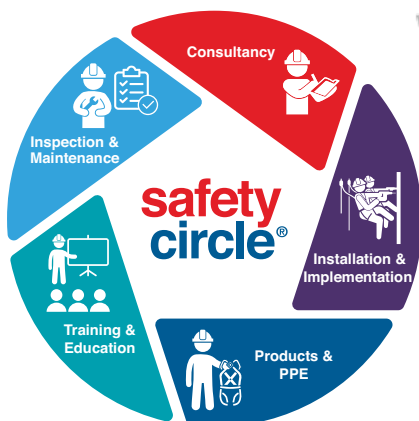
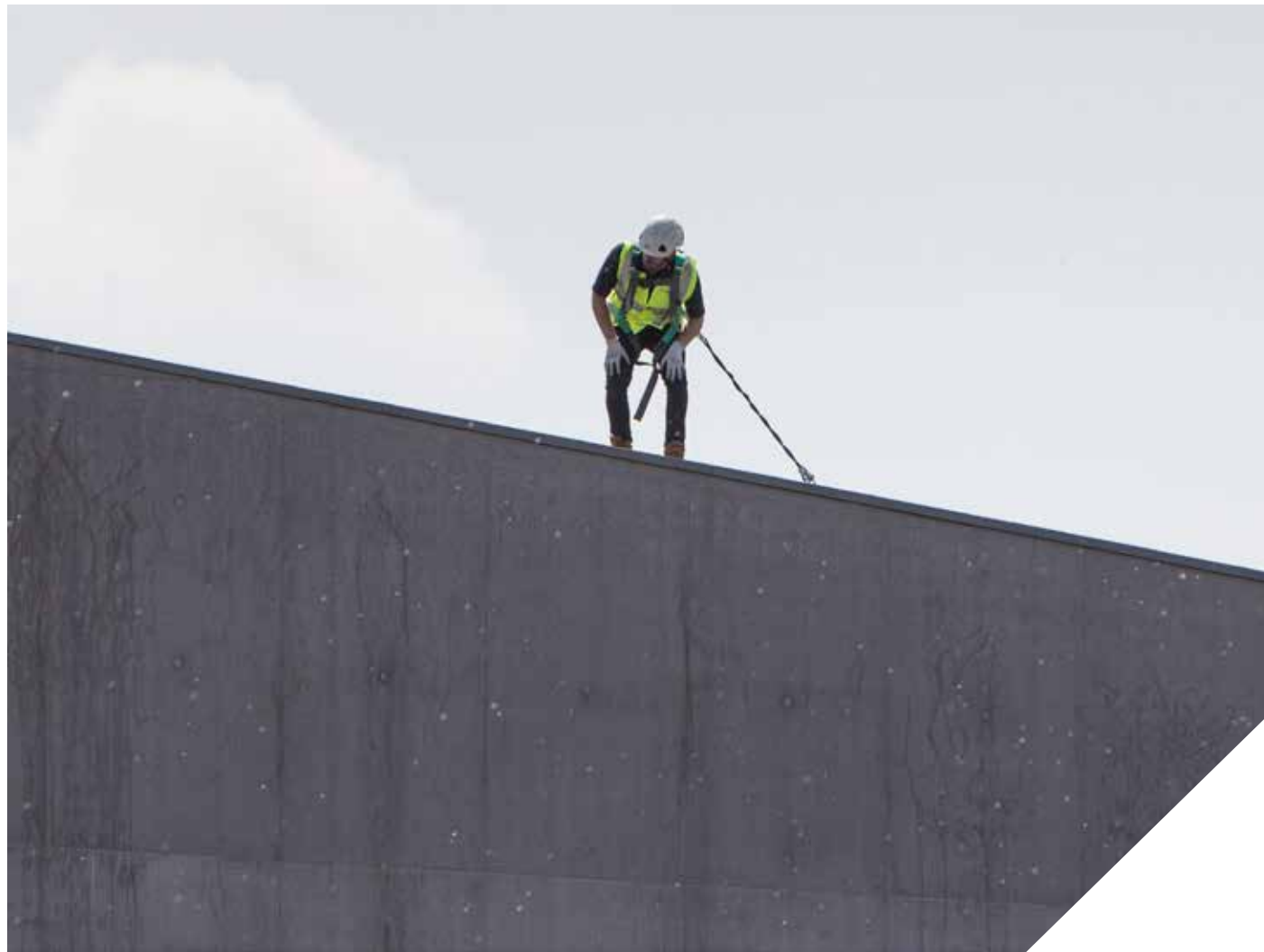


# Training and Education





**“Working closely with clients for over 22 years has led to the development of our concept of a Safety Circle®.”**



*Working closely with clients over the last 22 years has led to the development of our concept of a Safety Circle®, where multiple components are required to ensure a robust health and safety plan is maintained and all the key components in the plan are looked at.*

*Eurosafe now offers a full range of services to complement this concept. We can provide a full risk assessment and evaluation of your site and its specific access requirements, specify, and install the most suitable equipment to ensure the task is carried out safely, provide your staff with the correct PPE and equipment, and ensure they are sufficiently trained to use the equipment and carry out the works safely.*

*Finally, we can give you long-term managed maintenance plan to ensure all equipment is in good working order at all times. A complete single-source range of services covering all aspects of your working at height and in confined spaces health and safety requirements.*

Gavin Ellis, Managing Director

**Eurosafe Solutions was created to offer fall protection systems to both existing and emerging marketplaces in the UK and Northern Europe.**

**Built on a basis of quality, innovation, customer service, and value for money the group has expanded its offering to cover all aspects of safely working at height and in confined spaces.**

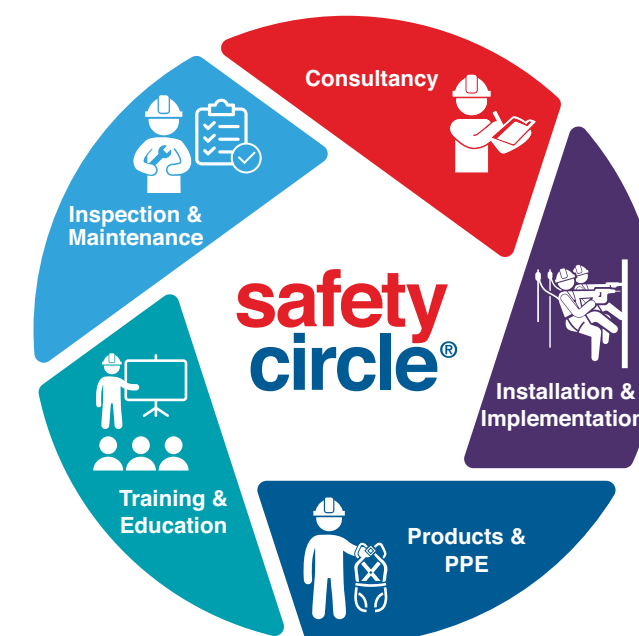
**This has led to the formation of Eurosafe Solutions Training and the investment of an industry-leading training facility.**



APPROVED  
CENTRE



ASSURED



## More than the Sum of its Parts

Our Safety Circle® is made up of five individual services that can be provided independently but work best when implemented together, providing a number of safety and cost benefits, and ultimately peace of mind for our clients.

