions and towers
- specialised PPE areas
- as well as indoor and outdoor training spaces
- different roof surfaces, including; Zinc, tiles, Mansard, flat surfaces

ITFH boasts the largest indoor training base for rope access technicians with more than 30 workshops.

## EMEA COURSES

All EMEA courses are available at any of the following training centres:

- Manchester, UK (TAG)
- London, UK
- Carnegie, UK
- Lyon, France
- Paris, France (ITFH)
- Dubai, UAE
- Hamburg, Germany

All sites provide generic safety courses in heights, confined spaces and rescue as well as regional specific courses. We are also able to provide training and education for specific companies and environments by creating unique sessions designed with only your requirements in mind.

We are also able to provide on-site training, bringing experienced instructors with all necessary equipment, in order to give you the best training possible.

As well as saving costs, workers are able to gain hands-on experience in situations that they may actually face on a regular basis.



# HS0

## HEIGHT SAFETY - AWARENESS

**RATIO:** 1:10

**DURATION:** ½ DAY

### Overview

This course is designed to provide those attending with an understanding of how to use fall arrest techniques and equipment for simple work at height activities.

### Who Should Attend

This course is for those working in low risk environments such as garage work shops and factories where access is simple and anchors are easily identifiable.

### Prerequisites

Medically fit.

### Course Objectives & Content

- The dangers of working at height.
- Key Legislation and Standards.
- Hazards and Risk Assessment.
- Identification of Safe areas of Work
- Safe working Practices

### Certification

All delegates will receive a certificate and ID card valid for 3 years.



# HS1

## HEIGHT SAFETY LEVEL 1

**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 1 DAY (7 HOURS CONTACT TIME)



### 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 user 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 position and restraint equipment. A key element of this course is that it includes a large element of 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 those people who may be required to:

- Access and work at height including at 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 the hazards and implement effective controls
- How to fit PFPE it's 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 Reeling Lifelines
- Temporary Horizontal Lifelines
- How to recognise and deal with syncope (suspension trauma)
- Emergency procedures and planning
- Demonstration of rescue techniques.

### Standards

The Working at Height Regulations 2005.

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

BS 8454 COP for delivery of training for work at height.

# HS2

## HEIGHT SAFETY LEVEL 2

**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 2 DAY (14 HOURS CONTACT TIME)



### 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 user 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 position and restraint equipment. This training provides the delegate with an increase in climbing practice compared with the Height Safety Level 1 course and also includes the use of rescue equipment to undertake a number 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 those people who may be required to:

- Access and work at height including at 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 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
- Practical climbing on ladders using fixed vertical safety systems
- Practical climbing on ladders using twin lanyards
- Temporary fall arrest rope systems
- Use of Self Reeling Lifelines
- Temporary Horizontal Lifelines
- 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

### Standards

The Working at Height Regulations 2005.

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

BS 8454 COP for delivery of training for work at height.



# HS3

## HEIGHT SAFETY LEVEL 2 REFRESHER

**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 1 DAY (7 HOURS CONTACT TIME)



### Overview

The aim of this course is to provide delegate who have 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 delegates 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. Those persons 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 those 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 it's characteristics and limitations
- Inspection care and disposal requirements for PFPE
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Maintenance of Skills
- Practical climbing on ladders using fixed vertical safety systems
- Practical climbing on ladders using twin lanyards
- Temporary fall arrest rope systems
- Use of Self Reeling Lifelines
- Temporary Horizontal Lifelines
- 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.

### Standards

The Working at Height Regulations 2005.

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



# HS4

## HEIGHT SAFETY PFPE INSPECTOR

**RATIO:** 10 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 1 DAY (7 HOURS CONTACT TIME)



### Overview

Persons attending this course will be provided with necessary information and knowledge required of an inspector 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, equipment examination of textile and metalwear testing, storage and disposal requirements.

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 harness's, lanyards, sling's, karabiners, helmets, ropes etc.

### Prerequisites

A working knowledge of the equipment being inspected.

### Who Should Attend

Those persons 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
- Metal-ware equipment inspection methods
- SRL – limitations of inspection
- Equipment care/storage/disposal

### Standards

Delegates will receive a certificate valid for 3 years.  
The Working at Height Regulations 2005.

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

BS 8454 COP for delivery of training for work at height.

BS 7985 COP for the use of rope access methods for industrial purposes.

The Personal Protective Equipment at Work Regulations 1992.

# HS5

## HEIGHT SAFETY MANAGERS AND SUPERVISORS

**RATIO:** 10 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 1 DAY (7 HOURS CONTACT TIME)



### Overview

This course aims to give an understanding of site supervisor's 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 work at height.

All courses provided by Capital Safety Training are designed to ensure the delegates attain maximum benefit from their attendance. In order to achieve this goal, Capital 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 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, those persons 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.
- Appreciate the primary 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.
- Be able to create, or at least request the creation of a procedure and associated model to allow supervisors to manage their teams effectively.
- Understand the hierarchy of controls during activities at height such as collective protection/fall prevention/fall arrest/personal protection.
- Requirements when dealing with complex PPE -staff training etc.
- Use of on-site fall arrest and work positioning systems and equipment – harness's/lanyards/helmets etc.
- Use of Access Equipment (e.g. fixed and portable ladders, cherry pickers and scaffolding etc).
- Use of tool 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.

### Information

Delegates will receive a certificate valid for 3 years.

### Standards

The Health and Safety at Work Act 1974 The Working at Height Regulations 2005.  
BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment.  
BS 8454 COP for delivery of training for work at height.

# HS6

## HEIGHT SAFETY COMPETENT PERSON TRAINER

**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 4 DAYS



### Overview

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

Competency is not gained merely through certificates and qualifications it also requires the acquisition of experience and skills. Employees need to demonstrate both maintenance of skills and application of knowledge, and employers must be able to outline the approach being taken to achieve this.

Training focuses on teaching students to, arrange in house basic working at height instruction and practice sessions for company employees, the importance of documentation and good record keeping, organisation and group control, how to identify the various risks and hazards involved with this type of activity, how to identify and target essential training needs.

Training will be specific to the individual PFPE demonstrated during the course, and to set training locations and situations.

The Competent Trainer program focuses on practical teaching and techniques in order to provide a trainer the ability to instruct a basic 8-hour working at Height and fall protection course. This course is a pass/fail program and incorporates extensive classroom and hands-on training and incorporates both written and practical examinations that are based on the requirements of the US OSHA Regulations, ANSI Z359.2 standard, CSA and EU and UK standards.

### Prerequisites

Delegate should be previously qualified and have experience of working at height. Delegates must also be of the character and aptitude to effectively deliver technical training.

### Who Should Attend

Those persons whose role would include the requirement to deliver basic working at height training to their colleagues and oversee and assess the maintenance of their working at height skills.





## Course Objectives & Content

### Underpinning Knowledge

- Legislation - general requirements for rescue, standards, regulations and skills maintenance requirements
- The dangers of working at height and safe systems of work
- Group control and organisation
- Safe systems of work
- Assessment of prior learning
- Creation of structured practice sessions
- The importance of feedback and good coaching skills
- Venue selection and risk assessment
- Student assessment and record keeping requirements
- Useful forms and paperwork
- Equipment inspection, care and maintenance procedures
- Anchors and anchor point selection

### Climbing and Rescue

- Equipment characteristics and limitations – lanyards/harnesses/helmets/fall arrest blocks
- Equipment fitting and use.
- Equipment and rigging – assembly of personal equipment,

### Training delivery Skills

- Training Planning and risk assessment
- Learning objectives
- Developing lesson plans
- Skills in adult education

Delegates will initially receive a 12 month certification. This certification will be then extended on a 12 month basis on submission and accreditation of proof of training they have delivered. This arrangement is for 3 years

## Standards

The Health and Safety at Work Act 1974

The Working at Height Regulations 2005.

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

BS 8454 COP for delivery of training for work at height



# HS7

## HEIGHT SAFETY 7 - RESCUE

**RATIO:** 1:6

**DURATION:** 1 DAY

### Overview

Aimed at those working at height, this course focuses on workmate rescue and escape training 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. This course will also equip those attending with the necessary skills required to evacuate personnel from a high structure, platform or equipment during an emergency.

### Prerequisites

Those persons 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.

### Certification

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

### Who Should Attend

This training is aimed towards those personnel using personal fall protection equipment (harnesses/lanyards etc.) to work at height in a range of different industries 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
- Emergency escape from height





# HS8

## HEIGHT SAFETY 8 - ESCAPE

**RATIO:** 1:8

**DURATION:** ½ 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 then 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.

### Who Should Attend

Those employees who may or may not be wearing harnesses when working at height on platforms, 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 and photo identity card valid for 3 years however, annual updates are recommended.





# HS9

## HEIGHT SAFETY 9 - DEMONSTRATOR

**RATIO:** 1:6

**DURATION:** 2 DAYS



### Overview

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

Competency is not gained merely through certificates and qualifications it also requires the acquisition of experience and skills. Employees need to demonstrate both maintenance of skills and application of knowledge, and employers must be able to outline the approach being taken to achieve this.

Training focuses on teaching students to, arrange in house practice sessions for company employees, the importance of documentation and good record keeping, organisation and group control, how to identify the various risk and hazards involved with this type of activity, how to identify and target essential training needs.

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

Please Note: All students will be capable of delivering practice sessions using a manikin; Demonstrators will not be competent to deliver rescue sessions using a live person.

