



**ESS**  
Training

# Safety Accredited Training Courses and Services



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**ESS**  
Training

**ESS is a leading provider of health and safety training, delivered via our network of training venues strategically situated across the UK.**

We work alongside key qualification bodies including City & Guilds, SQA and RoSPA to provide a range of accredited courses ranging from Confined Space Training and Manual Handling to Working At Heights and First Aid Training.

## Why choose ESS Training?



### 1000'S OF PEOPLE TRAINED

ESS provides training across the UK to a range of businesses in a wide range of industries.



### ON-SITE TRAINING AVAILABLE

With our mobile training units, we can come to you to deliver certain courses, reducing staff logistical challenges.



### EXPERIENCED TRAINERS

We are proud that each of our trainers upholds the highest standards and provides the best quality training to our customers.



### FULLY EQUIPPED TRAINING CENTRES

ESS has invested in the highest quality of training facilities which are strategically located across the UK with the aim that there is a training centre close to you!

To book you or a colleague onto one of our accredited training courses, please email [enquiries.ess@vpplc.com](mailto:enquiries.ess@vpplc.com) or call 0800 000 346.

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## Confined Space Training brought directly to you!

ESS's state-of-the-art, mobile Confined Space Training Units make accessing training simpler than ever before. Our mobile units not only reduce site downtime but eliminate logistical challenges of trying to organise staff attendance. Instead, let ESS come and deliver safe, accredited on-site training to you and your workers whenever and wherever you need it.

### Purpose Built

Purposely built to support all industry environments, the towable simulator has the unique ability to be transported to the workplace or moved from site to site as the job requires, for instance on remote access works or even on call for major projects such as shutdowns and turnarounds, common within the petrochemical industry and water and sewerage authorities.

### Ideal Training Solution

The unit's smoke generator makes it an ideal training solution for the Emergency Services, providing their staff with the opportunity to react to a rapid change in environment, similar to a real life scenario. In addition the unit's custom built tunnel labyrinth and hatches allow varied setups to realistically replicate complicated rescue scenarios, providing those on courses running over several days to encounter a different scenario each day.

### Two Tiered Unit

The two tiered mobile training unit consists of 44 metres of configurable tunnel labyrinth, three access points allowing horizontal and vertical entry/exit, LED and emergency lighting and a built-in generator allowing training to be held in areas where there is no power supply.

### Key Benefits:

- **Greater flexibility and mobility for customers:** Reduce staff downtime and cost by conducting training on-site
- **Fully accredited:** Course participants receive the equivalent high quality training conditions and qualifications available at one of our training centres
- **Tailored training solution:** Provides a tailored approach to satisfying your training requirements in terms of practical assessment and theory
- **Equipment training:** Training on all of the equipment commonly used in a Confined Space whilst under qualified trainer supervision
- **Multifunctional training:** The unit allows Confined Space, Fall Arrest and Breathing Apparatus Training
- **Specialist knowledge:** Our qualified and experienced trainers are constantly on hand to provide support and guidance during training

### Key Features:

- 44 metres of tunnel labyrinth
- Three metre vertical entry
- Side entries
- Guard railed deck
- Generator for 'own' power
- LED and emergency lighting
- Smoke generator
- Internal alarms
- Equipment: tripod, breathing apparatus, gas monitor, retrieval system, fall arrest, safety lighting
- Equipment storage and charging capabilities
- Pop up classroom




CONFINED SPACE TRAINING COURSES

## RoSPA Approved Confined Space Training Awareness

To give personnel an overview of the main requirements of the confined space regulations and the best approach when working with confined spaces.

### Course Duration and Locations

-  3.5 hours
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

- Recognition of confined spaces
- Legal considerations including main messages from the Confined Space Regulations: Approved Code of Practice, Regulations and Guidance
- Duties of the working party
- Overview of a Confined Space Safe System of Work including Confined Space Risk Assessment
- Main hazards in confined spaces including gases

### Assessment




- End of course paper pass mark 75%



## RoSPA Approved Confined Space Entry and Management Level

This course is designed for Managers and Supervisors who require a good, in-depth knowledge of confined space working procedures and equipment but are not required to enter or work in confined spaces as part of their duties.

### Course Duration and Locations

-  2 days
-  Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

- The Health and Safety requirements imposed on employers with respect to general safety and safe operating systems and delegates own legal Health and Safety responsibilities
- The Confined Space Regulations (ACOP with guidance)
- The common hazards associated with confined spaces and how they can affect the system of work from entry
- Atmospheric conditions that can arise in a confined space and how to operate the gas monitoring equipment including the alarm settings for each gas
- The correct use of a tripod and winch fall system including the capabilities of the system when lifting personal
- How the MSA 30/100 Re-breather (Turtle) works, what checks should be made before wearing the unit in a confined space and how to use the set in an emergency
- The importance of good personal hygiene standards and the possible sources of infection
- Wearing breathing apparatus and escape sets in a controlled environment
- How to develop a safe method of entry and working procedure based upon the information provided by the instructor prior to the start of the main exercise

To book you or a colleague onto one of our accredited training courses, please email [enquiries.ess@vpplc.com](mailto:enquiries.ess@vpplc.com) or call 0800 000 346.

## CONFINED SPACE TRAINING COURSES

### RoSPA Approved CS1 Confined Space Entry with Escape Sets

This course is designed to provide delegates that need to enter confined spaces with an in-depth understanding of the requirements of the law, associated regulation and safe systems of work. This course includes competent use of appropriate confined space equipment and practical assessments covering access, egress and safe working practices in confined spaces.

#### Course Duration and Locations

-  1 day
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

#### Course Content - Theory

- Legislation and regulation associated with confined spaces
- Specified risks and recognition of confined spaces
- Safe systems of work risk assessments and work permits
- Emergency procedures
- Atmospheric hazard monitoring
- Contamination and disease control
- Multiple choice knowledge assessment

#### Course Content - Practical




- Confined space equipment care and maintenance regimes
- Gas detectors - basic functions and interpreting information
- Escape breathing apparatus - checks and donning/doffing procedures
- Rescue harnesses - inspection, fitting and correct use
- Access equipment - inspection and safe use of tripods and fall arrest /recovery winches
- Practical assessment - pre-entry checks, entry control, communication, recognition of emergency, safe evacuation and post-incident reporting



### RoSPA Approved CS2 High Risk Confined Space Entry and Simple Rescue Techniques

This course is designed to provide delegates that need to enter high risk confined spaces with an in-depth understanding of the requirements of the law, associated regulation and safe systems of work. This course includes recognising high risk confined spaces, competent use of appropriate confined space equipment and practical assessments covering access, egress, safe working practices and basic rescue techniques in high risk confined spaces.

#### Course Duration and Locations

-  2 days
-  Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

#### Course Content - Theory

- Legislation and regulation associated with confined spaces
- Recognition of high risk confined spaces
- Safe systems of work risk assessments and work permits
- Introduction to emergency rescue procedures
- Multiple choice knowledge assessment

#### Course Content - Practical

- Pre-use checks and tests for self-contained breathing apparatus
- Wearing, donning and doffing of self-contained breathing apparatus
- Breathing apparatus control boards and procedures
- Introduction to emergency rescue equipment
- Practical assessment - pre-entry checks, entry/breathing apparatus control, communication, recognition of emergency, snatch rescue in full breathing apparatus and post-incident reporting




CONFINED SPACE TRAINING COURSES



## Gas Monitor Awareness

This course is designed to give delegates a basic understanding of the usage, checks and good working practices that should be employed when working with Gas Monitors.