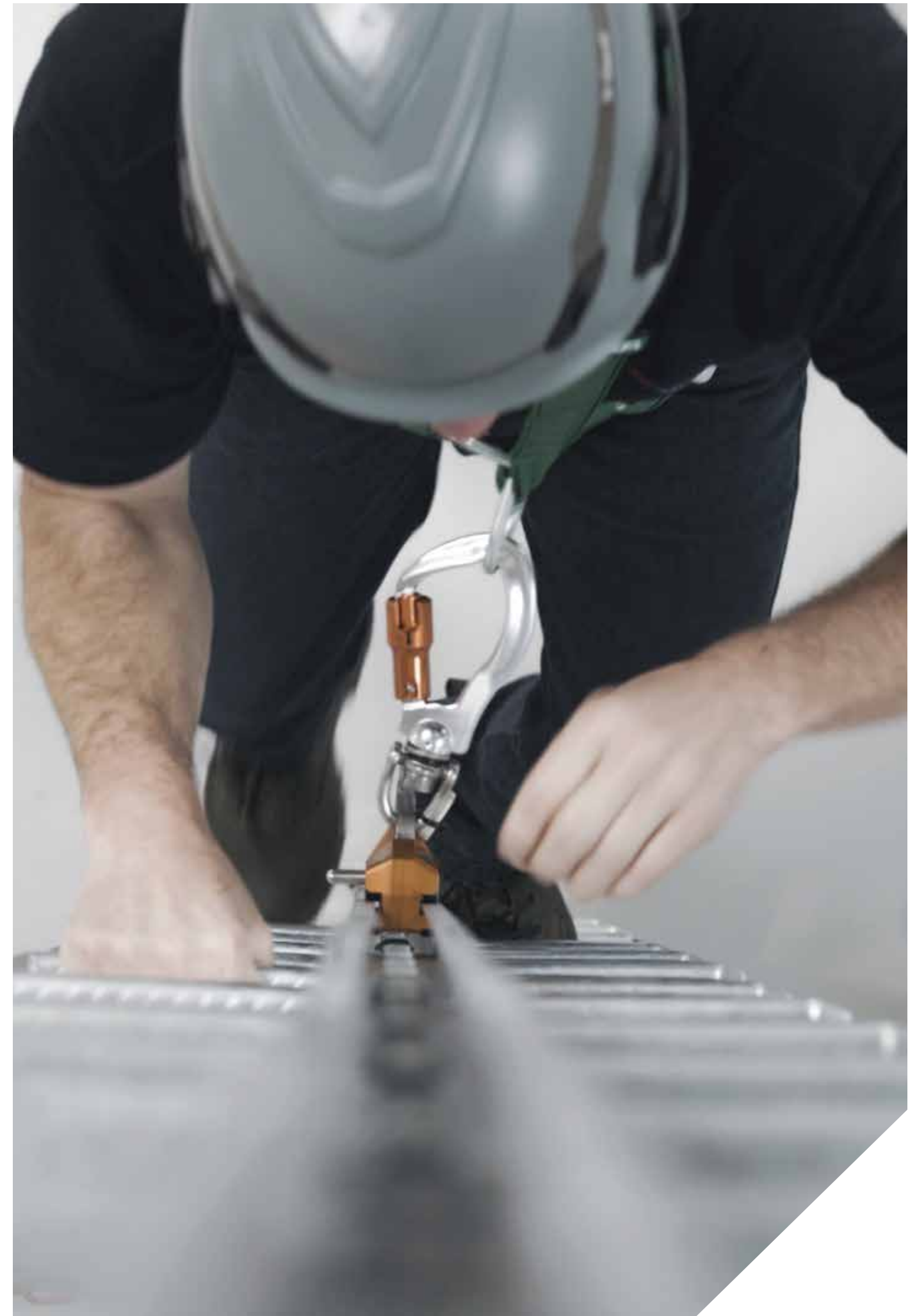
**For more information about Eurosafe Solutions please contact us:**

**0114 250 7411**

**[sales@eurosafesolutions.co.uk](mailto:sales@eurosafesolutions.co.uk)**

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# Training Academy

## Education, not just certification

Eurosafe Solutions offer a full range of training courses for working at height and in confined spaces to complement our range of services.

0114 250 7411    [training@eurosafesolutions.co.uk](mailto:training@eurosafesolutions.co.uk)





# Training is at the heart of all workplace safety systems.



## Eurosafe Solutions Training Academy

Training is at the heart of all workplace safety systems. Correct and robust education of your employees and sub-contractors, increases awareness of working safely at height and in confined spaces, reducing the risks and improving long-term efficiency.

Eurosafe Solutions can provide fully tailored, City & Guilds and Energy & Utility Skills accredited courses for both working at height and in confined spaces at our purpose-built training centre in Sheffield, or at your premises.

Fully backed and certified by relevant trade bodies and using market-leading equipment from the likes of MSA, IKAR, and Globestock, our training courses ensure that you and your employees get a high level hands-on experience that is applicable to the type of environment they will experience whilst out at work in the real world.



APPROVED  
CENTRE



**Eurosafe Solutions have made a significant investment into a custom-built Working at Height and Confined Space training facility, which we believe to be one of the best in the UK.**

The design of this Training Academy allows us to offer a wide variety of specialist training courses to prepare and up-skill people to work in potentially life-critical environments.

All trainers and assessors in the Academy have many years' experience in various industrial sectors from utilities, construction, civil engineering, and manufacturing, enabling us to create high quality training programmes to suit your company and employees' individual needs.

All trainers and assessors are constantly updating skills and knowledge to ensure that they remain at the top of their trade in an ever-changing work environment.