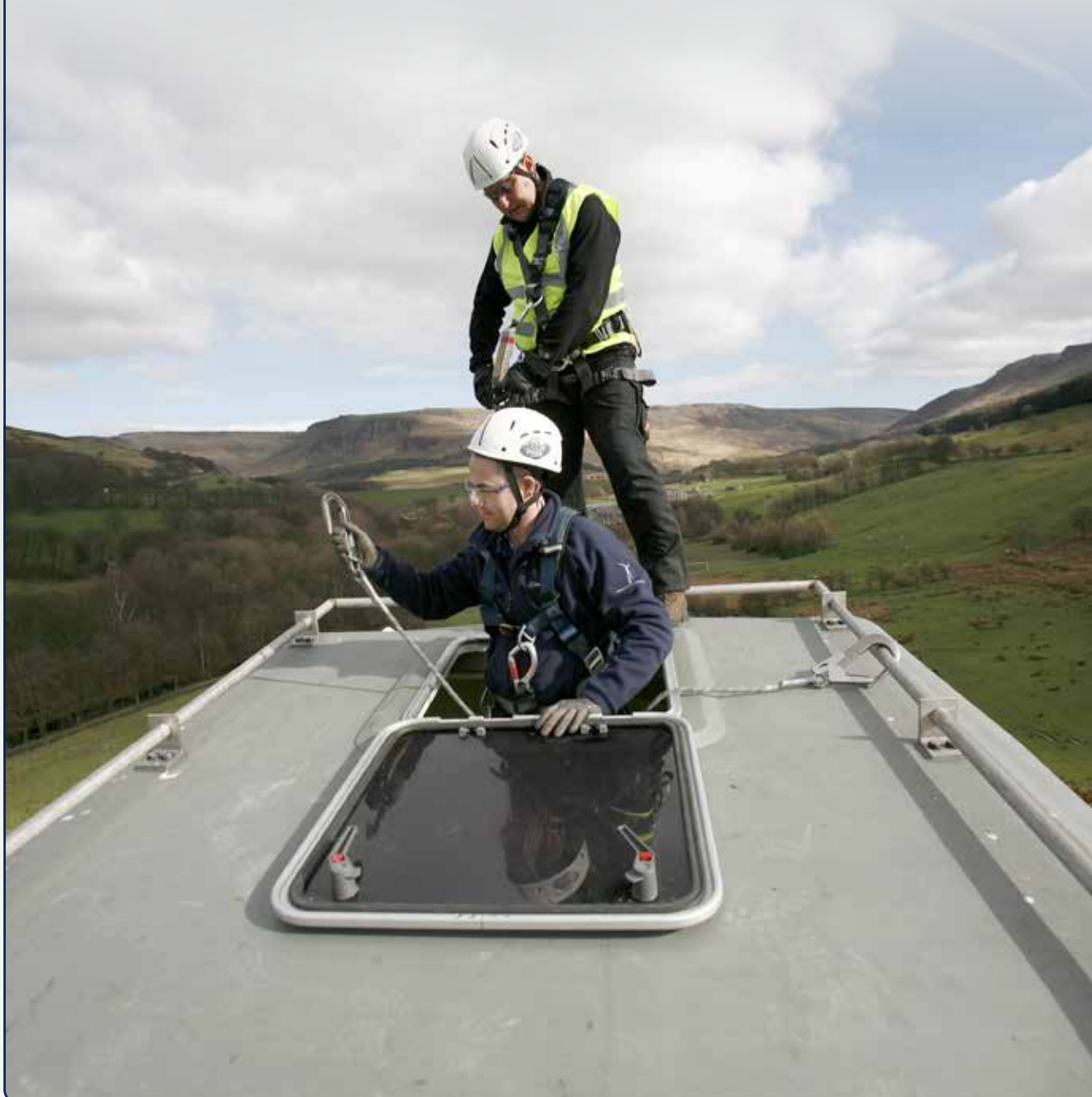
### Prerequisites

Students must be medically fit with a head for heights. Students must have successfully completed the FP02 Height Safety 2 – Worker, and FP04 Height Safety 4 – Rescue course prior to attending this course. Have good basic skills using the rescue equipment to be used.

### Who Should Attend

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





## Course Objectives & Content

- Legislation - general requirements for rescue, standards, regulations and skills maintenance requirements
- The dangers of working at height and safe systems of work
- Group control and organisation
- Safe systems of work
- Assessment of prior learning
- Creation of structured practice sessions
- The importance of feedback and good coaching skills
- Venue selection and risk assessment
- Student assessment and record keeping requirements
- Useful forms and paperwork
- Equipment inspection, care and maintenance procedures
- Anchors and anchor point selection
- Equipment characteristics and limitations
- Equipment fitting and use
- Equipment and rigging – assembly of personal equipment
- Lowering techniques
- Casualty extraction techniques
- Escape techniques
- Dealing with key risk areas
- Manual handling issues

## Certification

All delegates will receive a certificate & ID card valid for 1 year. Recertification will consist of a one day practical assessment. The successful candidate must complete a minimum of 12 practice sessions per year to remain in date.



# TC01

## ROOFTOP SAFETY AWARENESS

**RATIO:** 1:12

**DURATION:** ½ 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 roof tops, requirements for guardrails, barriers and safe access, radio frequency safety and suggest good working practices.

### Prerequisites

None.

### Who Should Attend

For field staff and others working in the telecommunications industry who may require access to switches, BTS's 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 minute)
- 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

All candidates will receive a certificate and photo identity card valid for three years.





# TC02 ROOF WORKER - (ARQIVA APPROVED)

**RATIO:** 1:6

**DURATION:** 1 DAY

## Overview

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



## Prerequisites

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

## Who Should Attend

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

## Course Objectives & Content

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

## Certification

Students will undertake a theoretical and practical assessment; successful delegates will receive a certificate and photo identity card valid for 3 years.



# TC03

## BASIC TOWER CLIMBER

**RATIO:** 1:4

**DURATION:** 1 DAY

### Overview

This course provides a solid foundation for those new to the telecommunications industry and introduces prospective climbers to work on communications masts and towers. Those attending are equipped with the key information, knowledge and practical skills required to work safely using personal fall protection equipment (PFPE) to climb fixed ladders and work on the inside and outside of safe work platforms.

### Prerequisites

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

### Who Should Attend

This course is generally aimed at those persons new to the telecommunications industry and provides a solid foundation from which they can progress to Advanced Climber.

### Course Objectives & Content

- Health & safety legislation and standards
- The dangers of work at height
- Scope and remit for the Basic Climber
- An introduction to working on communications towers/structures
- How to assess the hazards and implement effective controls
- An introduction to RF (duration 15-20 minutes) commonly found on towers
- Emergency procedures
- How to recognise and deal with syncope (suspension trauma)
- How to fit PFPE it's characteristics and limitations
- Inspection care and disposal requirements for PFPE
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- How to identify safe and unsafe areas – barriers/platforms/hatches etc.
- Practical climbing on ladders using fixed vertical safety systems
- Practical climbing on ladders using twin lanyards
- Equipment handling (maximum 20 kg)

### Certification

Students will undertake a theoretical and practical assessment; successful delegates will receive a certificate valid for 3 years.



# TC04 ADVANCED TOWER CLIMBER

**RATIO:** 1:4

**DURATION:** 1 DAY

## Overview

For those accessing all areas on communications masts and towers, this course will provide students with the key information and knowledge required to work safely at height. Training covers the key characteristics, limitations and how to use personal fall protection equipment (PFPE) correctly, how to climb fixed ladders using a range of fixed fall arrest systems, how to climb on open steelwork using lanyards and fall ropes to improve safety.

## Prerequisites

Those attending this course must have successfully completed the TC03 Basic Climber and have a firm understanding of climbing equipment and techniques commonly used in the telecommunications industry. They must be medically fit with a head for heights.

## Certification

Students will undertake a theoretical and practical assessment; successful delegates will receive a certificate valid for 3 years.

## Who Should Attend

This course is aimed at field engineers, site acquisition staff, riggers and others who wish to progress on from Basic Climber and are required to climb and work outside safe areas on a tower or mast.

## Course Objectives & Content

- Health and safety legislation and standards
- Scope and remit of the Advanced Climber
- The dangers of work at height
- Assessment of hazards and risks for the Advanced Climber
- How to deal with syncope (suspension trauma)
- PFPE fitting, characteristics, inspection and care
- Restraint, positioning and fall arrest techniques
- Anchor point selection and checking
- Practical climbing techniques and route selection
- Practical climbing with twin lanyards
- Practical climbing with fall ropes
- Practical work positioning methods
- Equipment handling (maximum 20 kg)





# TC05 BASIC LIFTING AND RIGGING SKILLS

**RATIO:** 1:6

**DURATION:** 2 DAYS



## Overview

For those persons working in the rigging industry, this course teaches the essential knowledge and practical skills required when carrying out small lifting operations (maximum 500 Kg) on a range of structures. On completion of the course the successful candidate will have a basic understanding of the legislation that applies to lifting operations. Be able to tie various knots and lashings, understand the theory of haul systems, work with a range of small winches & pulleys, rig and lift a variety of objects including beams and dishes.

## Prerequisites

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

## Who Should Attend

Operators involved in lifting and slinging operations.

## Course Objectives & Content

- Legislation (WAHR 2005 and LOLER 1998)
- Risk Assessment and method statements
- Lifting equipment and accessories
- Pre-use inspections
- Knots and lashings
- Selection and use of lifting equipment (including capstan and Tirfor)
- Slinging and hand signals
- Lifting configurations
- Working with capstans – setting on square and round legs, problem solving

## Certification

All delegates will receive a certificate and photo ID card valid for 3 years.



# TC06 RF SAFETY AWARENESS - (ARQIVA APPROVED)

**RATIO:** 1:12

**DURATION:** ½ DAY



## Overview

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

## Prerequisites

None.

## Who Should Attend

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

## Course Objectives & Content

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

## Certification

All candidates will receive a certificate of attendance and photo ID card which is valid for three years.