### Course Duration and Locations

-  1/2 day
-  Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

- Overview of applicable legislation including principle requirements from the COSHH Regulations
- Properties of gasses
- Types of gas monitors and their different functions
- Pre-use inspection and servicing frequency of gas monitors
- Safe operation and use of gas monitors
- After-use care and storage

### Assessment




- Practical and theoretical

## CONFINED SPACE TRAINING COURSES

### City & Guilds 6160-01 Low Risk Confined Space

This course is designed to provide delegates that need to enter low risk confined spaces and hazardous areas with an in-depth understanding of what is a low risk confined space, the requirements of the law, associated legislation, safe systems of work and risk assessments.

#### Course Duration and Locations

-  1 day
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site course - POA

#### Course Content

- Identifying a low risk confined space
- Preparing to enter and exit a confined space
- Emergency exit from a confined space
- Permit control
- How to complete pre-entry gas checks

This qualification focusses on the delegates ability to enter and work in low risk confined spaces which have been risk assessed and designated NC1 with the Water UK scheme.

The delegates will need to be able to demonstrate the ability to:

- Verify isolation from risk
- Establish a safety zone at the access and egress point
- Establish and maintain an appropriate communication system
- Set out and interpret atmosphere monitors
- Maintain safe working procedures for work being done

This qualification has been designed by City & Guilds to meet the requirements of Water UK and is water-industry specific.






Upon successful completion of the course, delegates will be issued with a certificate of training and ID card.

### City & Guilds 6160-02 Medium Risk Confined Space

This course is designed to provide delegates that need to enter confined spaces and hazardous areas with an in-depth understanding of the requirements of the law, associated legislation, safe systems of work and risk assessments. This course is specifically for entrants and includes competent use of appropriate confined space equipment and practical assessments covering access, egress and safe working practices in confined spaces and hazardous areas.

#### Course Duration and Locations

-  2 days
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site course - POA

#### Course Content - Theory

- Legislation and dangers associated with confined spaces/ hazardous areas
- Recognition of confined spaces NC1, NC2, NC3 and NC4
- Safe systems of work, work permits and risk assessments
- Emergency procedures

#### Course Content - Practical

- Safe use of confined space equipment
- Pre-entry safety checks
- Practical assessment
- Emergency procedures
- Equipment care and maintenance regimes



Upon successful completion of the course, delegates will be issued with a certificate of training and ID card.






## CONFINED SPACE TRAINING COURSES

### City & Guilds 6160-03 Level 2 Award in High Risk Confined Space

This course is about working in confined spaces that have non-standard entries which, in consequence, make rescue difficult. It is likely that a hazard will be present at sometime during the entry. Entry may involve complex entry procedures and there will be work-specific controls and rescue arrangements. It will entail the use of self-contained open circuit breathing apparatus, specialist detection equipment and resuscitation equipment.

#### Course Duration and Locations

-  **3 days** (prerequisites: candidate will hold a valid Medium Risk 6150-02 qualification less than 6 months old)
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

#### Course Content - Theory

- Legislation and dangers associated with confined spaces/hazardous areas
- Recognition of confined spaces NC1, NC2 and NC3
- Safe systems of work, work permits and risk assessments
- Emergency procedures

#### Course Content - Practical

- Safe use of confined space equipment including SCBA
- Pre-entry safety checks
- Practical assessment
- Emergency procedures
- Equipment care and maintenance regimes




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Level 3 will suit you if you work in the industry and want to get the qualifications to be able to cope with emergencies in confined spaces. Upon successful completion of the course, delegates will be issued with a certificate of training and ID card.

### City & Guilds 6160-04 Level 3 Award in Control Entry and Arrangements for Confined Spaces

This course is designed for candidates who will be responsible for controlling entry and arrangements for confined spaces at the point of work without actually entering them.

#### Course Duration and Locations

-  **3 days training plus half day assessment** (This course can be done simultaneously with 6160-03 Level 2 Award for Working in High Risk Confined Spaces)
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

#### Course Content - Theory

- Legislation and dangers associated with confined spaces/hazardous spaces
- Recognition of confined spaces NC1, NC2 and NC3
- Safe systems of work, work permits and risk assessments
- Emergency procedures
- Understand SSOW
- Control safe entry and exit to the confined space including pre-entry brief to entry team
- Implement emergency arrangements effectively
- Understand the need for incident reporting

#### Course Content - Practical

- Safe use of confined space equipment including SCBA
- Pre-entry safety checks
- Practical assessment
- Emergency procedures
- Equipment care and maintenance regimes

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Candidates will be assessed against a high risk activity. Upon successful completion of the course, delegates will be issued with a certificate of training and ID card.

## CONFINED SPACE TRAINING COURSES

### City & Guilds 6160-05 Level 3 Award in Supervising Team Undertaking Work In Confined Spaces

This module is for supervisors of more than one activity. The delegate will supervise confined spaces and plan and allocate activities for a team. The person will be responsible for pre-entry procedures, entry into and exit from the confined space, selection of personnel, maintaining communications and initiating and controlling emergency procedures.

#### Course Duration and Locations

-  **2 days** (prerequisite: delegate must have the qualification for medium (6160-02) or high risk (6160-03))
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  **On-site course - POA**

#### Course Content - Theory

- Plan and prepare emergency operations for a rescue team
- Mobilise and supervise direct entry and exit to the confined space
- Supervise safe use of safety equipment including harness, winches etc
- Learn how to deal with emergencies
- Monitor a rescue team to ensure procedures are followed
- Understand the principles of working as a rescue team leader including duties and responsibilities
- Learn to work within a safe system of work

#### Course Content - Practical

- Safe use of confined space equipment
- Pre-entry safety checks
- Practical assessment
- Emergency procedures
- Equipment care and maintenance regimes
- Arrange for all equipment to be available prior to entering the site
- Carry out a site/task specific risk assessment
- Allocate activities to a competent work team
- Brief the work team on the nature of the specific confined space
- Confirm all team members know and understand their roles
- Plan the work site safety zone and carry out checks
- Confirm communications systems are set up, tested and working before team move away from the entry point






Upon successful completion of the course, delegates will be issued with a certificate of training and ID card.

### City & Guilds 6160-06 Level 4 Award in Planning, Managing and Reviewing the Legislative and Safety Compliance for Working in Confined Spaces

This unit focuses on planning, organising and managing work safely in confined spaces including legislative roles and responsibilities, health and safety considerations and equipment requirements. Designed for managers that are responsible for organising and planning work activities within a confined space. The manager may or may not supervise the actual job. The manager cannot enter the confined space.