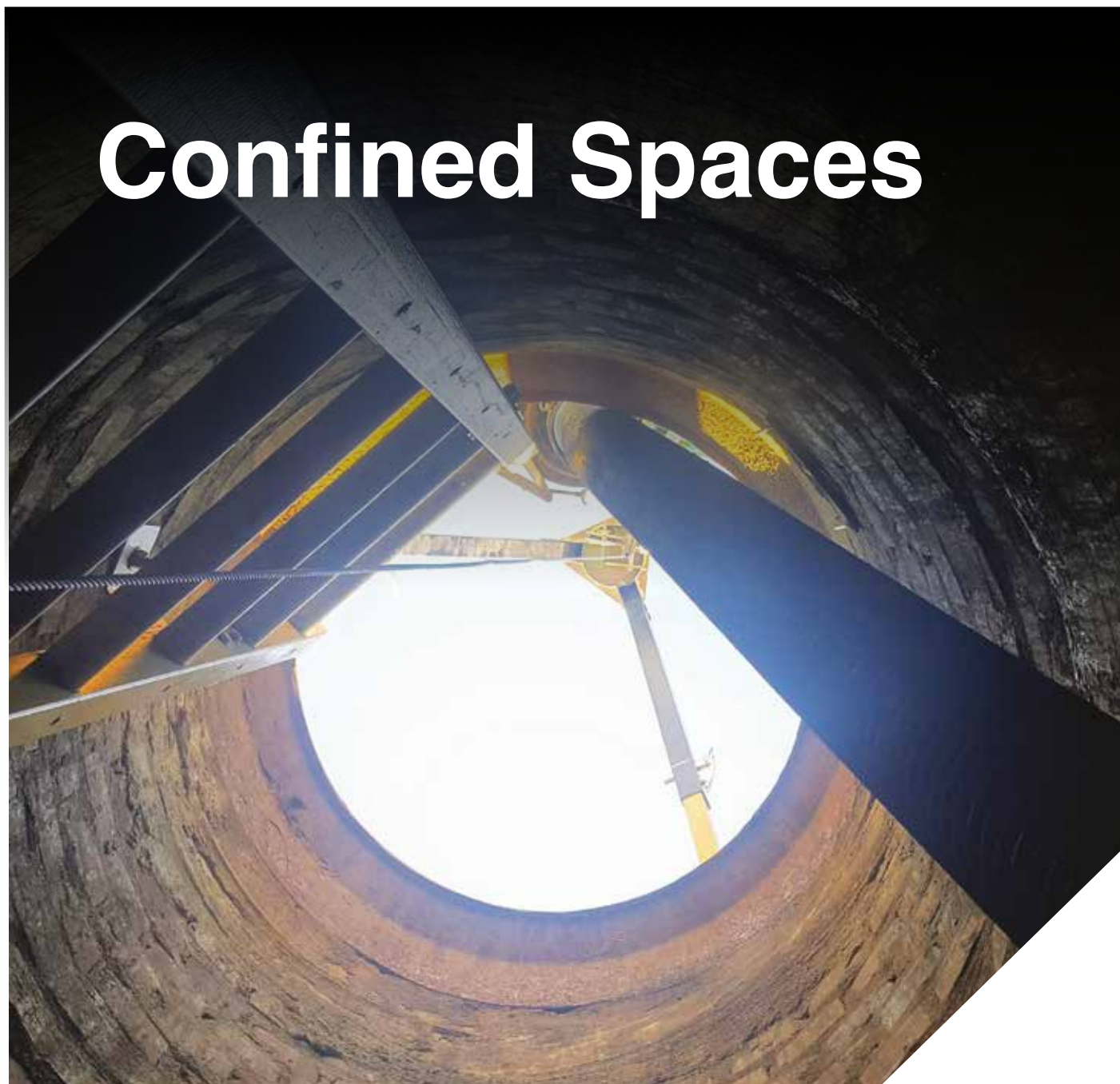
**“All trainers and assessors in the Academy have many years' experience.”**

Eurosafe Solutions have a mobile Confined Space Training Unit which allows the majority of our confined space courses to be delivered on a client's site. This gives a number of benefits to our clients from reducing carbon footprint from staff travelling to a training venue to reducing costs for overnight stays.

The unit has been approved as mobile training facility through Energy & Utility Skills and City & Guilds.



# Confined Spaces



## A number of people are killed or seriously injured in confined spaces each year in the UK.

This happens in a wide range of industries, from those involving complex plants to simple storage vessels.

A significant contributory factor to these incidents is the lack of correct training for the people working in the confined space and those who try to rescue them.

Eurosafe Solutions can offer a full range of confined space training courses to overcome this issue. Working from our brand new Training Academy in Sheffield, or at your premises using our bespoke mobile training unit, we can provide tailored training solutions.

We can also risk assess your specific site requirements and deliver high quality certified confined space training courses. All aspects of confined space working can be covered, including the supply of a full range of equipment to allow safe working for your trained operatives.

# What is a confined space?

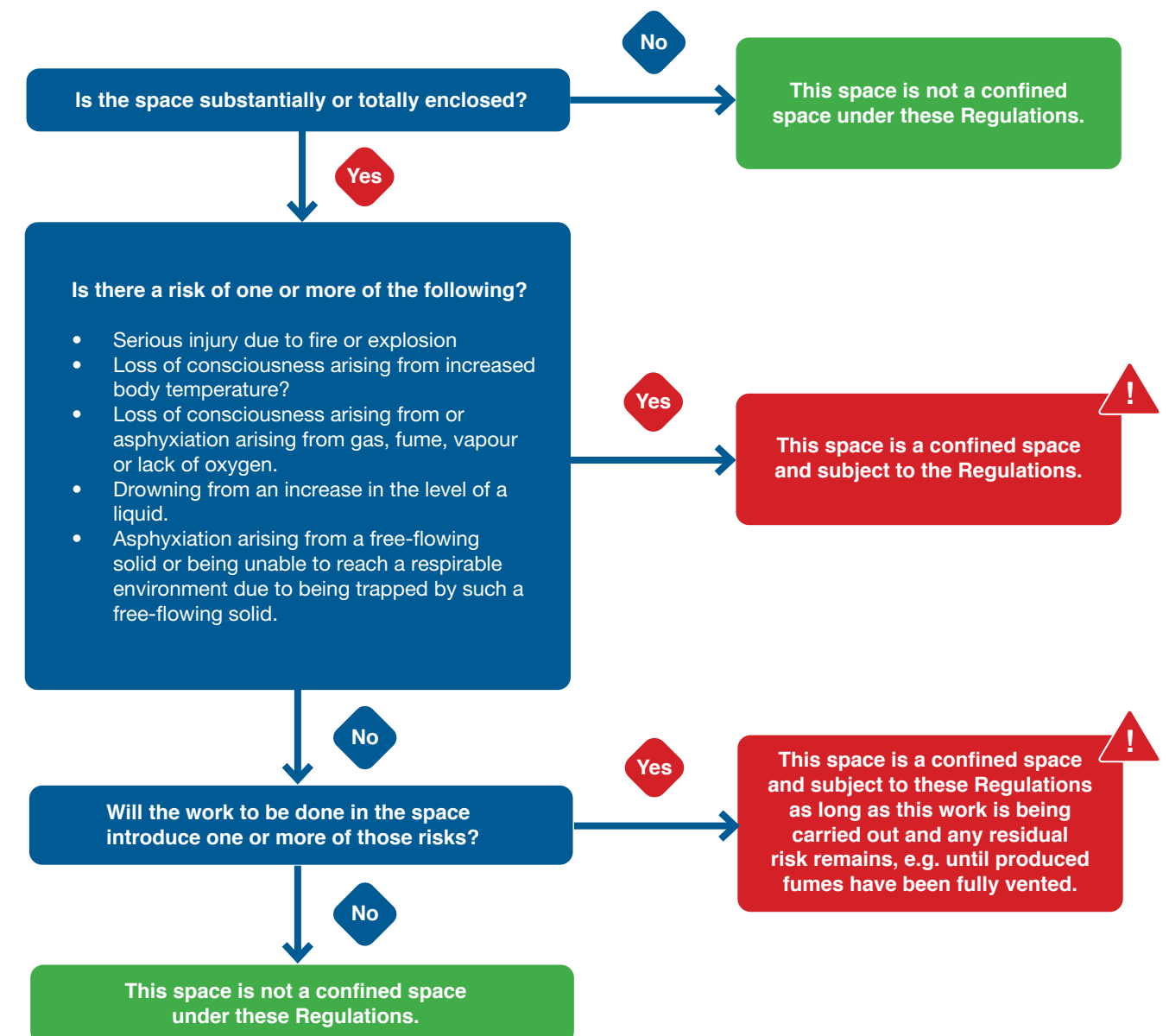
## The Regulations tell us:

*"A confined space means any place, including any chamber, tank, vat, silo, pit, trench, pipe, sewer, flue, well, or other similar space in which, by virtue of its enclosed nature, there arises a reasonably foreseeable specified risk."*

Confined Space Regulations 1997

## What does that mean to us?

We should be assessing any space that we think falls into this definition and a good starting point is how enclosed it is. Some are easy to define some are not so easy then to look at what a specified risk is and how foreseeable it is. The ACOP 2015 L101 put this into a very handy flow chart to help us make these decisions.