# TC07 TOWER RESCUE

**RATIO:** 1:4

**DURATION:** 1 DAY

## Overview

This course will equip those attending with the skills required to attempt the rescue of an injured workmate stranded on a mast or tower. Training covers key characteristics, limitations and how to use dedicated abseil rescue equipment commonly found in the telecommunications industry.

## Prerequisites

Those attending must have successfully completed the TC04 Advanced Tower Climber and be medically fit with a head for heights.

## Who Should Attend

This course is aimed at all persons working on towers and masts as part of their day to day work activity.

## Course Objectives & Content

- Health and safety legislation
- Assessment of hazards and risks
- Dealing with syncope (before and after effects)
- Equipment fitting, characteristics, limitations, inspection use and care
- Anchor point selection and checking
- Practice single person descent techniques
- Workmate rescue techniques – injured climber suspended by their lanyards
- Workmate rescue techniques – injured and unconscious climber suspended by their lanyards
- Workmate rescue dealing with complication – rescue from positioning and fall rope
- Workmate rescue from ladders and fixed fall arrest systems

## Certification

Students will undertake a theoretical and practical assessment; successful delegates will receive a certificate valid for 3 years, yearly updates recommended.





# GWO

## BST MODULE WORKING AT HEIGHT

**RATIO:** 8 STUDENTS

**DURATION:** 2 DAY (14 HOURS CONTACT TIME)



### Overview

The GWO BST Work at Height module is designed to provide personnel, new to the global wind industry, with basic skills that will enable them to work safely at height and respond effectively to emergencies. It is designed for personnel working both onshore and offshore wind sectors.



### Prerequisites

A medical certificate valid for the region within which the delegate will be working.

### Who Should Attend

Personnel who are new to the Global Wind Industry or require GWO qualifications for site access. This course is suitable for both onshore and offshore access requirements in conjunction with supplementary GWO BST training modules.



### Course Objectives & Content

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

- The objectives of the BST module Working at Heights module are to ensure that:
- Delegates are able to demonstrate knowledge of hazards and risks associated with working at height specific to a WTG
- Delegates are able to demonstrate understanding of current national WAH legislation for their area of operation
- Delegates are able to demonstrate correct identification and peruse inspection of PFPE, e.g. FP Harness, hard hat, lanyards etc
- Delegates are able to demonstrate correct use of PFPE including identification of approved anchor points and climbing vertical ladders
- The delegates are able to demonstrate correct response to emergencies and appropriate use of rescue and evacuation equipment

### Information

This course represents one module of the overall GWO BST syllabus.

A valid GWO certificate may only be issued after successful completion of all modules.

Please note, courses cancelled within five working days will be charged at full cost.

For further information please contact the training department at Capital Safety Training.

### Standards

GWO (BST) Standard Module Working At Heights (BWH).

European Directive 2001/45/EC.



# WE02 HUB RESCUE

**RATIO:** 1:4

**DURATION:** 1 DAY

## Overview

This course deals with the specific issue surrounding work in and around the hub of a wind turbine. It is designed to give delegates the knowledge and practical skill required in order to extract a casualty using a load transfer system and associated rescue equipment supplied by your employer for this purpose.

## Prerequisites

Those attending training will need to be physically fit, able to work within tight spaces and have passed the BWEA course.

## Who Should Attend

Those persons who need to work within the HUB section of a wind turbine and who need a method of extraction.

## Course Objectives & Content

- Work at height - the main dangers, legislation, hazards and risk assessment
- Introduction
- Emergency procedures
- Correct fitting of PPE
- Casualty handling
- Safe use of stretcher system
- Casualty extraction techniques
- Use of a neck brace

## Certification

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





# WE03 WORKING AT HEIGHT & RESCUE - WTG

**RATIO:** 1:4

**DURATION:** 2 DAYS



## Overview

This course is in line with the RenewableUK Work at Height Training Standard for personnel working at height in wind turbines. On completion those attending will be able to climb a fixed ladder, access the nacelle and be aware of the hazards and risks inherent in this type of activity when using PFPE. The course also teaches students to deal with rescue and escape issues using dedicated equipment.

## Prerequisites

Candidates must be medically fit with a head for heights. All students are expected to complete a short medical questionnaire prior to commencement of training.

## Who Should Attend

This course is aimed at persons who are required to use personal fall protection equipment when accessing the tower & nacelle on a Wind turbine (WTG).

## Course Objectives & Content

- Work at height dangers, legislation, hazards and risk assessment
- Safe systems of work, rescue from nacelle/tower and emergency procedures
- Characteristics and limitations of PFPE
- Requirements for inspection, storing and maintaining personal fall protective equipment
- Selection and use of personal fall protection equipment
- Climbing fixed ladders fitted with fall arrest systems
- Climbing with lanyards and associated safety equipment
- Pre syncope (Suspension trauma) and post fall care
- Rescue and escape equipment – characteristics and limitations
- Emergency evacuation/escape techniques from the nacelle
- Ladder rescue techniques
- Nacelle rescue techniques (internal and external)

## Certification

All delegates will receive a RenewableUK approved certificate and photo identity card valid for 2 years.





# WE04

## ADVANCED ACCESS AND RESCUE

**RATIO:** 1:4

**DURATION:** 2 DAYS

### Overview

This course has been developed to meet the needs of the wind turbine industry, and is designed to equip those attending with the skills required in order to access and rescue from a range of different situations on wind turbines (WTG). With a key focus being the hub area, all techniques are generic in concept rather than being specific to a specific WTG. They are designed to equip students with the ability to problem solve and develop solutions regardless of the WTG type.

Techniques include casualty raising and lowering systems, horizontal progression, stretcher work, working within restricted areas, dealing with climb assist and lift rescue issues, external rescue from the nacelle and nose cone.

There is also the option for this course to be combined with company specific rescue procedures should the client wish, however please call to discuss your requirements. During training students are provided with the opportunity to discuss equipment available in the market place for rescuers and their specific needs.

### Prerequisites

Medically fit with a head for heights and must have an in date RenewableUK Work at Height qualification

### Who Should Attend

This course is aimed at employees who are required to access a range of WTG and who need a more advanced rescue capability. Delegates are welcome to bring their own or use TAG supplied equipment.

### Course Objectives & Content

- Advanced access to the nacelle/nose cone etc.
- Planning for rescue and emergencies
- Rescue teams and equipment
- Rescue equipment characteristics and limitations.
- Requirements for inspection, storing and maintaining equipment
- Use of stretchers, long boards etc.
- Suspension Intolerance
- Safe casualty raising and lowering techniques
- Horizontal progression to Hub & Anemometer
- Rescue from the hub and yaw areas
- Rescue from climb assist systems
- External rescues from hubs and nacelle

### Certification

Delegates will receive a certificate and photo identity card valid for 2 years.



# WE05 MET MAST CLIMBER/RESCUE

**RATIO:** 1:4

**DURATION:** 1 DAY

## Overview

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

## Prerequisites

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

## Who Should Attend

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

## Course Objectives & Content

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

## Certification

Delegates will receive a certificate valid for 1 year.





# OG02

## FALL PROTECTION COMPETENT PERSON

**RATIO:** 1:6

**DURATION:** 2 DAYS



### Overview

This course is for individuals that are responsible for the supervision, implementation and monitoring of a managed fall protection program. This course is a pass/fail program, 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

Medically fit with a head for heights.

### Who Should Attend

The Competent Person course is designed for managers, immediate supervisors of authorized persons or individuals working at height. This training also includes Competent Person and Competent Inspector.

### Course Objectives & Content

- Fall protection system assessments
- OSHA, ANSI Z359.2 standard and CSA regulations relating to Fall Protection
- Fall hazard elimination and controls
- Fall hazard surveys and procedures
- Detailed equipment inspection
- Development and implementation of Fall Protection plans and programs
- Traditional Fall Protection (e.g. handrails, guardrails, etc.)
- Fall Restraint systems
- Fall Arrest systems (incl.: personal fall arrest systems, nets, safe work zones, horizontal & vertical safety lines)
- Davits, tripods and associated winches required when accessing a confined space
- Fall protection rescue procedures
- Selection and use of non-certified anchorages
- Competent person responsibilities

### Certification

Upon completion of this course, the student will receive a certificate acknowledging they have met or exceeded OSHA, ANSI and CSA requirements as a Competent Person. The certificate will be valid for 2 years.



# OG03 FALL PROTECTION COMPETENT PERSON TRAINER

**RATIO:** 1:12

**DURATION:** 5 DAYS



## Overview

The Competent Trainer programme focuses on practical teaching and techniques in order to provide a trainer the ability to instruct a 4-hour fall protection awareness course. This course is a pass/fail program and incorporates extensive classroom and hands-on training and incorporates both written and practical examinations that are based on the requirements of the US OSHA Regulations, ANSI Z359.2 standard, CSA and EU and UK standards. This course enables the attendee to have documented fall protection experience, knowledge and training to conduct competent or authorised person training within your company. Upon completion of this course, the student will receive a certificate acknowledging they have met or exceeded OSHA, ANSI and CSA requirements as a Competent Person and Competent Person Trainer.

## Prerequisites

Medically fit with a head for heights.

## Who Should Attend

This course is designed for individuals who are responsible for training Competent or Authorized Persons. This course includes the 2.5 day (20 hour) Competent Person and Competent Inspector courses.

## Course Objectives & Content

- All topics covered in Competent Person
- Learning objectives
- Developing lesson plans
- Skills in adult education

## Certification

Upon completion of this course, the student will receive a certificate acknowledging they have met or exceeded OSHA, ANSI and CSA requirements as a Competent Person and Competent Person Trainer. The certificate will be valid for 2 years.