#### Course Duration and Locations

-  **4 days** – theory, groupwork and workplace assignment (prerequisite: delegate must have NEBOSH or other L5/L6 safety award as a prequalification). The timescale for completion of the assignment will be negotiated between the candidate(s) and the tutor/assessor (suggested completion within 18 months). To be discussed and agreed
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  **On-site course - POA**

#### Course Content - Theory

- Legislation and dangers associated with confined spaces/hazardous areas
- Recognition of confined spaces NC1, NC2, NC3 and NC4
- Safe system of work, work permits and risk assessments
- Emergency procedures

#### Course Requirements

- Must have a working knowledge of confined space management
- Must have a previous understanding of course content – theory
- Must be able to pass a pre-course exam
- Must have the ability to create a full safe system of work on two live confined spaces
- Must have the ability to audit an review company documentation

#### Course Recommendations


- C&G 6160 02, 03, 05 – Medium, High Risk and Rescue
- IOSH Managing Safely
- NEBOSH General Certificate

CONFINED SPACE TRAINING COURSES

## City & Guilds 6160-07 Level 3 Award in Direct Rescue and Recovery in Confined Spaces

This module is for delegates who have responsibility for the activities of a rescue or recovery team operating in confined spaces. This may include rescue team leaders, coordinators, entry controllers/top person or supervisors who responsibilities include leading the rescue and recovery of casualties, planning and preparing for emergency operations, mobilising rescue teams, monitoring and managing rescue activities, delivering reporting and securing sites after incidents or emergencies.

### Course Duration and Locations

-  1 day
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site course - POA

### Course Content - Theory

- Plan how to prepare emergency operations for rescue teams
- Mobilise a rescue team and direct entry and exit to the confined space
- Understand the requirements relating to safety escape and emergency equipment, including taking ownership for ensuring all is available on site prior to work commencing
- Understand rescue team leader duties and responsibilities including sharing emergency arrangements with rescue team

### Course Content - Practical

- Prepare a rescue team for a standby
- Select & allocate correct equipment
- Practical team leader exercises
- Incident reporting procedures
- Theoretical and practical assessment




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Upon successful completion of the course, delegates will be issued with a certificate of training and ID card.

## City & Guilds 6160-08 Level 3 Award in Working as a Member of a Rescue and Recovery Team in Confined Spaces

This course is designed for delegates to obtain the skills and knowledge required to carry out safe rescue procedures within the Water UK categories, low, medium and high risk confined spaces, including using compressed air, self-contained breathing apparatus as a planned means of assisted rescue.

### Course Duration and Locations

-  3 days (prerequisite: delegate must hold a valid Level 2 Award in High Risk Confined Space)
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site course - POA

### Course Content - Theory

- Prepare to work safely in confined spaces under emergency conditions
- Enter and exit confined spaces safely
- Write and understand risk assessments for safe entry and retrieval of casualties from a confined space

### Course Content - Practical

- Use and interpret gas monitors to verify safe atmospheres
- Understand the properties of gasses and the occurrence of bad atmospheres
- Correct fitting and how to check ancillary safety equipment such as harnesses winches etc
- How to build, don and doff self-contained breathing apparatus
- Personal protective equipment (PPE)
- Work within a safe system of work
- React positively as a team in a potentially dangerous situation
- Use appropriate behaviour for carrying out emergency rescue and recovery of casualties from confined spaces including handing over to emergency services.
- Use appropriate water industry knowledge for carrying out emergency rescue and recovery of casualties from confined spaces

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Upon successful completion of the course, delegates will be issued with a certificate of training and ID card.



**ESS**

Safety, Survey, Test & Measurement

## ESS, Your Specialist Equipment Hire Partner

We are ESS, the experts in specialist equipment hire and sales, training, technical advice and project planning. Working with everyone from small, local businesses to national operators in selected industries, we partner with you to get it right every time.

We pride ourselves on our well informed, highly motivated staff who can provide you with expert advice to direct you towards the most relevant, latest technologies while offering superior customer service you expect from the Vp Group. For almost 30 years, we have been supporting businesses by reducing their risks, project times and costs while helping to enhance their compliance, safety and security.

We are the rental and project specialist for the 21st century that's been established as a safe, reliable and expert pair of hands. We offer fair, pragmatic help and advice whenever you need it along with the reassurance that working with the industry leader brings.

You can feel reassured that with ESS by your side, you can concentrate on managing your workforce and project plans, while we ensure you have the specialist equipment and support services you need to deliver your project as efficiently as possible.



**SAFETY**



**SURVEY**



**COMMUNICATIONS**



**TEST & MEASUREMENT**



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Training

## Safe Working at Height

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

Fall from heights are the most common cause of workplace fatality. Ensuring that you and your workforce have the right skills and knowledge to prevent these accidents is essential. At ESS, we understand that not every working at height scenario is exactly the same which is why we tailor our training courses to your particular industry or working method to ensure you are receiving training that is relevant to you. Through the combination of working at height courses we offer, you will be able to manage operatives, operate a safe system of work and effect a swift evacuation or rescue.

As a company that is dedicated to safety in the workplace, we continuously strive to make our training even more accessible to our nationwide customers. Designed in compliance with the requirements for IRATA, our custom built training centre in

Wellingborough, Northamptonshire and our new facility in Manchester includes dedicated working at height exercise areas, classrooms and a breakout area, ensuring training delegates receive the ultimate learning experience. The exercise area is designed to meet the increasing demand for specialist work at height and includes exposed walkways, high platforms and a variety of ladder styles.

Working closely with both RoSPA and City & Guilds, we are able to offer customers a range of affordable accredited or bespoke working at height courses for a variety of industries. Our courses are designed to conform to the BS EN 8454 code of practice for the delivery of working at height training, education and rescue, incorporating the HSE working at height training key syllabus.





**ESS can assist you in choosing the right safety training solution for your requirements and environment every time, whilst providing on-going re-certification and work at height support.**

## SAFE WORKING AT HEIGHT COURSES

# Module 2 - RoSPA Approved General Operator

This course is suitable for operatives required to work at height and will give operatives a sound foundation on the requirements of the work at height regulations and other relevant regulations in conjunction with a basic understanding of the types of fall protection systems and equipment available, its use, its limitations and unsafe practices. It also highlights the principles of how fall protection systems/equipment should be selected and used. This course will provide trainees with the knowledge and practical experience to enable them to work safely at height using a variety of basic systems and techniques. This course includes education and training and upon successful completion, will certify the trainee competent.

### Course Duration and Locations

-  1 day
-  Manchester and Wellingborough
-  On-site course - POA
-  Maximum number of delegates per course: 10

### Training Format

Fully interactive and engaging classroom theory and practical, with location specific practical application included, course handouts provided to delegates.

### Assessment Techniques

Both summative and formative, 20 question multi-choice exam paper and practical observation of application techniques and underpinning knowledge via verbal Q&A.

### Start and Finish Times

Flexible to suit customer needs.

### Areas Covered in the Course

- **Introductions and domestic arrangements**
- **Regulations:**
  - The relevant sections of the below regulations will be covered in relation to their application for working at height:
    - Health & Safety at Work Act
    - Management of Health & Safety at Work Regulations
    - The Work at Height Regulations
    - The Workplace (Health & Safety and Welfare) Regulations
    - The Provision and Use of Work Equipment Regulations
    - The Personal Protective Equipment (PPE) at Work Regulations
    - The Lifting Operations and Lifting Equipment Regulations
    - The Control of Substances Hazardous to Health (COSHH) Regulations
    - The Construction Design and Management) Regulations
    - Health and Safety (Safety Signs and Signals) Regulations