# Confined Space Training Courses

## Confined Space Management Awareness (CSMA)

[Click here for more information](#)



### Course Aim

**This course is designed to enable those attending to be aware and understand the legal requirements for managing confined space work in the UK.**

The course will provide an overview of the hazards/ specified risks that bring an area under the Regulations, and provide an overview of the main control measures, including training and rescue.

### Course Contents

- Definition of a confined space specified risks
- Legislation and Regulations
- An understanding of 'reasonably practicable' when applied to confined space management
- Selection of personnel for entry, including contractors
- Training requirements, including those for rescue teams
- Alternative methods of carrying out confined space work
- Control measures during confined space entry to include:
  - Supervision
  - Communication
  - Atmosphere monitoring and oxygen depletion
  - Safe working in confined spaces
  - Plant, equipment, and PPE
  - Rescue
- Desktop planning exercises

### Learning Outcomes

- Learn how to engage a competent person(s) to manage confined space work
- Make managers aware of the need to identify confined space areas on their site and manage entries into them in line with the Regulations and Approved Code of Practice (ACOP)



**Important:** Completion of this course does not make the learner competent to enter or work in a confined space.

### Course Assessment

- Assessment for managing awareness
- Knowledge test



One Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 10 people



Training Academy or on-site



# Confined Space Awareness: Permit Writers (CSPW)

Click here for more information



## Course Aim

This course is for managers, supervisors, or others who will have responsibilities for reviewing and issuing permits for confined space entries.

It will give them the background knowledge to be able to confidently write and issues permits for personnel involved in entry into confined spaces who have the appropriate level of training.

Successful completion of this course would allow authorisation and audit of confined space permits.

## Course Contents

- Definition of a confined space (HSE, C&G, Water UK NC1-NC4 classifications)
- Specified risks
- Legislation and Regulations
- Risk Assessment, Safe Systems of Work, and Permit to Work
- Atmospheric hazards and principles of gas detectors
- Duties under the regulations
- Roles and responsibilities of key personnel
- Confined Space equipment including records and inspection requirements



**Important:** Completion of this course does not make the learner competent to enter or work in a confined space.

## Learning Outcomes

- Understand legislation governing working in confined spaces
- Explain what is meant by a confined space
- Be able to define individual roles and responsibilities
- List the major hazards and hazardous atmospheres
- Be aware of appropriate industry-specific standards and procedures
- Understand the principles of gas monitoring
- Being able to authorise working in confined spaces
- Understand the responsibility to monitor the working team to ensure procedures are followed and the importance of emergency planning
- Desktop audit and writing of confined space permits exercise



One Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 10 people



Training Academy or on-site

## Course Assessment

- Knowledge test
- Desktop audit and production of permit

# Confined Space Entry: Low Risk (CSC01)

Click here for more information



## Course Aim

Working in confined spaces exposes an individual to a range of potential hazards, some of which may threaten injury and, in some cases, may possibly lead to death.

The access appears simple and unobstructed, will have no likely risk of flooding, and will have a low likelihood of reasonably foreseeable risk during entry or while working.

Low risk confined spaces could be associated with lone working requiring the application of appropriate procedures.

This course is about entering and working in low risk environments with adequate natural or mechanical ventilation.

## Course Contents

- Definition of a confined space (HSE, C&G, Water UK NC1-NC4 classifications)
- Specified risks
- Duties under the Regulations, preventing the need for entry
- Risk assessment and hazard identification
- Atmospheric hazards and gases
- Principles and use of gas detectors
- Safe systems of work and permits to work
- Roles, responsibilities, and top person/bottom person duties
- Pre-use checks of equipment including correct donning and adjustment of harnesses
- Inspection and applications of tripods, winches, and fall arrest equipment



ASSURED

## Course Assessment

- Direct observation of an entry into a low risk confined space
- Written test in line with the National Occupational Standards.

## Learning Outcomes

- Prepare to work safely in low risk confined spaces
- Enter and exit low risk confined spaces safely
- Use equipment and tools safely and in accordance with the manufacturer's instructions
- Follow procedures and work safely
- Deal with emergencies
- Use appropriate behaviour when working in low risk confined spaces
- Use general knowledge for working in low risk confined spaces
- Apply appropriate industry specific knowledge for working in low risk confined spaces



One Day



Eurosafe Solutions Certificate  
Valid for 3 years  
City & Guilds L2 6160-01 available



Maximum of 8 people



Training Academy or on-site

## Course Aim

**This course is about working in confined space environments where there is a medium risk that a specified hazard may be present.**

It will require the use of escape breathing apparatus. It will involve the presence of one or more people, positioned outside of the confined space, who have designated responsibilities for controlling the entry and dealing with emergencies.

## Course Contents

- Definition of a confined space (HSE, C&G, Water UK NC1-NC4 classifications)
- Specified risks
- Duties under the Regulations, preventing the need for entry
- Risk assessment and hazard identification
- Atmospheric hazards and gases
- Principles and use of gas detectors
- Safe systems of work and permits to work
- Roles, responsibilities, and top man/bottom man duties
- Pre-use checks of equipment including correct donning and adjustment of harnesses
- Inspection and applications of tripods, winches, and fall arrest equipment
- Inspection and use of personal escape breathing apparatus
- Practical exercises and assessments



## Learning Outcomes

- Prepare to work safely in medium risk confined spaces
- Enter and exit medium risk confined spaces safely
- Prepare and use the escape breathing apparatus in accordance with the manufacturer's instructions
- Use equipment and tools safely and in accordance with the manufacturer's instructions
- Follow procedures and work safely
- Deal with emergencies
- Use appropriate behaviour when working in medium risk confined spaces
- Understand legislation governing working in medium risk confined spaces
- Apply appropriate industry-specific knowledge for working in medium risk confined spaces

 Two Days

 Eurosafes Solutions Certificate  
Valid for 3 years  
City & Guilds L2 6160-02 available

 Maximum of 8 people

 Training Academy or on-site

## Course Assessment

- Direct observation of an entry into a low risk confined space
- Written test in line with the National Occupational Standards

## Course Aim

**This course is about working in confined space environments where there is a reasonably foreseeable chance that a specified risk may be present.**

It will require the use of escape breathing apparatus. It will involve the presence of one more person positioned outside of the confined space, who have designated responsibilities for controlling entry and dealing with emergencies.