# OG04 FALL PROTECTION COMPETENT PERSON REFRESHER

**RATIO:** 1:6

**DURATION:** 1 DAY



## Overview

The Competent Person Refresher will demonstrate skill sets as a Competent Person and be made knowledgeable in the new regulation standards and equipment as a competent person. Students will expand their knowledge and ability to identify hazardous conditions, develop programs and make equipment selections to properly deal with fall hazards. Upon successful completion of this course, the student will receive a certificate acknowledging they have met or exceeded OSHA, ANSI and CSA requirements as a Competent Person. Competent Person refresher training shall be conducted at least every two years to stay current with the fall protection and rescue educational industry requirements or when new fall protection systems are used or installed or new fall hazards are encountered.

## Prerequisites

The applicant must previously have completed the full Fall Protection Competent Person course, and be medically fit with a head for heights.

## Who Should Attend

Those need to refresh there Fall Protection Competent Person Course.

## Course Objectives & Content

- Fall Protection Regulations
- Fall hazard elimination and controls
- Fall hazard surveys and procedures
- Competent person responsibilities
- Detailed equipment inspection
- Fall protection system assessments

## Certification

Upon completion of this course, the student will receive a certificate acknowledging they have met or exceeded OSHA, ANSI and CSA requirements as a Competent Person. The certificate will be valid for 2 years.





# RT01

## TAG LEVEL 1 - ROPE ACCESS TECHNICIAN

**RATIO:** 1:4

**DURATION:** 3 DAYS



### Overview

This 3 day course is for those persons who are required to use abseil techniques in order to gain access to and work in difficult locations. The course complies with British Standard 7985: 2002 Code of Practice and ISO for the use of rope access techniques and provides all the required skills for modern rope access operations on structures of any form. It includes single pitch working and rope changeovers (passing rebelay, deviations or moving between ropes). There is an element of assessment in this course.

### Prerequisites

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

### Who Should Attend

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

### Course Objectives & Content

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

- Introduction
- Health & Safety Standards and Legislation
- Equipment rigging and fitting
- Inspection and care of rope access equipment
- Anchors and anchor point selection
- Descending / ascending techniques
- Changeovers and rebelay
- Rope access rescue techniques

### Certification

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



# RT02

## TAG LEVEL 2 - ROPE ACCESS SUPERVISOR

**RATIO:** 1:4

**DURATION:** 3 DAYS



### Overview

This 3 day course is for those persons who are required to supervise employees using industrial rope access techniques to gain access to difficult and awkward locations. The course aims to equip students with the ability to supervise the operation of TAG Rope Access Technicians.

### Prerequisites

Students must hold a valid TAG Rope Access Technician or IRATA Level 2 certificate.

### Certification

All candidates will receive a certificate valid for three years.

### Who Should Attend

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

### Course Objectives & Content

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

- Demonstrate a working knowledge of current Health & Safety standards and legislation
- Demonstrate the role of the supervisor
- Supervise and check equipment rigged & fitted by operatives
- Select and use advanced anchor point / knots and rigging techniques
- Carry out advanced rescue techniques

# IR01

## IRATA 1 ROPE ACCESS

**RATIO:** 1:6

**DURATION:** 5 DAYS

### Overview

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

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

### Prerequisites

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

### Who Should Attend

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

### Certification

All successful candidates will receive IRATA accreditation.





# IR02

## IRATA 2 ROPE ACCESS

**RATIO:** 1:6

**DURATION:** 5 DAYS

### Overview

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

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

### Prerequisites

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

### Who Should Attend

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

### Certification

All successful candidates will receive IRATA accreditation.





# IR03

## IRATA 3 ROPE ACCESS

**RATIO:** 1:6

**DURATION:** 5 DAYS

### Overview

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

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

### Prerequisites

Those attending should be medically fit to carry out the practical part of the course. Students must hold, and have held, a valid IRATA Level 2 certificate for at least 12 months and have at least 1000 hours of logged rope access work, plus a valid First Aid certificate.

### Who Should Attend

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

### Certification

All successful candidates will receive IRATA accreditation.





# TR01

## TECHNICAL RESCUE - OPERATIVE

**RATIO:** 1:4

**DURATION:** 5 DAYS

### Overview

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

### Prerequisites

Candidates should have previously completed the Rescue Level 2 course and hold a valid certificate. Those attending should be medically fit to carry out the practical part of the course.

### Certification

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

### Who Should Attend

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

### Course Objectives & Content

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

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





# TR02 TECHNICAL RESCUE - TEAM LEADER

**RATIO:** 1:4

**DURATION:** 5 DAYS



## Overview

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

## Prerequisites

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

## Who Should Attend

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

## Course Objectives & Content

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

- Team management
- Rigging for rescue
- Anchors, load calculations and failure plans
- Rigging complex hauling, traversing and lowering systems
- Use of powered winching systems
- Advanced stretcher transport
- Leading edge systems (tripods, A-frames)
- Failure recovery and improvisation

## Certification

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

# CS1

## CONFINED SPACE ACCESS LOW RISK

**RATIO:** 8 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 1 DAY (7 HOURS CONTACT TIME)



### Overview

This course is aimed at those persons required to access confined spaces classified as Low Risk.

The training covers the essential legislation, working practices and safety requirements for Confined Spaces up to 3m deep and accessible by a single fixed ladder with no obstruction. There must be no realistic expectation of encountering a specified risk. Whilst working within the space, the entrant must be attached to the safety line system.

### Prerequisites

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

### Who Should Attend

Those employees who are required to access confined space areas.

### Information

Successful delegates will receive a certificate and photo ID card valid for 3 years  
Please note, courses cancelled within five working days will be charged at full cost.  
For further information please contact the training department at TAG.

### Standards

Working at height regulations 2005.  
Confined space regulations 1997.  
BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment.  
BS 8454 COP for delivery of training for work at height.

### Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Communications/emergency actions
- Watchman duties
- Safe system of work/PPE/permit to work
- Risk assessment/method statement
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Vertical shaft entry and egress (using ladders)
- Use of tripod / davit and winch
- Correct use of gas detector sampling techniques





# CS2

## CONFINED SPACE ACCESS MEDIUM RISK

**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 2 DAYS (15 HOURS CONTACT TIME)



### Overview

This course is aimed at those persons required to access confined spaces classified as medium risk spaces.

A medium risk Confined Space is regarded as a space where there is a realistic expectation of encountering a specified risk and includes the use of Escape Respiratory Protective Equipment. The course includes working practices where the entrants would be required to detach from the safety line.

### Prerequisites

Medically fit.

### Who Should Attend

Employees who are required to access medium risk confined space areas.

### Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space.
- Confined space examples & categories
- Communications/emergency actions
- Watchman duties
- Safe system of work/PPE/permit to work
- Risk assessment/method statement
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Vertical shaft entry and egress (using ladders)
- Use of tripod & winch
- Correct use of gas detector sampling techniques
- Correct use of Escape breathing apparatus.

### Standards

Successful delegates will receive a certificate and photo ID card valid for 3 years  
Please note, courses cancelled within five working days will be charged at full cost.

Working at height regulations 2005.

Confined space regulations 1997.

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

BS 8454 COP for delivery of training for work at height.

# CS3

## CONFINED SPACE ACCESS HIGH RISK – INCORPORATING FULL WORKING BREATHING APPARATUS



**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 3 DAYS

### Overview

This course is aimed at those persons required to access confined spaces classified high risk spaces which includes Non standard entries involving complex operations which introduce additional risks and require specific controls and rescue arrangements e.g. mechanical hazards, physical complexity of system introduced hazards, enhanced specific intrinsic hazards.

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

### Prerequisites

Candidates should be physically fit and medically capable of using positive pressure breathing apparatus – contact us for more information on influencing conditions. Candidates with spectacles should contact us for advice. This course is physically demanding.

### Who Should Attend

Persons who are required 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 fire fighting, mining or diving operations.

### Standards

Working at height regulations 2005.

Confined space regulations 1997.

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

BS 8454 COP for delivery of training for work at height

### Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Communications/emergency actions
- Watchman duties
- Safe system of work/PPE/permit to work
- Risk assessment/method statement
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Vertical shaft entry and egress (using ladders)
- Access including detachment from recovery line
- Use of tripod & winch
- Dangerous atmospheres
- Review of gas detection equipment
- Breathing apparatus checks, selection and donning
- Time duration calculations and board management of BA users
- Operations in zero visibility
- Emergency procedures



# CS4

## CONFINED SPACE RESCUE

**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 1 DAY (7 HOURS CONTACT TIME)



### 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 BA, and covers searching, advanced winching and hauling systems, operations in zero visibility, incident management and immediate-response risk assessment (IRRA).

### Prerequisites

Candidates should be physically fit and medically capable of using positive pressure breathing apparatus – contact us for more information on influencing conditions – plus hold a valid qualification in CS03 FWBA.

### Who Should Attend

Persons who are required to provide professional on-site rescue cover for confined space operations, 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
- 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 (FWBA / zero visibility)

### Standards

Successful delegates will receive a certificate and photo ID card valid for 3 years  
Please note, courses cancelled within five working days will be charged at full cost.  
Working at height regulations 2005.  
Confined space regulations 1997.  
BS 8437 COP for the selection, use and maintenance of fall protection systems and equipment.  
BS 8454 COP for delivery of training for work at height.



# CS5

## CONFINED SPACE REQUALIFICATION

**RATIO:** 6 STUDENTS TO 1 INSTRUCTOR

**DURATION:** 1 DAY (7 HOURS CONTACT TIME)



### Overview

This course is for re-qualification of persons holding current Confined Space Certification up to and including Medium Risk Assess.

### Prerequisites

Medically fit. Hold a current, recognised confined space certification at Medium risk level or below.

### Who Should Attend

Employees who are required to re-qualify to access medium risk confined space areas.