- **Working at height hierarchy:**
  - Understanding of the mandatory importance of the hierarchy to enable the selection of the correct safe system of work, their inherent hazards, appropriate safe systems of work, equipment and PPE to be employed in each situation
  - Prevention of unauthorised access to restricted height places (RHPs) and signage requirements for RHPs
- **Selection of work equipment for working at height:**
  - Identification and explanation of various types of equipment for use whilst working at height; to enable the correct type to be selected to support a safe system of work
- **Working at height risk assessment (RA):**
  - To enable delegates to be able to recognise dangerous situations, fragile surfaces, falling, objects, danger areas etc. and review existing and undertake new point of use/dynamic RAs in relation to working at height considerations
- **Understanding fall protection:**
  - Identification of all the components to a fall protection system and the order in which they must be selected. Including collective and personal, fall restraint and fall arrest and associated applications of the following equipment:
    - Guardrails
    - Barriers
    - MEWPS
    - Nets Air bags Mobile guarding Work restraint
    - Inertia reels
    - Lanyards and shock absorber
    - Fall arrest blocks
    - Tripod and winch
- **Table top exercise hazard identification:**
  - Opportunity for delegates to spot the problems and identify working at height hazards, from photos on the screen and then identify the correct solution and safe system of work
- **Types of structure:**
  - Scaffolds, MEWP's, Aerials/Masts, Hooped Ladders, Rooftops, Fragile Surfaces: identification of different types of structures, including their component parts and their inherent hazards
  - Appropriate safe systems of work, equipment and PPE to be employed in each situation
  - Prevention of unauthorised access to RHPs and signage requirements for RHPs

## SAFE WORKING AT HEIGHT COURSES

## Module 2 - RoSPA Approved General Operator (continued)

### Areas Covered in the Course continued

- **Inspection of work equipment:**
  - Explanation of the correct inspection procedures and frequencies required under LOLER and other regulations for commonly used equipment including ladders, step ladders, tripods, winches and fall arrest blocks
  - Following skills acquisition, the delegates will have the opportunity to practice this on a range of equipment both via table top exercise and via practical hands-on visual inspection
  - Safe use of ladders and stepladders is also covered in this module
- **Personal protective equipment (PPE):**
  - Explanation of the different types of PPE available for use whilst working at height, correct inspection and certification requirements of PPE and how to size and fit a harness correctly
  - Fall factors and appropriate anchor selection and positioning will also be covered in this module. These will be covered in both theory and practical application
  - Delegates will get the opportunity to fault find with a selection of defective harnesses
- **Emergency arrangements:**
  - Identification of the legal requirement to ensure emergency arrangements have been considered and are in place, prior to any planned working at height activity
  - A variety of solutions will be discussed and demonstrated via video
  - Suspension trauma and emergency first aid will also be discussed and explained
- **Closed courses will include working at height policy:**
  - An overview of 'the company' Safe Working at Height Policy and procedures will be given, with hard copies to be made available by the company if required, this will include:
    - Management arrangements
    - Operating procedures
    - Model forms
    - Model signage
- **Practical exercises and observational assessment:**
  - To include harness fitting, fixed ladder inspection, risk assessment, selection of appropriate safe system of work (SSOW), selection of appropriate fall protection equipment, fall arrest twin lanyard wearing and use, climbing and descending fixed ladders on site, roof work - safe access and egress
- **End of course written assessment:**
  - 20 question multiple choice paper to confirm knowledge and understanding with a pass mark of 75%

### Quality Assurance

- ESS is a RoSPA approved and City & Guilds accredited training centre and provider
- All of our working at height modules are built incorporating, as a minimum, the core syllabus as advised by the HSE's Advisory Committee for Working at Height Training (ACWAHT)
- Relevant sector and equipment specific technical guidance is followed and incorporated into the modules, from the Working at Height Safety Association (WAHSA).
- The working at height training modules will be managed, administered and delivered following the British Standards Institute (BSI) Code of Practice for the delivery of training and education for work at height and rescue BS 8454:2006
- All of the modules will, as a minimum, meet the required standards under the relevant regulations
- ESS uses City & Guilds qualified and approved trainers, assessors and IQA's to further ensure the reliability of the products we offer







Upon successful completion of the course, delegates will be issued with a Certificate of Training in RoSPA approved Working at Height General Operator and Photo ID Card valid for three years

## SAFE WORKING AT HEIGHT COURSES

## Module 3 - RoSPA Approved Rescue from Height

This course is suitable for competent working at height operatives that may be required to undertake rescues whilst working at height. This course will give the trainee a basic understanding of the relevant legislation with a focus on the requirement to have an emergency plan in place to facilitate a rescue of anyone who becomes suspended in fall arrest equipment. Each device used for a given rescue situation is different and has certain advantages and disadvantages which are discussed throughout the education and training. Trainees will be grouped and trained in their pre-selected preferred system/device including systems such as Gotcha, Milan, Synergy, RollGliss R550, IKAR, PRD R20 etc. This course will provide trainees with the knowledge and practical experience to enable them to effect a variety of rescues using their chosen device/system. This course includes education and training and, upon successful completion, will certify the trainee competent.

### Course Duration and Locations

-  1/2 day
-  Manchester and Wellingborough
-  On-site course - POA
-  Maximum number of delegates per course: 10

### Training Format

Fully interactive and engaging classroom theory and practical, with location specific practical application included, course handouts provided to delegates.

### Assessment Techniques

Both summative and formative, 20 question multi-choice exam paper and practical observation of application techniques and underpinning knowledge via verbal Q&A.

### Start and Finish Times

Flexible to suit customer needs.

### Areas Covered in the Course

- **Introductions and domestic arrangements**
- **Regulations:**
  - The relevant sections of the below regulations will be covered in relation to their application for working at height:
    - Health & Safety at Work Act
    - Management of Health & Safety at Work Regulations
    - The Work at Height Regulations
    - The Provision and Use of Work Equipment Regulations
    - The Personal Protective Equipment (PPE) at Work Regulations
- **Working at height hierarchy:**
  - Understanding of the mandatory importance of the hierarchy to enable the selection of the correct safe system of work
- **Selection of work equipment for working at height:**
  - Identification and explanation of various types of equipment for use whilst working at height; to enable the correct type to be selected to support a safe system of work
- **Working at height risk assessment (RA):**
  - To enable delegates to be able to recognise dangerous situations, fragile surfaces, falling, objects, danger areas etc. and review existing and undertake new point of use/dynamic RAs in relation to working at height considerations
- **Table top exercise hazard identification:**
  - Opportunity for delegates to discuss and plan scenario based rescue options
- **Inspection of work equipment:**
  - Explanation of the correct inspection procedures and frequencies required for specific rescue equipment

- **Emergency arrangements:**
  - Identification of the legal requirement to ensure emergency arrangements have been considered and are in place, prior to any planned working at height activity
  - A variety of solutions will be discussed and demonstrated via video
  - Suspension trauma and emergency first aid will also be discussed and explained
  - Students will then get a practical education and opportunity to practice rescue scenarios in our working at height training area
- **Closed courses will include working at height policy:**
  - An overview of 'the company' Safe Working at Height Policy and procedures will be given, with hard copies to be made available by the company if required, this will include:
    - Emergency arrangements
    - Operating procedures
    - Model forms
    - Model signage
- **Practical exercises and observational assessment:**
  - To include harness fitting, fixed ladder inspection, risk assessment, selection of appropriate safe system of work (SSOW), selection of appropriate fall protection equipment, fall arrest twin lanyard wearing and use, climbing and descending fixed ladders on site
- **End of course written assessment:**
  - 20 question multiple choice paper to confirm knowledge and understanding with a pass mark of 75%