## Course Contents

- Definition of a confined space (HSE, C&G, Water UK NC1-NC4 classifications)
- Specified risks
- Duties under the Regulations, preventing the need for entry
- Risk assessment and hazard identification
- Atmospheric hazards and gases
- Principles and use of gas detectors
- Safe systems of work and permits to work
- Roles, responsibilities, and top man/bottom man duties
- Selection, adjustment, and use of access equipment and PPE
- Inspection and use of escape breathing apparatus / response to emergency
- Control of safe entry and exit of the entry team
- Practical exercise and assessment in medium risk confined space



## Learning Outcomes

- Prepare to work safely in medium risk confined spaces
- Enter and exit medium risk confined spaces safely
- Prepare and use the escape breathing apparatus in accordance with manufacturer's instructions
- Use equipment and tools safely and in accordance with the manufacturer's instructions
- Follow procedures and work safely
- Deal with emergencies
- Use appropriate behaviour when working in medium risk confined spaces
- Understand legislation governing working in medium risk confined spaces
- Apply appropriate industry specific knowledge for working in medium risk confined spaces

 Two Days

 Eurosafes Solutions Certificate  
Valid for 3 years  
City & Guilds L3 6160-04 available

 Maximum of 8 people

 Training Academy or on-site

## Course Assessment

- Direct observation of an entry into a low risk confined space
- Written test in line with the National Occupational Standards

# Confined Space Entry: High Risk (CSC03)

Click here for more information



## Course Aim

**This course is about working in confined space environments that have non-standard entries and which, in consequence, make rescue difficult.**

Entry may involve complex entry procedures and there will be work-specific controls and

rescue arrangements. It will entail the use of a self-contained open circuit breathing apparatus, specialist detection equipment, and resuscitation equipment.

It will require the presence of personnel who have designated responsibilities for controlling the entry and dealing with emergencies.

## Course Contents

- Definition of a confined space (HSE, C&G, Water UK NC1-NC4 classifications)
- Specified risks
- Duties under the Regulations, preventing the need for entry
- Risk assessment and hazard identification
- Atmospheric hazards and gases
- Principles and use of gas detectors
- Safe systems of work and permits to work
- Roles, responsibilities, and top man/bottom man duties
- Inspection and use of escape sets and working breathing apparatus
- Pre-use checks of equipment including correct donning and adjustment of harnesses
- Inspection and applications of tripods, winches, and fall arrest equipment

## Learning Outcomes

- Prepare to work safely in high risk confined spaces
- Enter and exit high risk confined spaces safely
- Prepare and use self-contained open circuit breathing apparatus in accordance with the manufacturer's instructions
- Use equipment and tools safely and in accordance with the manufacturer's instructions
- Follow procedures and work safely
- Deal with emergencies
- Use appropriate behaviour when working in high risk confined spaces
- Understand legislation governing working in high risk confined spaces
- Apply appropriate industry specific knowledge for working in high risk confined spaces



ASSURED

## Course Assessment

- Direct observation of an entry into a low risk confined space
- Written test in line with the National Occupational Standards



Three Days



Eurosafe Solutions Certificate  
Valid for 3 years  
City & Guilds L2 6160-03 available



Maximum of 8 people



Training Academy or on-site

# Confined Space: High Risk Entry Controller (CSC04)

Click here for more information



## Course Aim

**This course is for the entry controller/top person who controls entry and arrangements for confined spaces without entering them.**

It includes the duties of an entry controller, pre-entry procedures, entry into and exit from the confined space, maintaining communications and

initiating and controlling emergency procedures. To meet the full requirements of the National Occupational Standards underpinning the qualification the assessment must take place in a high-risk context.

This course runs alongside Confined Space Entry: High Risk (CSC03)

## Course Contents

- Controlling the pre-entry and entry into and out of Confined Spaces
- Maintaining communication with team members
- Monitor equipment readings
- Raising the alarm
- Handing over to Rescue Teams during emergency situations

## Learning Outcomes

- Implement procedures for teams working in confined spaces
- Control safe entry and exit to the confined space
- Monitor the work team to ensure procedures are followed
- Control emergency situations
- Understand health and safety and environmental legislation
- Understand standard protocols for work in confined spaces
- Understand entry controller duties and responsibilities
- Understand equipment checks and testing required



ASSURED

## Course Assessment

- Direct observation of an entry into a high risk confined space
- 2 x Written tests in line with the National Occupational Standards (Entry & Entry Controller)



Three Days



Eurosafe Solutions Certificate  
Valid for 3 years  
City & Guilds L3 6160-04 available



Maximum of 8 people



Training Academy or on-site



# Workplace Rescue & Recovery (WRRT02)

Click here for more information



## Course Aim

**This course is for personnel involved in the extraction of a casualty from a non-atmospheric related incident or form part of the site rescue team.**

The aim of this course is to educate delegates in a realistic environment by preparing them to work safely, enter and use rescue equipment, follow procedures and deal with emergencies.

## Course Contents

- Rescue equipment selection and use
- First aid for casualty extraction
- Search procedures
- Rescue techniques
- Practical exercises

## Learning Outcomes

- Prepare to work safely in emergency conditions
- Use rescue equipment safely in accordance with the manufacturer's instructions
- Follow emergency procedures
- Deal with emergencies
- Demonstrate appropriate behaviour for carrying out emergency extraction of casualties from a confined space



**Important:** Candidates must hold a valid First Aid certificate and be trained in Confined Space Entry to the level from which they may be rescuing. This is not for High Risk Entry Rescue.

## Course Assessment

- Direct observation of a rescue
- Practical application of a casualty extraction



One Day



Eurosafe Solutions Certificate  
Valid for 3 years through more frequent practice. Refresher sessions recommended



Maximum of 8 people



Training Academy or on-site

# Working as a Member of a Confined Space Rescue & Recovery Team (CSCRT08)

Click here for more information



## Course Aim

**This course is for personnel who are involved in the rescue & recovery of casualties from confined spaces.**

The aim of the course is to educate delegates in realistic work situations where rescue and recovery

of personnel is required.

Delegates will be taught how to safely plan and execute a rescue plan, inspect and use relevant equipment in line with the manufacturer's user instruction.

## Course Contents

- Enter and exit confined spaces as part of a rescue and recovery team
- Follow work procedures and rescue plan
- Dynamic risk assessment
- Safely use all relevant tools and equipment
- Understand principles of casualty rescue
- Understand basic casualty care
- Remove casualty from a confined space
- Perform specific tasks as part of a rescue team member
- Apply appropriate industry knowledge



**Course pre-requisite:** Delegates must hold a valid 1-day First Aid & High Risk Entry training certificate.



## Course Assessment

- This course will be assessed through direct observation of a rescue from a confined space
- Written assessment in line with the National Occupational Standards

## Learning Outcomes

- Prepare to work safely in emergency conditions
- Use rescue equipment safely in accordance with manufacturer's instructions
- Follow emergency procedures
- Deal with emergencies
- Demonstrate appropriate behaviour for carrying out emergency extraction of casualties from a confined space



Two Days



Eurosafe Solutions Certificate  
Valid for 3 years  
City & Guilds L3 6160-08 available



Maximum of 8 people



Training Academy or on-site

## Course Aim

**This course is for anyone who directs the activities of a team for rescue or recovery in confined spaces.**

This may include rescue team leader, coordinator, entry controller/top person or supervisor in relation to rescue and recovery of casualties, planning and preparing for emergency operations, mobilising rescue teams, directing and monitoring rescue activities, reporting and securing sites after incidents or emergencies.

The emergency team will need to be available when the risk assessment for a confined space determines that it is necessary.

An emergency team is a dedicated team and may be an in-house team, specialist contractors, or the emergency services by prior arrangement.

Completion of this qualification requires a pre-requisite of (6160-08), Rescue Team Member.