### Course Objectives & Content

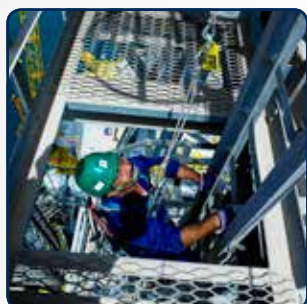
- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Communications/emergency actions
- Watchman duties
- Safe system of work/PPE/permit to work
- Risk assessment/method statement
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Vertical shaft entry and egress (using ladders)
- Use of tripod & winch
- Correct use of gas detector sampling techniques
- Correct use of Escape breathing apparatus



# EIC01 EYEBOLT INSTALLATION CLASS A1 ANCHOR DEVICES

**RATIO:** 1:6

**DURATION:** 1 DAY



## Overview

This course provides both the theoretical and practical training to enable personnel to install Fall Arrest and Abseil anchor devices, which comply with EN795 Class A1 in accordance with Manufacturers specifications and BS7883 Code of Practice.

## Prerequisites

Those attending must be medically fit to carryout the intended activities.

## Who Should Attend

Those persons required installing Fall Arrest anchors.

## Course Objectives & Content

- Relevant health and safety legislation
- Knowledge of BS EN795: 1997 protection against falls from height – Anchor devices, requirements and testing
- Knowledge of BS7883: 2005 Code of Practice for the design, selection, installation, use and maintenance of anchor devices conforming to BS EN795
- Choices of systems
- Positioning of eyebolts
- Installation techniques into concrete, brickwork and steel
- Installing for use with BS 7985:2002 Code of practice for the use of rope access methods for industrial purposes
- Testing
- Periodic examinations
- Certification

## Certification

All delegates will receive a certificate and photo ID card valid for 3 years.



# PLA01

## PORTABLE LADDER ACCESS

**RATIO:** 1:8

**DURATION:** ½ DAY

### Overview

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

### Prerequisites

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

### Who Should Attend

The training is intended for those people required to access places of work more than 2 meters above the ground and have to provide their own means of access and positioning.

### Certification

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

### Course Objectives & Content

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

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





# ME02 APPOINTED PERSON - EMERGENCY FIRST AID

**RATIO:** 1:10

**DURATION:** 1 DAY



## Overview

This one day course provides delegates with the basic essential skills of First Aid. The course follows guidelines recommended by the Health & Safety Executive for Appointed Persons but with additional common First Aid conditions, which is a minimum level of training for persons in low-risk workplace environment.

## Prerequisites

None.

## Who Should Attend

Those persons responsible for carrying out First Aid in the work place.

## Course Objectives & Content

- Identify the role of the First Aider
- Identify the legal framework & it's provision in First Aid at Work
- Act safely promptly & effectively in emergency situations
- Administer Basic Life Support (CPR)
- Administer First Aid to and manage an unconscious casualty

Recognise common major and minor illnesses such as:

- Hypothermia/Hyperthermia
- Administer First Aid safely, promptly & effectively to:
  - A wounded or bleeding casualty
  - A casualty who is burnt / scalded or suffering with shock
  - A casualty who has an eye injury
- Maintain hygienic conditions as much as the workplace allows
- Competently use first aid equipment understanding it's uses and restrictions



## Certification

All delegates will receive a certificate and photo ID card valid for 3 years.



# ME03

## EMERGENCY FIRST AID

**RATIO:** 1:19

**DURATION:** 3 DAYS

### Overview

This course covers both practical and theoretical skills required by a first aider in the modern workplace. This course helps achieve your statutory requirements as laid down in the Health and Safety (First Aid) Regulations 1981. A mix of theory and practical this course can be adapted to suit a particular audience if requested.

### Prerequisites

None.

### Who Should Attend

Those employees who are required to be first aiders or anyone wanting to gain knowledge and skill in first aid.

### Course Objectives & Content

- Scene assessment
- Accidents and illness
- Using a first aid kit
- Record keeping
- CPR
- Bleeding
- Choking
- Burns and Scalds
- Fractures
- Shock
- Heart attacks
- Seizures
- Eye injuries
- Continual care whilst at the scene



### Certification

Students will undertake a theoretical and practical assessment; successful delegates will receive a certificate valid for 3 years however, internal maintenance of these skills must be maintained.





# WS01 WORKING SAFELY 1-DAY

**RATIO:** 1:12

**DURATION:** 1 DAY

## Overview

This course has been designed to allow workers to contribute positively to health & safety in the work place, so that they clearly understand their individual responsibilities.

## Prerequisites

None.

## Who Should Attend

Company Employee's looking to improve their health & safety awareness.

## Course Objectives & Content

- Safe working
- Identifying hazards and risks
- Dealing with hazards: fire safety, manual handling, electricity, chemicals, display screen equipment, work equipment, movement of people, housekeeping and noise
- Improving safety performance: reporting of accidents, monitoring work, commenting on health & safety policy, complying with legal requirements, cooperating with management, communicating safety information



# HS11

## PASMA / NON PASMA - MOBILE ACCESS TOWERS

**RATIO:** 1:10

**DURATION:** 1 DAY



### Overview

The aim of the training is to provide candidates with the necessary information to safely erect, use, inspect and dismantle aluminium or fibreglass mobile access towers. By the end of the course the candidates will have an understanding of the statutory regulations, be able to inspect mobile access tower equipment, be able to identify safe working heights, understand safe working loads, move mobile access towers and use and inspect mobile access towers

Can be awarded in house or through PASMA, please call for further details.

### Prerequisites

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

### Who Should Attend

Any person(s) who, as part of their working duties are involved in the erection, dismantling and use of mobile access towers.

### Course Objectives & Content

- Health & Safety legislation & regulations
- PASMA Code of Practice (where applicable)
- Safe working at heights
- Identifying mobile access tower equipment
- Manufactures Instruction Manuals
- Ground and site conditions
- Sequence of erecting and dismantling mobile access towers
- Use of stabilisers, outriggers, sole pads and ties
- Moving and repositioning erected towers
- Inspection report procedure
- Multi choice test paper
- Practical erection, moving, inspection and dismantling

### General Information

Where applicable, Delegates will receive a PASMA standard certificate and photo identity card valid for 5 years. For none PLASMA accredited training Delegates will receive a Capital Safety Issued Certificate and photo identity card.

Please note, courses cancelled within five working days will be charged at full cost.

For further information please contact the training department at TAG.

### Standards

The Working at Height Regulations 2005.

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

BS 8454 COP for delivery of training for work at height.

PASMA safe systems of work.



# PLI02 PORTABLE LADDER INSPECTION

**RATIO:** 1:8

**DURATION:** ½ DAY

## Overview

This half-day course is designed to enable the competent user to provide a vital link in the Health and Safety framework of an organization.

The course will provide candidates with the knowledge and skills to competently inspect ladders and maintain records.

## Prerequisites

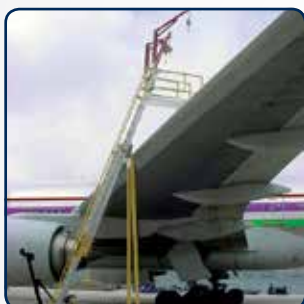
None.

## Who Should Attend

Those persons responsible for programmed inspection of ladders and steps.

## Course Objectives & Content

- Legislation Codes of Practice
- HASWA etc 1974
- PPE (Personal Protective Equipment at Work Regs) 1992
- PUWER (Provision and use of Work Equipment Regs) 1992
- Construction Health Safety & Welfare Regs 1996
- Manual Handling Operations Regs 1992
- Workplace Health Safety & Welfare Regs 1992 Temporary Work at Height
- Directive 2001/45/EC (89/655/EEC)
- Hazards associated with use of ladders and steps
- Inspection criteria
- Types and construction
- Recording Marking and Standards
- Types of inspection
- Before and after use
- Programmed
- Maintenance
- Cleaning and lubrication



## Certification

All delegates will receive a certificate and photo ID card valid for 3 years.



# CACES R-372M

## WORKSITE MACHINES CATEGORIES 1-3-4-9

**RATIO:** 6 TRAINEES MAXIMUM

**DURATION:** 2 TO 6 DAYS



### Aim

To use worksite machines in optimal safe working conditions and in line with current regulations. To acquire the theoretical and practical expertise.

### Target audience

User, supervisor, site foreman, team leader, operator, both experienced and inexperienced operators.

### Retraining

Every 10 years.

### Content Theory module

- Regulations
- Description and classification
- Who can operate a worksite machine
- Functioning of safety systems
- Risks linked to use of a machine
- Selection of a machine and assessment of suitability according to the work

### Practical module

- Checks
- Visual assessment
- Good working order
- Positioning
- Movement
- Manoeuvres

### 1 day exam

During this training an evaluation of theoretical and practical expertise will take place according to the frame of reference of the R372M recommendation.

# CACES R389



## FORKLIFTS CATEGORIES 1-3-5

**RATIO:**

6 TRAINEES MAXIMUM

**DURATION:**

2 TO 4 DAYS

### Aim

To use forklifts in optimal safe working conditions and in line with current regulations. To acquire the theoretical and practical expertise.

### Target audience

User, supervisor, site foreman, team leader, operator, both experienced and inexperienced operators.

### Retraining

Every 5 years.

### Content

#### Theory module

- Regulations, duties and responsibilities of forklift operators; Obligations of operator and employer
- Technology of forklifts (categories, hydraulic circuit), load capacity, stability
- Checks and maintenance when starting and ending use

#### Practical module

- Procedures when starting and ending use
- Movement with or without load
- Picking up and/or setting down a load on the floor, stocking and/or destocking a palette rack at all levels, stacking and/or unstacking in piles
- Loading and/or unloading of a vehicle



# M01

## WEARING OF HARNESS LEVEL 1

**RATIO:**

6 TRAINEES MAXIMUM

**DURATION:**

1 DAY

### Aim

To acquire technical expertise for work and access to previously secured sites (anchoring, safety lines, belay supports).