### Quality Assurance

- ESS is a RoSPA approved and City & Guilds accredited training centre and provider
- All of our working at height modules are built incorporating, as a minimum, the core syllabus as advised by the HSE's Advisory Committee for Working at Height Training (ACWAHT)
- Relevant sector and equipment specific technical guidance is followed and incorporated into the modules, from the Working at Height Safety Association (WAHSA).
- The working at height training modules will be managed, administered and delivered following the British Standards Institute (BSI) Code of Practice for the delivery of training and education for work at height and rescue BS 8454:2006
- All of the modules will, as a minimum, meet the required standards under the relevant regulations
- ESS uses City & Guilds qualified and approved trainers, assessors and IQA's to further ensure the reliability of the products we offer



Upon successful completion of the course, delegates will be issued with a Certificate of Training in RoSPA approved Working at Height Rescue from Height and Photo ID Card valid for three years







## SAFE WORKING AT HEIGHT COURSES

## Module 4 - RoSPA Approved Ladders and Platforms

This course is suitable for anyone who has already attended Module 1 and is required to use ladders, stepladders and/or platforms whilst at work. There is increasingly new technology related to the safe use of ladders and increasing momentum towards fixing ladders securely so that persons can attach to the ladder using fall protection equipment such as harness and lanyards. This course will give the trainee a clear understanding of the relevant legislation relating to the safe use and appropriate selection of ladders, stepladders and platforms in the workplace. This course will provide trainees with the knowledge and practical experience to enable them to work safely from ladders and platforms. This course includes education and training and, upon successful completion, will certify the trainee competent.

### Course Duration and Locations

-  1/2 day
-  Manchester and Wellingborough
-  On-site course - POA
-  Maximum number of delegates per course: 10

### Training Format

Fully interactive and engaging classroom theory and practical, with location specific practical application included, course handouts provided to delegates.

### Assessment Techniques

Both summative and formative, 20 question multi-choice exam paper and practical observation of application techniques and underpinning knowledge via verbal Q&A.

### Start and Finish Times

Flexible to suit customer needs.

### Areas Covered in the Course

- **Introductions and domestic arrangements**
- **Syllabus:**  
The relevant sections of the below regulations will be covered in relation to their application for working at height:
  - Legal requirements and guidance
  - Work at height legislation
  - Planning and organising
  - Selecting and using ladders and stepladders or platform
  - Assessing risks
  - Pre-use inspection procedures
  - Inspection documentation.
  - Practical application
  - Theory and practical tests
- **Working at height hierarchy:**
  - Understanding of the mandatory importance of the hierarchy to enable the selection of the correct safe system of work
- **Selection of work equipment for working at height:**
  - Identification and explanation of various types of equipment for use whilst working at height; to enable the correct type to be selected to support a safe system of work
- **Working at height risk assessment (RA):**
  - To enable delegates to be able to recognise dangerous situations, fragile surfaces, falling, objects, danger areas etc. and review existing and undertake new point of use/dynamic RAs in relation to working at height considerations
- **Table top exercise hazard identification:**
  - Opportunity for delegates to spot the problems and identify working at height hazards, from photos on the screen and then identify the correct solution and safe system of work

- **Inspection of work equipment:**

- Explanation of the correct inspection procedures and frequencies required under regulations for commonly used equipment including ladders, step ladders and platforms. Following skills acquisition, the delegates will have the opportunity to practice this on a range of equipment both via table top exercise and via practical hands-on visual inspection

- **Emergency arrangements:**

- Explanation of the different types of personal protective equipment (PPE) available for use whilst working at height, correct inspection and certification requirements of PPE and how to size and fit a harness correctly.
- Fall factors and appropriate anchor selection and positioning will also be covered in this module. These will be covered in both theory and practical practice and application.
- Delegates will also get the opportunity to fault find with a selection of defective harnesses.

- **Closed courses will include working at height policy:**

- An overview of 'the company' Safe Working at Height Policy and procedures will be given, with hard copies to be made available by the company if required, this will include:
  - Management arrangements
  - Model forms
  - Operating procedures
  - Model signage

- **Practical exercises and observational assessment:**

- To include harness fitting, fixed ladder inspection, risk assessment, selection of appropriate safe system of work (SSOW), selection of appropriate fall protection equipment, fall arrest twin lanyard wearing and use, climbing and descending fixed ladders on site

- **End of course written assessment:**

- 20 question multiple choice paper to confirm knowledge and understanding with a pass mark of 75%

### Quality Assurance

- ESS is a RoSPA approved and City & Guilds accredited training centre and provider
- All of our working at height modules are built incorporating, as a minimum, the core syllabus as advised by the HSE's Advisory Committee for Working at Height Training (ACWAHT)
- Relevant sector and equipment specific technical guidance is followed and incorporated into the modules, from the Working at Height Safety Association (WAHSA).
- The working at height training modules will be managed, administered and delivered following the British Standards Institute (BSI) Code of Practice for the delivery of training and education for work at height and rescue BS 8454:2006
- All of the modules will, as a minimum, meet the required standards under the relevant regulations
- ESS uses City & Guilds qualified and approved trainers, assessors and IQA's to further ensure the reliability of the products we offer







Upon successful completion of the course, delegates will be issued with a Certificate of Training in RoSPA approved Working at Height Ladders and Platforms and Photo ID Card valid for three years

## SAFE WORKING AT HEIGHT COURSES

# Module 5 - RoSPA Approved Harness Appreciation and Inspection

This course is suitable for operatives, managers or inspectors responsible for the inspection and fitting of harnesses. This course will provide sufficient information to allow the trainees to form an informed judgement on the condition of a harness and whether to keep it in service and will provide the trainees with sufficient knowledge and practical experience to be able to correctly check fit/size a harness for another user. This course is also suitable for anyone required to regularly inspect and fit their own harness. This course includes classroom based education and training and, upon successful completion, will certify the trainee competent.

## Course Duration and Locations

-  1/2 day
-  Manchester and Wellingborough
-  On-site course - POA
-  Maximum number of delegates per course: 10

## Training Format

Fully interactive and engaging classroom theory and practical, with location specific practical application included, course handouts provided to delegates.

## Assessment Techniques

Both summative and formative, 20 question multi-choice exam paper and practical observation of application techniques and underpinning knowledge via verbal Q&A.

## Start and Finish Times

Flexible to suit customer needs.

## Areas Covered in the Course

- **Introductions and domestic arrangements**
- **Regulations:**
  - The relevant sections of the below regulations will be covered in relation to their application for working at height:
    - Health & Safety at Work Act
    - Management of Health & Safety at Work Regulations
    - The Work at Height Regulations
    - The Provision and Use of Work Equipment Regulations
    - The Personal Protective Equipment (PPE) at Work Regulations
    - The Lifting Operations and Lifting Equipment Regulations
- **Working at height hierarchy:**
  - Understanding of the mandatory importance of the hierarchy to enable the selection of the correct safe system of work
- **Selection of work equipment for working at height:**
  - Identification and explanation of various types of equipment for use whilst working at height; to enable the correct type to be selected to support a safe system of work
- **Working at height risk assessment (RA):**
  - To enable delegates to be able to recognise dangerous situations, fragile surfaces, falling, objects, danger areas etc. and review existing and undertake new point of use/dynamic RAs in relation to working at height considerations