## Course Contents


- Plan and prepare emergency operations for rescue team
- Mobilise a rescue team and direct entry and exit to the confined space
- Monitor a rescue team to ensure procedures are followed
- Understand the principles of working as rescue team leader
- Understand rescue team leader duties and responsibilities





## Course Assessment

- Simulation of real life scenarios to assess candidates' ability to solve problems and deal with incidents and emergencies
- Written theory assessment in line with the National Occupational Standards

 One Day

 Eurosafesolutions Certificate Valid for 3 years  
City & Guilds L3 6160-07 available

 Maximum of 8 people

 Training Academy or on-site

## Course Aim

**This course is aimed at anyone working in environments where they may be in the presence of a harmful or oxygen deficient atmosphere that would require them to wear full respiratory protection.**

This course is about safe set up and use of self-contained breathing apparatus (SCBA).

Users will have a full understanding of the equipment, how to check it is fit for use, and the correct donning procedures.

## Course Contents

- Legislation relating to SCBA
- Selection of equipment
- Duties under the Regulations
- Pre-use checks
- Correct donning Procedures
- Working time calculations and turn-around times
- Roles and responsibilities of BA controller
- Practical exercises

## Learning Outcomes

- Prepare SCBA
- Understanding hazardous atmospheres
- Use equipment safely and in accordance with the manufacturer's instructions
- Follow procedures and work safely
- Deal with emergencies



## Course Assessment

- Direct observation of using SCBA
- Written test

 One Day

 Eurosafesolutions Certificate Valid for 3 years

 Maximum of 8 people

 Training Academy or on-site



# Working at Height



**Falls from height are the main cause of fatal and major injury accidents in the workplace and remain the biggest cause of workplace deaths.**

In the UK, an average of 37 fatalities have been recorded each year over the last 4 years. Lack of correct training, and regular appraisal and refreshment of training, is a major contributor to these figures.

Eurosafe Solutions is the market leader in the fall protection industry and, using this experience, can offer a range of market-leading courses built around workers' individual requirements to provide them with an appropriate level of training.

The result is a much safer working environment where risks are minimised and there is much greater peace of mind for the building owner, manager, and employer.

In this section, you will find the courses that we offer either at our Training Academy in Sheffield, or on your site. Contact us for any specific advice.

## You are working at height if you:

- Work above ground/floor level.
- Could fall from an edge, through an opening or fragile surface.
- Could fall from ground level into an opening in a floor or a hole in the ground.

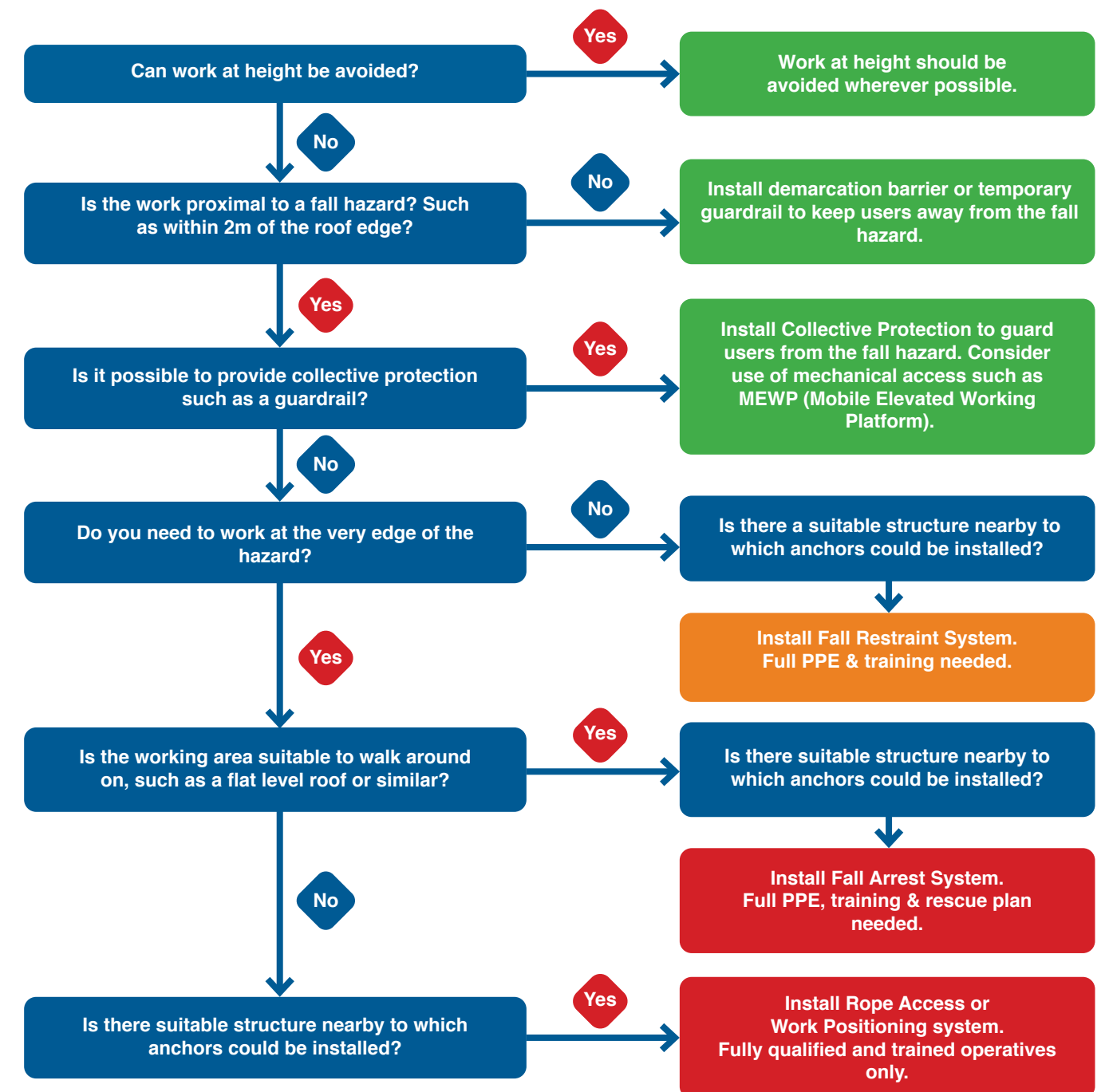
Work at height does not include a slip or a trip on the level, as a fall from height has to involve a fall from one level to a lower level, nor does it include walking up and down a permanent staircase in a building.

**The Regulations apply to all work at height, where there is a risk of a fall liable to cause personal injury.**

They place duties on employers and those who control any work at height activity (such as facility managers or building owners who may contract others to work at height).

**As part of the Regulations, you must ensure:**

- All work at height is properly planned and organised, those involved in work at height are competent, the risks from work at height are assessed, and appropriate work equipment is selected and used.
- The risks of working on or near fragile surfaces are properly managed.
- The equipment used for work at height is properly inspected and maintained.





# Working at Height Training Courses

## Managing Work at Height (MWAH01)

[Click here for more information](#)



### Course Aim

**This course is aimed at personnel who are required to manage working at height.**

Each delegate will gain knowledge and skills that will enable them to plan and select the correct equipment for working at height and rescue planning activities.

Delegates will develop a safe system of work and rescue plan for a given real life scenario.

Delegates can attend our purpose-built Training Academy in Sheffield or, subject to a suitable room being available, the course can be delivered in your normal place of work.