### Target audience

Staff using a harness occasionally or regularly to carry out work at height using existing belay supports (anchors, safety lines, etc).

### Retraining

Recommended every 2 years.

### Business sectors

Construction, telecommunication, maintenance, entertainment.

### Content

#### Theory module

- Awareness of falls from height
- National and European regulations
- Employer/employee rights and responsibilities
- Collective protection
- Personal protection (standards/obligations)

#### Practical module

- Presentation of PPE adapted for working at height Harness/Fall arrest/Anchors
- Adjustment of the harness/Suspension test
- Course for analysis of risks at height
- Movement on safety lines (safety rules/techniques)
- Use of fall arrest systems on rigid and flexible belay supports





# M05A

## TRAINING FOR ROPE ACCESS TECHNICIANS AND WORKPLACE FIRST AID REPRESENTATIVES



**PARTICIPANTS:**

SESSIONS OF 6  
PEOPLE MAXIMUM

**DURATION:**

5 DAYS/35 HOURS

### Aim

For the trainees to acquire expertise regarding work on ropes. Knowledge about these notions and actions enables the technician to actively reflect on the everyday management of safety in order to improve quality and safety at work sites.

### At the end of the training, the trainees will be able to

- Determine what CPE, PPE, supports, anchorage, docking are
- Use, set up and take down equipment for manoeuvring on ropes
- Apply the relevant professional working practices
- Master the applicable standards and rules/limits for use and fitting of this equipment
- Apply the rights and responsibilities of a rope access technician, work site obligations and markers

### They will be capable of

- Suitably looking after and using their personal protection equipment for fall arrest
- Understanding and safely practising under supervision manoeuvre and equipment techniques on the ropes
- Moving a load using ropes
- Securing and releasing a technician in difficulty on the ropes

Due to their technical nature, and limited use in some cases, these expertise can only be put to use safely and independently through consistent practice on site under the supervision of an experienced rope access technician and with regular training.

### Requirements

Be in good physical shape, not have any contraindications to working at height and wearing a harness, have a medical certificate for fitness for this type of work from an occupational doctor. Oral and written proficiency in French.

### Teaching method

The training takes place in classrooms for the theory parts and includes three main types of support:

- An individual evaluation and positioning document completed and handed in by each trainee at the start of the training
- A teaching manual given out at the start of the training, used as a frame of reference
- An audiovisual support

Practical work takes place on two sites devoted to training: the training site allows the application of manoeuvre techniques and learning of safety movements and postures.

Assessment of expertise involves:

- For the practical, continuous assessments throughout the training
- For the theory, a written test at the end of the training





## Programme

### 1. Welcome and presentation

The trainer and trainees' rope access technician company, the socio-economic environment of the difficult access work sector.

- Accidents when working at heights, general principles for prevention and responsibilities,
- Methods for collective protection, personal protection
- Regulations,
- Listing of expectations, evaluation and positioning.

### 2. Equipment for manoeuvring

- The rope access technician's kit – review of equipment, descriptions
- Rules for use, practice
- Composition, limits, maintenance and checks

### 3. Equipment

- The ropes and straps: composition, features, storage, cleaning, ageing,
- The knots: use, effects, practice
- Anchoring: Different types of anchoring: chemical, mechanical, structural. Selection criteria: according to support, resistance, use
- Markers

### 4. Manoeuvre techniques

- Operating modes for the horizontal safety line at one level and on descent,
- Angles, fall factors and impact force

### 5. Techniques for equipment

- Principles for equipment
- Identification of risks linked to manoeuvring: selection of type of equipment and relevant protection according to the layout of the site
- Access from above: Identification of risks; Choice of docks; Securing access

### 6. Safety

- Emergency situations: managing them, releasing a workmate in difficulty on the ropes, evacuation by descent, by the working rope

### 7. Lifting - safety

- Hoists: presentation and use of different types of hoists, crossing knots.
- Moving a load: precautions to take, lifting, lowering, transition between lifting and lowering, handling a load
- Guide rope: installation, moving up and down

### 8. Summary

- Review of the session,
- Evaluation of expertise

## Comment

This programme is given as a rough guide, the content can change according to the trainees' needs and level. All of the training takes place at special training sites and never at real worksites. No destructive test or real fall will be involved.

## Important reminder:

Due to their technical nature, and limited use in some cases, these expertise can only be put to use safely and independently through consistent practice on site under the supervision of an experienced rope access technician and with regular training.



# M22

## ELECTRICAL ACCREDITATION TRAINING B0H0 NON-ELECTRICIAN LEVEL AND ELECTRICIAN LEVEL H1B1V-H2B2V-BC-BS-BR-BE



**RATIO:**

8 TO 10 MAXIMUM

**DURATION:**

2 TO 3 DAYS PER GROUP

### Aim

To be able to safely carry out operations on high voltage and/or low voltage electrical installations and equipment with respect to the instructions of the UTE C 18-510 publication.

### Target audience

Electrician responsible for work, repairs or other operations to do with electrical work.

### Validation

Electrical accreditation card.  
Certificate of training.  
Summary document given to trainees.

### Retraining

Every 3 years.

### Course Objectives & Content

#### Regulations

- Regulatory framework: Definitions of risks and dangers, Obligations of employer and employee and responsibilities of each, Deliberate breach, How to find electrical regulations and standards?

Recap of electricity basics

- General points about electricity and static electricity, difference in potential, Ohm's law, voltage domains.

Electrical risk

- Different types of risk: electric shock, electrocution, burn, fire, explosion

Means of prevention, safety

- Standardisation: UTE C18 510 publication, Means for collective and personal protection, Directions for staff: instructions and procedures.

High voltage and low voltage electrical devices

- Protection against overloading, means of control and sectioning, Resistance and measures for earthing.

Assessment of training

- Individual test of expertise at the end of the training. A certificate of training with an accreditation notice are sent to the employer so they can issue an accreditation certificate.



# M23B

## TRAINING IN SLINGING AND COMMAND SIGNALS

**RATIO:**

6 TRAINEES MAXIMUM

**DURATION:**

1 DAY



### Aim

To be capable of:

- Choosing slings and accessories according to the item to be moved, the surroundings and the equipment available
- Evaluating the condition of the slings and accessories
- Using the accessories to use specific slings

### Target audience

Anyone required to use slings and lifting accessories for specific sling operations.

### Requirements

Up to date medical visit and fluency in French.

### Content

#### Theory module

Sling specialist:

- The profession and responsibilities of the sling specialist
- Regulations
- The different types of slings
- Determining the safe working load

(SWL):

- 10 rules for safe slinging
- Assessment of loads (shape, density, weight, centre of gravity)
- Selection and installation of slings, accessories
- Manoeuvring of load: lifting, movement, setting down of load
- Commands: standardised signals.

Monitoring:

- Maintenance, storage, testing of slings

#### Practical module

- Description of slings and accessories,
- Exercises in slinging items of various shapes,
- Slings specific to the establishment
- Testing of slings and accessories



# M24A

## TRAINING FOR WORKING IN CONFINED SPACES

**RATIO:**

**6 TRAINEES MAXIMUM**

**DURATION:**

**1 DAY**



### Aim

- Identifying dangers, evaluating risks.
- Knowing procedures related to working in confined spaces.
- Preparing and securing the intervention zone.
- Using different detection and protection equipment.
- Knowing procedures for the emergency release of a person

### Required equipment

Access to a gas detector and a self-rescuer mask.

### Target audience

Any operator having to enter and/or intervene in confined spaces.

### Retraining

Every two years.

### Content

#### Theory module

- Regulations, obligations and responsibilities of the employer and operators
- Definitions of confined spaces: Asphyxiation/explosion
- Toxicity of gas encountered in confined spaces

- Physiological effects on the body: hypoxia, hypercapnia
- Psychological effects on the body: claustrophobia, spasmophilia
- Organisation of work in confined spaces
- Gas detectors and explosimeters
- Method for ventilation of confined spaces
- Respiratory protection with cartridge masks (respirator), and self-rescuer masks
- Alarm procedures

### Practical module

- Setting up of access equipment (tripods)
- Risk analysis
- Use of gas detectors, procedure
- Ventilation
- Descent in confined spaces
- The specific role of the 'surface monitor', audible and visual signals.
- Specific emergency situation
- Fitting of the self-rescuer mask
- Safety measures in confined spaces

Role play for trainees – Analysis and corrective actions – Individual assessment and evaluation – Check for suitability for harness wearing and work in confined spaces.



# M02

## WEARING OF HARNESS/WORK AT HEIGHT, ACCESS AND WORK ON PYLONS, POLES, WATER TOWERS LEVEL 2



**RATIO:**

6

**DURATION:**

2 DAYS

### Aim

To acquire the technical expertise to manoeuvre safely on pylons and poles for maintenance and installation.

### Target audience

Technicians, team leaders, site foremen.

### Retraining

Recommended every 2 years.

### Business sectors

Telecommunication, construction, maintenance, electricians.

### Content

#### Theory module

- Awareness of falls from height
- National and European regulations
- Employer/employee rights and responsibilities
- Collective protection
- Personal protection (standards/obligations)

### Practical module

- Presentation of PPE adapted for work on pylons  
Harness/Fall arrest/Anchors
- Suspension test
- Ascent of the pylon (techniques/safety rules)
- Horizontal and vertical manoeuvres with safety tethers
- Use of different fall arrest systems on rigid supports (rail) and flexible supports (cable)
- Maintenance at work/Installation of equipment
- Knot workshops on ropes and temporary anchors
- Securing a sloping/flat roof
- Exercises in lifting loads and installation of an antenna
- Evacuation of a suspended person



# M03

## WEARING OF HARNESS, ACCESS AND SECURING OF SLOPING AND FLAT ROOFS



**RATIO:**

6 - INTER AND INTRA TRAINING

**DURATION:**

2 DAYS

### Aim

To acquire the technical expertise to move about safely on sloping and flat roofs.