- **Understanding fall protection:**
  - Identification of all the components to a fall protection system and the order in which they must be selected. Including collective and personal, fall restraint and fall arrest and associated applications of the following equipment:
    - Work restraint
    - Fall arrest
    - Inertia reels
    - Lanyards and shock absorber
- **Table top exercise hazard identification:**
  - Opportunity for delegates to spot the problems and identify working at height hazards, from photos on the screen and then identify the correct solution and safe system of work
- **Personal protective equipment (PPE):**
  - Explanation of the different types of PPE available for use whilst working at height, correct inspection and certification requirements of PPE and how to size and fit a harness correctly.
  - Fall factors and appropriate anchor selection and positioning will also be covered in this module. These will be covered in both theory and practical practice and application.
  - Delegates will also get the opportunity to fault find with a selection of defective harnesses.
- **End of course written assessment:**
  - 20 question multiple choice paper to confirm knowledge and understanding with a pass mark of 75%

## Quality Assurance

- ESS is a RoSPA approved and City & Guilds accredited training centre and provider
- All of our working at height modules are built incorporating, as a minimum, the core syllabus as advised by the HSE's Advisory Committee for Working at Height Training (ACWAHT)
- Relevant sector and equipment specific technical guidance is followed and incorporated into the modules, from the Working at Height Safety Association (WAHSA).
- The working at height training modules will be managed, administered and delivered following the British Standards Institute (BSI) Code of Practice for the delivery of training and education for work at height and rescue BS 8454:2006
- All of the modules will, as a minimum, meet the required standards under the relevant regulations
- ESS uses City & Guilds qualified and approved trainers, assessors and IQA's to further ensure the reliability of the products we offer







Upon successful completion of the course, delegates will be issued with a Certificate of Training in Working at Height Harness Appreciation and Inspection and photo ID card valid for three years

## SAFE WORKING AT HEIGHT COURSES

## Module 8 - RoSPA Approved Roof Work

This course is suitable for anyone who has already attended Module 1 and is required to climb on fixed ladders and other structures, for access, survey or inspection purposes. This course will provide trainees with the knowledge and practical experience to enable them to climb the fixed ladder and/or structure using protected access ways and to work safely in protected areas. This course includes education and training and, upon successful completion, will certify the trainee competent.

### Course Duration and Locations

-  1/2 day
-  Wellingborough
-  On-site course - POA
-  Maximum number of delegates per course: 10

### Training Format

Fully interactive and engaging classroom theory and practical, with location specific practical application included, course handouts provided to delegates.

### Assessment Techniques

Both summative and formative, 20 question multi-choice exam paper and practical observation of application techniques and underpinning knowledge via verbal Q&A.

### Start and Finish Times

Flexible to suit customer needs.

### Areas Covered in the Course

- Working at height legislation and guidance specific to fixed ladders
- Risk assessment for climbing
- Personal Protective Equipment (PPE) - inspections, use and care
- Access ways - protected and unprotected
- Climbing techniques in exposed locations
- Temporary fall arrest systems
- Hazards when climbing
- Emergency procedures

### Quality Assurance

- ESS is a RoSPA approved and City & Guilds accredited training centre and provider
- All of our working at height modules are built incorporating, as a minimum, the core syllabus as advised by the HSE's Advisory Committee for Working at Height Training (ACWAHT)
- Relevant sector and equipment specific technical guidance is followed and incorporated into the modules, from the Working at Height Safety Association (WAHSA).
- The working at height training modules will be managed, administered and delivered following the British Standards Institute (BSI) Code of Practice for the delivery of training and education for work at height and rescue BS 8454:2006
- All of the modules will, as a minimum, meet the required standards under the relevant regulations
- ESS uses City & Guilds qualified and approved trainers, assessors and IQA's to further ensure the reliability of the products we offer







Upon successful completion of the course, delegates will be issued with a Certificate of Training in Working at Height Roof Work and photo ID card valid for three years

## SAFE WORKING AT HEIGHT COURSES

## Module 9 - RoSPA Approved Climbing Fixed Ladders and Structures

This course is suitable for anyone who has already attended Module 1 and is required to climb on fixed ladders and other structures for access, survey or inspection purposes. This course will provide trainees with the knowledge and practical experience to enable them to climb the fixed ladder and/or structure using protected access ways and to work safely in protected areas. This course includes education and training and, upon successful completion, will certify the trainee competent.

### Course Duration and Locations

-  1/2 day
-  Manchester and Wellingborough
-  On-site course - POA
-  Maximum number of delegates per course: 10

### Training Format

Fully interactive and engaging classroom theory and practical, with location specific practical application included, course handouts provided to delegates.

### Areas Covered in the Course

- Working at height legislation and guidance specific to fixed ladders risk assessment for climbing
- Personal Protective Equipment (PPE) - inspections, use and care
- Access ways - protected and unprotected
- Climbing techniques in exposed locations
- Temporary fall arrest systems
- Hazards when climbing
- Emergency procedures

### Quality Assurance

- ESS is a RoSPA approved and City & Guilds accredited training centre and provider
- All of our working at height modules are built incorporating, as a minimum, the core syllabus as advised by the HSE's Advisory Committee for Working at Height Training (ACWAHT)
- Relevant sector and equipment specific technical guidance is followed and incorporated into the modules, from the Working at Height Safety Association (WAHSA).
- The working at height training modules will be managed, administered and delivered following the British Standards Institute (BSI) Code of Practice for the delivery of training and education for work at height and rescue BS 8454:2006
- All of the modules will, as a minimum, meet the required standards under the relevant regulations
- ESS uses City & Guilds qualified and approved trainers, assessors and IQA's to further ensure the reliability of the products we offer







Upon successful completion of the course, delegates will be issued with a Certificate of Training in Working at Height Harness Appreciation & Inspection and photo ID card valid for three years

## SAFE WORKING AT HEIGHT COURSES

# RoSPA Approved Rescue Auto Locking Fall Arrest System (RALF) and Stretcher Awareness Training

This awareness training is designed to familiarise delegates in the uses of RALF and stretcher training, basic set-up and uses of the above equipment.

## Course Duration and Locations

-  1/2 day
-  Manchester and Wellingborough
-  On-site course - POA
-  Maximum number of delegates per course: 10

## Training Format

Fully interactive and engaging classroom based theory and practical. Delegates will inspect and fit safety harnesses, receive hands-on experience with the RALF and stretcher, package a casualty onto a stretcher and remove it using the RALF system. Delegates will also be shown the different types of stretcher for different applications. Course handouts are provided to delegates.

## Assessment Techniques

Practical observation of exercises and underpinning knowledge via verbal Q&A

## Areas Covered in the Course

- Introduction to the RALF Stretchers
- Inspection of the equipment
- Different uses
- Harness inspection and fitting

## Quality Assurance

- ESS is a RoSPA approved and City & Guilds accredited training centre and provider
- All of our working at height modules are built incorporating, as a minimum, the core syllabus as advised by the HSE's Advisory Committee for Working at Height Training (ACWAHT)
- Relevant sector and equipment specific technical guidance is followed and incorporated into the modules, from the Working at Height Safety Association (WAHSA).
- The working at height training modules will be managed, administered and delivered following the British Standards Institute (BSI) Code of Practice for the delivery of training and education for work at height and rescue BS 8454:2006
- All of the modules will, as a minimum, meet the required standards under the relevant regulations
- ESS uses City & Guilds qualified and approved trainers, assessors and IQA's to further ensure the reliability of the products we offer



Upon successful completion of the course, delegates will be issued with a Certificate of Training in Working at Height Rescue Auto Locking Fall Arrest System (RALF) + Stretcher Awareness and photo ID card valid for three years

## OTHER COURSES AVAILABLE

## Cable Avoidance Tool Training

To teach candidates how to use the cable avoidance tool in an accurate and safe manner. This will be achieved by both theory and practical sessions lasting a total of approximately four hours. Courses are for up to eight delegates and can be carried out either in our training room, a customer's premises or on-site. All course materials and sufficient equipment for practical training are provided. This module is suitable for experienced personnel who require a refresher or conversion to a different model of cable avoidance tool.