### Course Contents

- Relevant regulations & legislation (Work at Height Regulations 2005)
- Hierarchy of Working at Height
- Working at Height categories
- Safe system of work planning
- Correct types of Personal Fall Protection
- Equipment (PFPE) including inspection criteria
- Anchor points - horizontal and vertical personal fall protection systems
- Anchor points - eyebolts, mobile anchors
- Installed temporary horizontal and vertical Fall Protection Systems
- Roof access, egress and associated hazards
- Suspension trauma
- Rescue planning


### Learning Outcomes

- Understand the law, legislation and control measures associated with performing a task at height using a fall a restraint/arrest capability
- Select appropriate items of PPE for a given task
- Produce a safe system of work
- Identify different work at height tasks
- Understand suitable anchor points
- Understand the need for correct rescue provision


### Course Assessment

- Written assessment
- Practical assessment

 One Day

 Eurosafesolutions Certificate  
Valid for 3 years

 Maximum of 10 people

 Training Academy or in a suitable classroom at your normal place of work

# Working at Height Awareness (WAHA01)

Click here for more information



## Course Aim

**This course is aimed at personnel who need to have a good understanding of the working at height requirements on site.**

The course will give the delegate the knowledge to help plan and assess site requirements for working at height activities in line with the Work at Height Regulations 2005. This could be permit writers or supervisors who are involved with the working at height operations.

## Course Contents

- Regulations and legislation
- Hierarchy of Working at Height
- Work at Height categories
- Selection of PPE
- Access and egress
- Hazards & risk assessment
- Anchor points

## Learning Outcomes

- Understand current regulations and legislations for working at height
- Understand when and what equipment is needed for working at height



## Course Assessment

- Written assessment



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 10 people



Training Academy or in a suitable classroom at your normal place of work

# Harness & Lanyard Training (HLST01)

Click here for more information



## Course Aim

**The course is aimed at personnel who work in specific locations such as MEWPS, window cleaners, scaffolders, and maintenance engineers, who are required to wear full body harnesses and lanyards.**

The course will give the delegate the skills and knowledge for the correct selection, use and fitting of a harness and lanyard.

Delegates must be physically able to carry out the practical elements of the course.

## Course Contents

- Relevant regulations & legislation
- Guidance on when to wear a harness
- Selection of correct equipment
- Harness and lanyard pre-use checks and fitting
- Identifying faults and damage
- Storage of harness & lanyards
- Identify the need for a rescue plan

## Learning Outcomes

- Understand legislation governing working at height
- Select and fit a full body harness and lanyard correctly



## Course Assessment

- Written assessment
- Practical assessment



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 8 people



Training Academy or in a suitable classroom at your normal place of work





## Course Aim

**This course is aimed at personnel who are required to work at height.**

In the UK, industry-wide falls from height continue to be a worrying accident statistic causing on average 37 fatalities per year.

Alongside our trusted partner, MSA we are committed to play our part in the reduction of this figure. We have given full backing and support in developing a new City & Guilds endorsed Working at Height & Rescue 2-day training course.

The aim of the course is to up the standard of work at height education, giving a trusted and recognised qualification to anyone who needs to work at height.

## Course Contents

### Day 1

- Relevant regulations & legislation
- Hierarchy of Working at Height
- Working at Height categories and correct types of Personal Fall Protection Equipment (PFPE)
- Anchor points - horizontal and vertical personal fall protection systems
- Anchor points - eyebolts and mobile anchors
- Harness and lanyard pre-use checks and fitting
- Identify the need for a rescue plan Including Full Body Harness Single & Twin Harness
- Roof access, egress and hazards
- Fixed ladder techniques with fall arrest/work positioning lanyards
- Practical use of fall protection equipment

### Day 2

- Practical use of fall protection equipment
- Rescue planning
- IKAR Controlled Descent Device for rescue (please let us know if you use a different rescue device)
- Practical fixed ladder & roof rescue of a casualty

## Learning Outcomes

- Understand the law, legislation, and control measures associated with performing a task at height using a fall a restraint/arrest capability
- Select, don, and perform a WAH task using appropriate items of PPE for a given task
- Perform a pre-use examination on a given item of PPE
- Don and adjust to fit a given item of PPE
- Perform a pre-use examination on given Fall Arrest and work positioning PFPE
- Ascend and descend a given structure using the appropriate given Fall Arrest PFPE
- Safely adopt a work position mode whilst on a vertical structure
- Traverse multiple safety systems whilst maintaining a safe criteria at all times
- Perform a pre-use examination on a given rescue device
- Identify, reach and maintain a safe location to anchor a given rescue device
- Rescue an individual or dead weighted mass located on a vertical structure by lowering using a given rescue device
- Rescue an individual or dead weighted mass located over an edge by lowering using a given rescue device



ASSURED



## Course Assessment

- Written assessment
- Practical assessment



Two Days



Eurosafe Solutions Certificate  
Valid for 3 years  
City & Guilds assured



Maximum of 8 people



Training Academy or on-site  
(subject to a survey to confirm suitability)



Course Aim

**This course is aimed at personnel who are required to use installed horizontal or vertical personal fall protection systems.**

Each delegate will gain knowledge that will help them use the correct equipment along with the correct choice of harness and lanyard.

Delegates must be physically able to carry out the practical elements of the course.

Course Contents

- Relevant regulations & legislation
- Hierarchy of working at height
- Working at height categories
- Anchor points - horizontal and vertical personal fall protection systems
- Pre-use inspection of horizontal and vertical protection systems
- Harness and lanyard pre-use checks and fitting
- Roof access, egress and hazards
- Rescue planning
- Practical use of fall protection equipment

Learning Outcomes


- Understand legislation governing work at height
- Prepare to work at height safely
- Safely fit a full body harness and lanyard
- Safe use of fall protection equipment and its limitations
- Understand the need for a rescue plan
- Follow procedures and work safely
- Use appropriate behaviour when working at height

Course Assessment


- Written assessment
- Practical assessment



 One Day

 Eurosafe Solutions Certificate  
Valid for 3 years

 Maximum of 6 people

 Training Academy or on-site  
(subject to a survey to confirm suitability)

Course Aim

**This course is aimed at personnel who work at height and are required to legally implement a rescue plan for all working at height.**

Each delegate will gain knowledge that will help them plan for rescue, realise the correct equipment choice, and carry out a rescue.

Delegates must be physically able to carry out the practical elements of the course.

Course Contents

- Practical use of fall protection and work positioning equipment
- Rescue planning
- IKAR Controlled Descent Device for rescue (please let us know if you use a different rescue device)
- Practical fixed ladder & over edge rescue of a casualty
- Edge protection



**Note:** it is recommended that regular practice of rescue is carried out in the interim period between courses. Please speak to us if you would like assistance with this.




Learning Outcomes

- Understand legislation governing working work at height
- Prepare to work at height safely
- Perform pre-use inspection of rescue equipment
- Understand the limitations of the use of equipment
- Able to perform a rescue of a casualty from a ladder
- Able to perform a rescue of a casualty from an over edge fall


Course Assessment

- Written assessment
- Practical assessment

 One Day

 Eurosafe Solutions Certificate  
Valid for 3 years

 Maximum of 6 people

 Training Academy or on-site  
(subject to a survey to confirm suitability)



## Risk Assessment (RA01)

Risk Assessment is an essential part of the planning stage of any health and safety management system. It is also a legal requirement within the Management of Health & Safety at Work Regulations 1999.