### Target audience

Roofers, carpenters, maintenance workers.

### Retraining

Recommended every 2 years.

### Business sectors

Telecommunication, construction, maintenance, electricians.

### Content

#### Theory module

- Awareness of falls from height
- National and European regulations
- Employer/employee rights and responsibilities
- Collective protection
- Personal protection (standards/obligations)
- Theoretical expertise evaluation test

### Practical module

- Presentation of PPE adapted for work on roofs  
Harness/Fall arrest/Anchors
- Adjustment of the harness/Suspension test
- Course for analysis of risks at height
- Use of different fall arrest systems on rigid/flexible supports
- Maintenance at work/Installation of equipment
- Knot workshops on ropes and temporary anchors
- Creating a temporary safety line
- Temporarily securing a flat roof
- Installation of a rainwater pipe
- Securing an access ladder
- Lifting and lowering of loads



# M04

## DIFFICULT ACCESS WORK AND POSITIONING ON ROPES

**RATIO:** 6 - INTER AND INTRA TRAINING

**DURATION:** 5 DAYS



### Aim

To acquire the technical expertise for work suspended on ropes in line with the decree 2004-924. Knowing how to move about safely on building facades, sloping roofs, pylons, water towers.

### Target audience

Roofers, telecoms installers, entertainment technicians, temporary entertainment workers.

### Retraining

Recommended every 2 years.

### Business sectors

Construction, telecoms, entertainment.

### Content

#### Theory module

- Awareness of falls from height
- National and European regulations
- Employer/employee rights and responsibilities
- Collective protection
- Personal protection (standards/obligations)
- Theory evaluation test

### Practical module

- Presentation of PPE adapted for work on ropes  
Harness/Fall arrest/Anchors
- Preparing temporary anchoring points and knots in ropes
- Setting up of ropes for suspension work
- Ascent and descent on ropes
- Horizontal and vertical manoeuvres
- Exercise for lifting loads and haulage
- Safety on ropes
- Training site

# M05

## ROPE ACCESS TECHNICIAN (CERTIFICATE OF PROFESSIONAL QUALIFICATION) WORK ON ROPES AND TECHNIQUES USED



**RATIO:** 6 - INTER AND INTRA TRAINING

**DURATION:** 20 DAYS

### Aim

For trainees to acquire basic expertise for work on ropes.

Knowledge about these notions and actions enables the technician to actively reflect on the everyday management of safety in order to improve quality and safety at work sites.

Preparation for the rope access technician Certificate for Professional Qualification (CQP).

### Level

Beginner - refresher - advanced.

### Target audience

Rope Access Technician.

### Requirements

Be in good physical shape, not have any contraindications to working at height and wearing a harness, have a medical certificate for fitness for this type of work from an occupational doctor, fluency in French, workplace first aid representative.

### Content

#### Theory module

The training takes place in rooms for the theory parts and includes three main types of support:

- An individual evaluation and positioning document completed and handed in by each trainee at the start of the training.
- A teaching manual given out at the start of the training, used as a frame of reference.
- An audiovisual support.

#### Practical module

Practical work takes place on two sites devoted to training:

- The training site allows the application of manoeuvre techniques and learning of safety movements and postures

Assessment of expertise involves:

- For the practical, continuous assessments throughout the training
- For the theory, a written test at the end of the training

### Approval

Certificate of training

At the end of the training you will also be given a copy of the instructor's notes, as well as a 'monitor tutor certificate' which will allow you to supervise practical work of trainees on site.

### Comment

The time in hours is based on a 35-hour week or a 7-hour day.





# M06

## INSPECTOR OF PERSONAL PROTECTION EQUIPMENT

**RATIO:** 6

**DURATION:** 1 DAY

### Aim

To acquire the theoretical and practical expertise related to checking Personal Protection Equipment for fall arrest, in order to carry out compulsory periodic internal tests. Keeping of the safety log, maintenance and monitoring of PPE.

### Target audience

Warehouseman, health and safety representative, site manager, etc.

### Retraining

Recommended every 2 years.

### Content

#### Theory module

- Awareness of falls from height
- National and European regulations
- Personal protection (standards/obligations)
- Monitoring and maintenance of PPE
- Keeping of the safety log

#### Practical module

- Presentation of PPE: harness/fall arrest/anchors
- Condition of PPE
- The different test points
- Practical workshop for checking equipment



# M07

## AERIAL LIFTS: TRAINING IN TECHNIQUES FOR MOVEMENT AND EVACUATION ON AERIAL LIFTS



**RATIO:**

6 - INTRA-COMPANY TRAINING

**DURATION:**

2 DAYS, 14 HOURS OR  
3 DAYS, 21 HOURS

### Aim

To learn to evacuate passengers safely in limited time, according to the CRAM reference system.

### Teaching support and site

Pylon, chairlift, cable car, aerial lift.

### Target audience

Companies that operate aerial lifts: staff operating on line evacuations.

### Retraining

Recommended annually (for rescue).

### Content

#### 1st Day: 7 hours

- Regulatory and legislative framework relating to the Decree of 1st Sept 2004. CRAM recommendation
- Presentation of the Personal and Collective Protection Equipment
- Knot training (learning to tie basic knots)
- Awareness of basic principles of techniques for setting up
- Organisation of withdrawals, releasable, tandem and counterbalance abseils.

#### 2nd Day: 7 hours

- Practical exercises on operating sites.
- Principles for safety and individual manoeuvring on pylons (movement on free-standing structure)
- Basic knowledge of belaying for rescue team member (Alpine ascension techniques)

#### 3rd Day: 7 hours

- Practical exercises on operating sites
- Planning the implementation of a concerted evacuation strategy
- Establishment and recording of procedures for interventions
- Role play for evacuation of passengers in pairs
- Final evaluation
- Individual and collective assessment of training activity

# M08

## WEARING OF HARNESS FOR WIND TURBINE ASSEMBLY, MAINTENANCE



**RATIO:** 6

**DURATION:** 2 DAYS

### Aim

For trainees to acquire basic expertise for work. Knowledge about these notions and actions enables the technician to actively reflect on the everyday management of safety in order to improve quality and safety at wind turbine sites.

### Level

Beginner - refresher - advanced.

### Target audience

Technicians, team leaders, site foremen.

### Requirements

Be in good physical shape, not have any contraindications to working at height and wearing a harness, have a medical certificate for fitness for this type of work from an occupational doctor.

### Content

The training takes place in rooms for the theory parts and includes three main types of support:

- An individual evaluation and positioning document completed and handed in by each trainee at the start of the training
- A teaching manual given out at the start of the training, used as a frame of reference
- An audiovisual support.

Practical work takes place on two sites devoted to training: the training site allows the application of manoeuvre techniques and learning of safety movements and postures. Assessment of expertise involves:

- For the practical, continuous assessments all through the training
- For the theory, a written test at the end of the training

### Approval

Certificate of training.



# M09

## ROLLING SCAFFOLDING: ASSEMBLY, USE CONFORMING TO REGULATIONS: (2004/924, DRT 2005/08, R408 AND DECREE OF 21/12/04)



**RATIO:**

6

**DURATION:**

1 DAY

### Aim

To acquire the theoretical and practical expertise for the assembly, dismantling, checking and use of rolling scaffolding.

### Target audience

Maintenance technicians, journeymen, team leaders, site foremen, operator, assembly manager.

### Retraining

Recommended every 3 years.

### Business sectors

Construction, industry, maintenance.

### Requirements

To be declared fit by the occupational doctor, fluency in French.

### Content

#### Theory module

- Awareness of falls from height
- European and national regulations
- Employer/employee rights and responsibilities
- Rolling scaffolding (technical features)
- Safety rules for assembly and dismantling
- Check points
- Rules for safe usage
- Theory evaluation test

#### Practical module

- Reception and conformity of scaffolding
- Markers and signalling
- Assessment of suitability before assembly
- Safe assembly of rolling scaffolding (techniques/safety rules)
- Checks before use
- Use of scaffolding
- Safe dismantling of scaffolding
- Training site
- Practical evaluation test



# M010

## BASE SCAFFOLDING: ASSEMBLY, DISMANTLING, USE CONFORMING TO REGULATIONS: (2004/924, DRT 2005/08, R408 AND DECREE OF 21/12/04)



**RATIO:**

6 - INTER AND INTRA TRAINING

**DURATION:**

2 DAYS

### Aim

To acquire the theoretical and practical expertise demonstrating competence in the safe assembly and dismantling of scaffolding in line with the decree 2004-924 and R-408.

### Target audience

Users, workers, technicians, team leaders, site foremen.

### Validation

Fitter/Assistant fitter training certificate.

### Retraining

Recommended every 3 years.

### Business sectors

Construction, industry, maintenance.

### Requirements

To be declared fit by the occupational doctor, fluency in French.

### Content

#### Theory module

- Risks at height
- Regulations
- Scaffoldings (types/standards)
- Who can assemble scaffolding
- Technology of structures, rules for stability
- Rules for safety and for use
- Theoretical expertise evaluation test (according to level)

#### Practical module

- Fastening of the harness, suspension test
- Carrying out an assessment prior to assembly
- Exercises for safe assembly of rolling scaffolding
- Exercises for assembly, dismantling and transformation of base scaffolding
- Knowing how to use PPE on scaffolding
- Communication
- Assessing the quality and resistance of anchors
- Simplified exercises for checks
- Practical evaluation test



# M011

## SCAFFOLDING AND SUPPORT TOWERS: ASSESSMENT OF SUITABILITY CHECKS AND MANAGEMENT OF ASSEMBLY

CONFORMING TO REGULATIONS: (2004/924, DRT 2005/08, R408 AND DECREE OF 21/12/04)



**RATIO:**

6 TO 8 - INTER AND INTRA TRAINING

**DURATION:**

2 DAYS

### Aim

To acquire the theoretical and practical expertise demonstrating competence in the safe assembly and dismantling of scaffolding in line with the decree 2004-924 and R-408.