### Course Duration and Locations

-  1/2 day
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site course - POA
-  Maximum number of delegates per course: 8

### Course Content - Theory

- **Cost and dangers:**
  - Financial implications of service strikes
  - Physical dangers from service strikes
  - Video (It couldn't happen to me)
- **Equipment overview:**
  - What is a cable locator?
  - How does it work?
- **Locator modes and limitations**
  - Power mode
  - Radio mode
  - Signal generator mode
  - Avoidance scan
- **Location technique:**
  - Holding the locator correctly
  - Locating services
  - Pinpointing signals
  - Service direction
  - Service tracing
  - Nulling out shallow services
- Active sweeps
- Service direction
- Service tracing
- Nulling out shallow services
- Active sweeps
- **Depth location:**
  - Uses and limitations
- **Sondes and accessories:**
  - Correct use and location
- **Areas also covered in theory:**
  - The need for calibration
  - Types of underground services and their associated dangers
  - HSG 47 and a safe system of work
  - Plans, sources and limitations
  - The detector and its controls
  - The batteries and associated problems
  - Search patterns
  - The use of sensitivity
  - How the instrument must be held

### Course Content - Practical

Delegates will have practical instruction of all the activities listed below. Delegates will then have the opportunity to practice each of the activities under the supervision of the trainer and will be assessed on their ability to perform each task and their understanding of it.

- The correct method for locating, pinpointing and finding the direction of services in power and radio modes
- The correct method for use of the locator in avoidance mode
- The correct method of using the signal generator in a single ended connection configuration by connecting to a lamp column, how to trace the service and how to gain an accurate depth to the service
- The correct use of the signal clamp and if appropriate, signal injector and how to gain an accurate depth measurement to the service
- The correct method for using the signal generator in induction mode
- The correct method for nulling out of a shallow service
- The correct method for carrying out an induced sweep
- How to correctly use a sonde and how to gain an accurate depth

### Requirements

Trainees may be failed for any of the following reasons at the end of the training session.

- Having not taken part in any of the discussion during the theory session
- Holding the unit incorrectly
- Swinging the unit
- Walking along the line of the service rather than across it
- Failing to use the sensitivity control correctly
- Unwillingness to participate in the practical aspects of the course so the trainer is unable to assess their competence
- Failing to answer any of the verbal assessment correctly

All of the above points are thoroughly dealt with in the course, delegates that practice any of these faults will be corrected during the practical sessions. However, if the trainer feels a trainee is still unsuitable to use the unit unsupervised or has failed to show sufficient competence at the end of the four hours of training, delegates will fail the course.



## OTHER COURSES AVAILABLE

# Radiodetection RD7100/RD8100/RD8200 System Training

To teach candidates how to use the Radiodetection RD7000/8000 system in an accurate and safe manner. This will be achieved by both theory and practical sessions lasting a total of approximately six hours. Courses are for up to six delegates and can be carried out either in our training room, at a customer's premises or on-site. All course materials and sufficient equipment for practical training are provided.

## Course Duration and Locations

-  1 day
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site course - POA
-  Maximum number of delegates per course: 6

## Course Content - Theory

- **Cost and dangers:**
  - Financial implications of service strikes
  - Physical dangers from service strikes
  - Video (It couldn't happen to me)
- **Equipment overview:**
  - What is a cable locator?
  - How does it work?
- **Locator modes and limitations**
  - Power mode
  - Radio mode
  - Signal generator mode
  - Avoidance scan
- **Location technique:**
  - Holding the locator correctly
  - Locating services
  - Pinpointing signals
  - Peak and null modes
  - Current direction
  - Service direction
  - Service tracing
  - Nulling out shallow services
  - Active sweeps
  - Clamps and accessories
- **Depth location:**
  - Uses and limitations
- **Current strength:**
  - Uses and limitation
- **Sondes and accessories:**
  - Correct use and location
- **Areas also covered in theory:**
  - The need for calibration
  - Types of underground services and their associated dangers
  - HSG 47 and a safe system of work
  - Plans, sources and limitations
  - The detector and its controls
  - Properties of differing frequencies
  - Fault finding
  - The batteries and associated problems
  - Search patterns
  - The use of sensitivity
  - How the instrument must be held

## Course Content - Practical

Delegates will have practical instruction of all the activities listed below. Delegates will then have the opportunity to practice each of the activities under the supervision of the trainer and will be assessed on their ability to perform each task and their understanding of it.

- The correct method for locating, pinpointing and finding the direction of services in power and radio modes
- The correct method for use of the locator in avoidance mode
- The correct method of using the signal generator in a single ended connection configuration by connecting to a lamp column, how to trace the service and how to gain an accurate depth to the service
- The correct use of the signal clamp and if appropriate, signal injector and how to gain an accurate depth measurement to the service
- The correct method for using the signal generator in induction mode
- Use of the locator in peak and null mode
- The correct method for nulling out of a shallow service
- The correct method for carrying out an induced sweep
- How to correctly use a sonde and how to gain an accurate depth
- How to use current strength to identify services

## Requirements

Trainees may be failed for any of the following reasons at the end of the training session.

- Having not taken part in any of the discussion during the theory session
- Holding the unit incorrectly
- Swinging the unit
- Walking along the line of the service rather than across it
- Failing to use the sensitivity control correctly
- Unwillingness to participate in the practical aspects of the course so the trainer is unable to assess their competence
- Failing to answer any of the verbal assessment correctly

All of the above points are thoroughly dealt with in the course, delegates that practice any of these faults will be corrected during the practical sessions. However, if the trainer feels a trainee is still unsuitable to use the unit unsupervised or has failed to show sufficient competence at the end of the four hours of training, delegates will fail the course.

## OTHER COURSES AVAILABLE

## EUSR Locate Utility Services

Locate Utility Services, as agreed by industry representatives, defines the minimum training and assessment required for those working to safely detect utility services using recognised and approved detection methods. The standard does not preclude employers and providers from adding to the standard in their own training programmes. The standard has been derived from the National Occupational Standards. The trainee will learn to interpret and understand common underground services that maybe encountered.

### Course Duration and Locations

-  1 day
-  Aberdeen, Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site course - POA
-  Maximum number of delegates per course: 6

### Course Content - Theory

- **Cost and dangers:**
  - Financial implications of service strikes
  - Physical dangers from service strikes
  - Video (It couldn't happen to me)
- **Equipment overview:**
  - What is a cable locator?
  - How does it work?
- **Locator modes and limitations**
  - Power mode
  - Radio mode
  - Signal generator mode
  - Avoidance scan
- **Location technique:**
  - Holding the locator correctly
  - Locating services
  - Pinpointing signals
  - Peak and null modes
  - Current direction
  - Service direction
  - Service tracing
  - Nulling out shallow services
  - Active sweeps
  - Clamps and accessories
- **Depth location:**
  - Uses and limitations
- **Current strength:**
  - Uses and limitation
- **Sondes and accessories:**
  - Correct use and location
- **Areas also covered in theory:**
  - The need for calibration
  - Types of underground services and their associated dangers
  - HSG 47 and a safe system of work
  - Plans, sources and limitations
  - The detector and its controls
  - Properties of differing frequencies
  - Fault finding
  - The batteries and associated problems
  - Search patterns
  - The use of sensitivity
  - How the instrument must be held

### Course Content - Practical

Delegates will have practical instruction of all the activities listed below. Delegates will then have the opportunity to practice each of the activities under the supervision of the trainer and will be assessed on their ability to perform each task and their understanding of it.