The course is aimed at people who are relatively new to risk assessment but may have a need to carry them out. It would also be suitable for those who act in a supervisory or management role and need to be aware of their responsibilities in relation to risk assessments being carried out.



One Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 12 people

## Ladder & Step Ladder User (LLS01)

Contrary to popular opinion the HSE have not banned the use of ladders and stepladders. For short duration work, they can be a good option.

This training course is designed to gain a basic awareness of the hazards of using ladders in the workplace. The delegates will develop knowledge and skills to know when to use a ladder, how to inspect it, and how to use it. This course is for all persons who use either ladders or stepladders during their working day.



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 8 people

## Permit to Work (PTW01)

This training is for those involved with writing and issuing permits for the following work activities – Hot Works / Working at Height / Confined Space / Excavation / Lock off Tag Off, and other permit controlled activities.

The training session will focus on the employer and personal responsibilities in the creation and audit of permits. The course can be made company specific to incorporate individual permits with prior agreement.



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 10 people

## Fire Marshal (FM01)

The course is suitable for people who have or are going to be appointed as a Fire Marshal / Warden.

It would also be suitable for those who act in a supervisory or management role and need to be aware of their responsibilities in relation to fire safety arrangements. These include a risk assessment, appointment of competent persons, fire safety arrangements, and identifying individuals to act as Fire Marshals / Wardens.



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 8 people

## Slinging and Lifting (SLC01)

This course is aimed at individuals who are involved in daily routine lifting tasks using mechanical aids, such as chain or electric hoists. The course is designed to give individuals an overview of the legal aspects of routine lifts and the need for correct planning and execution of lifting activities in the workplace.



One Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 10 people

## Vehicle Banks Person (VB01)

This course is designed to raise awareness of the dangers caused when reversing, identify the role of the Banks Person, and be able to use recommended signals, thinking about safe traffic and pedestrian routes with clear segregation of site users.



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 8 people

## Abrasive Wheels (Hand-held/Bench) (AW01/02)

The course is aimed at those individuals who have the responsibility of changing or mounting an abrasive wheel in accordance with HSG 17 (safety in the use of abrasive wheels).



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 10 people

## Personal Rescue Device (PRDT01)

This course is aimed at users of Personal Rescue Devices (PRD). The course includes PPE Legislation, PRD features, inspection and pre-use checks, correct fittings, activation of self-rescue instructions, and limitations of use.



Half a Day



Eurosafe Solutions Certificate  
Valid for 3 years



Maximum of 10 people





# Safety Circle®

Eurosafe Solutions have developed the unique Safety Circle® which highlights all our services to help you manage and maintain every element of working safely at heights or in confined spaces.

0114 250 7411    [sales@eurosafesolutions.co.uk](mailto:sales@eurosafesolutions.co.uk)





# Other Services

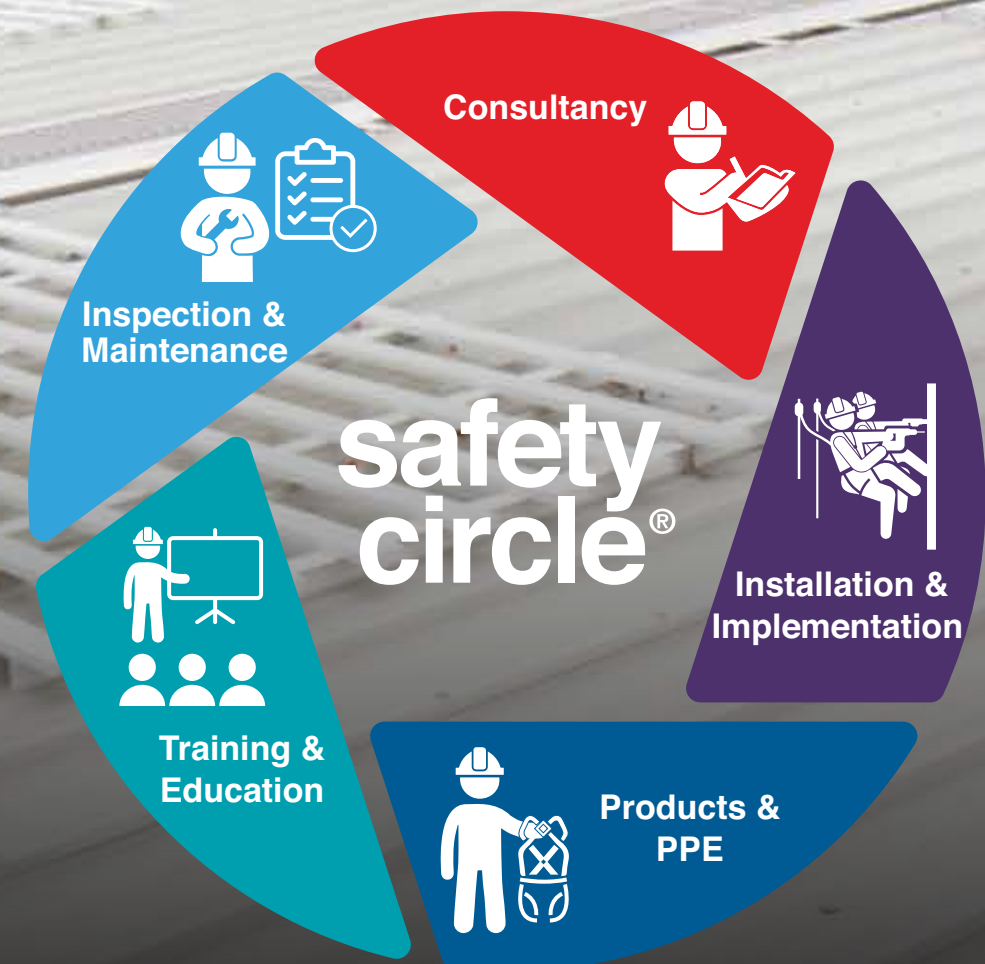




# Consultancy

Eurosafe Solutions offer in-depth risk analysis reports and access strategy documents for your workplace, both for existing assets or at early planning stage for architects and developers, providing you with a clear plan of action considering your operational schedule and any permanent or temporary measures that should be put into place.

0114 250 7411   [sales@eurosafesolutions.co.uk](mailto:sales@eurosafesolutions.co.uk)







# Installation & Implementation

Eurosafe Solutions select the most suitable market leading equipment for your requirements, and then ensures that these products are professionally installed and commissioned by our highly trained, directly employed, engineers.

0114 250 7411 [sales@eurosafesolutions.co.uk](mailto:sales@eurosafesolutions.co.uk)







# Products & PPE

Eurosafe Solutions can supply a full range of PPE and products for working at height and in confined spaces, ensuring that this equipment is correctly selected to work in your workplace environment in harmony with the other safety equipment required for the task.







# Inspection & Maintenance

At Eurosafe Solutions, we believe that the completion of a project is just the beginning of our service. Our managed inspection and maintenance service provides you with peace of mind that your equipment is always safe to use.

0114 250 7411    [sales@eurosafesolutions.co.uk](mailto:sales@eurosafesolutions.co.uk)







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