### Target audience

Team leaders, site foremen, site supervisors.

### Retraining

Recommended every 3 years.

### Validation

Certificate of training.

### Content

#### Theory module

- Risks at height
- Regulations
- Scaffoldings (types/standards)

- Who can assemble scaffolding
- Technology of structures, rules for stability, lowering of loads
- Selection of scaffolding and assessment of suitability according to the work
- Rules for safety and usage
- Regulatory checks
- PPE for fall arrest
- Theoretical expertise evaluation test

### Practical module

- Carrying out an assessment of suitability
- Carrying out an assembly assessment
- Lowering a load
- Managing assembly operations
- Communication, managing assembly
- Assessing the quality and resistance of anchors
- Check conformity
- Checking exercises

# M012 SCAFFOLDING USE (ROLLING AND BASE)

CONFORMING TO REGULATIONS: (2004/924,  
DRT 2005/08, R408 AND DECREE OF 21/12/04)

**RATIO:** 6 - INTRA TRAINING

**DURATION:** 1 DAY

## Aim

To acquire the theoretical and practical expertise for safe usage of rolling and base scaffolding.

## Target audience

Maintenance technicians, journeymen, painters, builders, etc.

## Retraining

Recommended every 3 years.

## Content

### Theory module

- Awareness of falls from height
- National and European regulations
- Employer/employee rights and responsibilities
- Rolling scaffolding
- Base scaffolding
- Rules for safe usage
- Theoretical expertise evaluation test (according to level)

### Practical module

- Conformity of scaffolding,
- Markers and signalling,
- Use of rolling scaffolding
- Use of base scaffolding
- Visual checks
- Communication
- Moving around safely on scaffolding
- Checks and tests before use



# M013 SUPPORT TOWERS: ASSEMBLY AND DISMANTLING

CONFORMING TO REGULATIONS: (2004/924,  
DRT 2005/08, R408 AND DECREE OF 21/12/04)



**RATIO:**

6 - INTRA TRAINING

**DURATION:**

1 DAY

## Aim

To acquire the theoretical and practical expertise for safe assembly and dismantling of the support towers.

## Target audience

Form setters, timber workers, journeymen, builders.

## Retraining

Recommended every 3 years.

## Content

### Theory module

- Awareness of falls from height
- European and national regulations (2004-924 decree)
- Employer/employee rights and responsibilities
- Technical features of support towers
- Safety rules for assembly and dismantling

## Practical module

- Reception of the tower
- Preparation of assembly site
- Implementation of working methods for assembly/dismantling procedures.
- Safe assembly of a support tower
- Safe dismantling
- Bracing procedures according to obligations
- Training site



# M014 ASSEMBLY AND DISMANTLING OF SCAFFOLDING SUSPENDED FROM ROOFING

CONFORMING TO REGULATIONS: (DRT 2005/08, AND DECREE OF 21/12/04 AND SPECIFICATION SHEET N°20)



**RATIO:** 6

**DURATION:** 2 DAYS

3 DAYS - WORK ON FLAT ROOFS (SEE MODULE 3)

5 DAYS - SUSPENSION WORK (FITTING BY ANCHORING)  
(SEE MODULE 5)

## Aim

To acquire the theoretical and practical expertise for safe assembly and dismantling of roof scaffolding.

## Target audience

Maintenance technicians, roofers, scaffolders, etc.

## Retraining

Recommended every 3 years.

## Content

### Theory module

- Awareness of falls from height,
- National and European regulations,
- Employer/employee rights and responsibilities
- Rules for building construction
- Roof scaffolding (standards)
- Safety rules for assembly and dismantling
- Rules for safe usage
- Personal protection (Standards/obligations)
- Theoretical expertise evaluation test (according to level)

## Practical module

- Reception and conformity of scaffolding
- Markers and signalling
- Anchoring and fixation
- Installation of consoles
- Collapse in construction
- Safe assembly of scaffolding (safety regulations/techniques)
- Fastening of the safety harness
- Use of fall arrest systems
- Safe dismantling of scaffolding
- Checks.

# M016

## TESTING OF ANCHORS AND SAFETY LINES, TESTING OF SCAFFOLDING (IMPLEMENTATION), CHECKING OF PPE BAGS



### TESTING OF SAFETY LINES, TESTING OF FIXED ANCHORING POINTS, TESTING OF SCAFFOLDING, TESTING OF PPE BAGS

	Class 1	Details
Half day	Contact us	Maximum 25 points tested
Day	Contact us	Maximum 50 points tested
	Class C or D	Details
Half day	Contact us	Maximum 3 safety lines, that is 6 end pieces and 3 middle pieces
Day	Contact us	Maximum 6 safety lines, that is 12 end pieces and 6 middle pieces

### Additional costs

Transport zones 1 to 3	Included in the price
Transport beyond zone 3	Contact us
Living expenses (if night on site)	Contact us

### PPE bags

Half day	Contact us	From 5 to 7 bags
Day	Contact us	From 8 to 15 bags

### Scaffolding

Pricing - contact us

### Please note

The duration can vary depending on particular constraints of the site and thus affect the level of expenses.

# M017 WORKPLACE FIRST AID REPRESENTATIVES

CONFORMING TO REGULATIONS: (2004/924, DRT 2005/08, R408 AND DECREE OF 21/12/04 AND R 20)



**RATIO:** 5 TRAINEES MINIMUM,  
10 TRAINEES MAXIMUM

**DURATION:** 2 DAYS (INITIAL TRAINING)  
1 DAY (RETRAINING)

## Aim

To prepare for the workplace first aid exam, to know the techniques involved in workplace first aid, to acquire the skills of rescue workers.

## Target audience

All employees.

## Validation

Fitter/Assistant fitter training certificate.

## Retraining

Every year or every 6 months depending on training.

## Requirements

Fluency in French, social security card.

## Content

### Methods

- Analysis of specific situations, practical exercises and learning of useful skills to acquire a good grasp of the reality of first aid

## Taught module

- Protection: recognising persistent dangers that risk causing accidents and identifying the people exposed without exposing yourself
- Examining: looking for signs that indicate the person's life is in danger
- Raising an alert: sending necessary and sufficient information to the people in the company responsible for safety so they can organise action to take
- Securing



# M018 CACES R-386 ELEVATING PLATFORMS ALL CATEGORIES

**RATIO:** 6 - INTRA AND INTER TRAINING

**DURATION:** 2 TO 4 DAYS – ACCORDING TO CATEGORY AND NUMBER OF CACES CATEGORIES



## Aim

To be capable of applying safety rules for operating Mobile Elevating Work Platforms (MEWP).

## Target audience

All elevating platform operators.

## Retraining

Every 5 years.

## Content

### Theory module

- Regulations
- Description and classification of MEWPs
- Who can operate an MEWP
- Manoeuvring an MEWP
- End of use of an MEWP
- Selection of MEWP and assessment of suitability according to the work

### Practical module

- Visual assessment of the condition of the MEWP
- Correct functioning of safety mechanisms
- Surveying of the surroundings
- Role play for use
- Command and communication signals
- Operation exercises of increasing difficulty adapted to the category of MEWP used
- Rescue and emergency manoeuvres: exercises

## Caces test

Testing of each trainee's knowledge and expertise.

Trainees should equip themselves with work clothes, safety shoes and a helmet.

NB:CACES 1B authorises the operation of a 1A elevating platform, CACES 3B authorises operation of a 3A elevating platform.





# 13B

## PREPARATION AND CHECKS OF SUPPORT TOWERS

**RATIO:**

8 TRAINEES

**DURATION:**

1 DAY



### Aim

- To know current regulations
- To know different uses for support towers
- To work out a test for suitability and requirements for layout and elevation
- To know the procedures for safe assembly and dismantling
- To carry out checks for implementation

### Target audience

Site supervisors, site foremen.

### Role play for trainees

Analysis and corrective actions - Individual assessment and evaluation.

### Content

#### Theory module

- Workplace accidents
- Cause of accidents on the support towers
- Regulations
- Different uses of the support towers: concrete slabs, alveolar slabs, slots, decking, formwork, workstation)
- Test of suitability, calculation of load descent, layout plan.

#### Practical module

- Case study: selection of towers, layout plan, test of suitability Exercise for assembly/ dismantling of a support tower in order to gain knowledge of the procedures
- Checking exercises



# R386

## CACES PROGRAMME ELEVATING PLATFORMS CATEGORIES 1B AND 3B

**RATIO:** 6 TRAINEES MAXIMUM

**DURATION:** 3 DAYS

### Aim

To use 1A to 3B elevating platforms in optimal safe working conditions and in line with current regulations. To acquire the theoretical and practical expertise.

### Target audience

User, supervisor, site foreman, team leader, operator, both experienced and inexperienced operators.

### Pricing per session or per participant

Cost per participant per session: SEE QUOTE.  
Cost per session for 6 people: SEE QUOTE.

### Retraining

Every 5 years.

### Content

#### Theory module

- Working at height
- Regulations
- Description and classification
- Who can operate an MEWP
- Manoeuvring an MEWP
- End of use of an MEWP
- Selection of an MEWP and assessment of suitability according to the work.

#### Practical module

- Checks
- Visual assessment
- Good working order
- Positioning
- Movement
- Manoeuvres

### 1-day exam

CACES 1B authorises the operation of a 1A elevating platform.  
CACES 3B authorises the operation of a 3A elevating platform.

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Capital Safety is the global leader in fall protection equipment, systems and anchors.