- The correct method for locating, pinpointing and finding the direction of services in power and radio modes
- The correct method for use of the locator in avoidance mode
- The correct method of using the signal generator in a single ended connection configuration by connecting to a lamp column, how to trace the service and how to gain an accurate depth to the service
- The correct use of the signal clamp and if appropriate, signal injector and how to gain an accurate depth measurement to the service
- The correct method for using the signal generator in induction mode
- Use of the locator in peak and null mode
- The correct method for nulling out of a shallow service
- The correct method for carrying out an induced sweep
- How to correctly use a sonde and how to gain an accurate depth
- How to use current strength to identify services

### Requirements

Trainees may be failed for any of the following reasons at the end of the training session.

- Having not taken part in any of the discussion during the theory session
- Holding the unit incorrectly
- Swinging the unit
- Walking along the line of the service rather than across it
- Failing to use the sensitivity control correctly
- Unwillingness to participate in the practical aspects of the course so the trainer is unable to assess their competence
- Failing to answer any of the verbal assessment correctly

All of the above points are thoroughly dealt with in the course, delegates that practice any of these faults will be corrected during the practical sessions. However, if the trainer feels a trainee is still unsuitable to use the unit unsupervised or has failed to show sufficient competence at the end of the four hours of training, delegates will fail the course.






## OTHER COURSES AVAILABLE

## Manual Handling Awareness

This course is designed to give an overview of the legislation and safe working practises surrounding manual handling and to provide an understanding of the risks associated with manual handling.

### Course Duration and Locations

-  1/2 day
-  Glasgow, Middlesbrough, Manchester, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

- Overview of legislation
- Accident statistics
- The functions of the spine and muscular system
- Hazard identification and assessment including the hierarchy of approach to manual handling
- The task
- Individual capabilities
- The load
- The working environment
- Practical exercise
- Correct handling techniques Including team lifting and manual handling aids

### Assessment

- Practical and theoretical

## Fire Warden Training

This course is designed to give an overview of the applicable legislation and actions to be taken in the event of a fire.

### Course Duration and Locations

-  1/2 day
-  Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

- Overview of applicable legislation and responsibilities including the fire regulatory reform order
- Chemistry of fire (fire triangle)
- Spread of fire
- Classes of fire
- Action to be taken in the event of a fire
- Types of fire extinguishers
- Duties and routine checks of the fire warden


### Assessment

- End of course assessment

## CCNSG Site Safety Passport Scheme

The CCNSG site safety passport scheme is a nationally recognised qualification Awarded through the ECITB (Engineering Construction Industry Training Board). This qualification is a requirement for all operatives to possess when working on oil, gas and power generation sites.

### Course Duration

-  2 days initial and 1 day refresher



### Certification

Certificate valid for 5 years.

## Safe Use of Extinguishers

This course is designed to give delegates an overview of all types of fire extinguisher and their safe uses.

### Course Duration and Locations

-  1/2 day
-  Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

- Overview of applicable legislation and responsibilities
- Chemistry of fire (fire triangle)
- Spread of fire
- Classes of fire
- Action to be taken in the event of a fire
- Types of fire extinguishers
- Safe operation
- User checks and maintenance frequency
- Practical exercise

### Assessment


- Theoretical assessment

## OTHER COURSES AVAILABLE

## Qualitative Train the Tester Course - For Internal Testing Only

For delegates who have experience with respiratory protective equipment (RPE) or who have attended a basic RPE training course and are required on behalf of their company to be able to perform in-house face fit testing.

### Course Duration and Locations

-  5 hours
-  Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

Delegates will be trained to a competent level (not FIT2FIT accredited), having undertaken the course, delegates will comply with all the current regulations and gain an understanding of the OC282/28, HSG53 and ACOP. Only suitable for filtering face pieces (FFPs) (disposable) and half mask testing, the qualitative train the tester course teaches:

- Current legislation
- Identifying and understanding RPE
- The reasons for face fit testing
- Types of hazards
- Protection factors
- Types of RPE and their components
- Filter selections
- Awareness of qualitative and quantitative face fit testing
- Understanding the qualitative test kit
- How to perform a test correctly to the protocols
- Recognising the problems which may occur during a test
- Record keeping
- Practical and theory tests

This one day course is available for individuals as well as group bookings of up to six people and ensures they are certificated for two years.


### Assessment

- The course assessment includes a theory test and requires each delegate to perform practical demonstration of a face fit test to a competent level.

## Quantitative Train the Tester Course - For Internal Testing Only

For delegates who have experience with respiratory protective equipment (RPE) or who have attended a basic RPE training course and are required on behalf of their company to be able to perform in-house face fit testing.

### Course Duration and Locations

-  2 days
-  Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
-  On-site training - POA

### Course Content

Suitable for all types of tight fitting RPE such as filtering face pieces (FFPs) (disposable), half and full face masks. The quantitative train the tester course teaches:

- Current legislation
- Identifying and understanding RPE
- The reasons for face fit testing
- Types of hazards
- Protection factors
- Types of RPE and their components
- Filter selections
- Awareness of qualitative and quantitative face fit testing
- How a quantitative PortaCount machine operates
- FIT factors and pass rates
- Mask probing techniques
- Pre checks and donning of RPE
- How to set up and perform a face fit test correctly
- Recognising the problems which may occur during a test
- How to address troubleshooting and machine failures

This course is available for individuals as well as group bookings of up to six people and ensures they are certificated for two years. The course duration is two days with the option to add additional training days dependant on the level of experience.

The qualitative train the tester course and quantitative train the tester course are both delivered via a PowerPoint presentation and practical demonstrations.

### Assessment

- The course assessment includes a theory test and requires each delegate to perform practical demonstration of a face fit test to a competent level.



## OTHER COURSES AVAILABLE

## First Aid at Work

This course is designed to provide delegates with a complete set of practical skills required to become a confident first aider at work.

### Course Duration and Locations

- 🕒 3 days
- 📍 Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
- 🏠 On-site training - POA

### Course Content

- Overview of first aid regulations
- Contents of first aid kit
- Priorities of first aid
- Incident management
- Principles of resuscitation
- CPR
- Control of bleeding
- Dealing with other injuries
- Dealing with other medical conditions
- Safe application of dressings
- Recovery position
- Accident reporting

### Assessment

- Course theoretical and practical assessment

## Emergency First Aid for Confined Space Rescue Workers

This course is designed to give delegates who work in Confined Space Rescue the necessary skills and confidence to perform first aid and CPR in emergency rescue situations.

### Course Duration and Locations

- 🕒 1 day
- 📍 Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
- 🏠 On-site training - POA

### Course Content

- Overview of applicable regulations
- First aid equipment required in preparation for a confined space entry
- Safety consideration when using oxygen
- Description and fund oxygen
- Safe use of oxygen therapy equipment
- Priorities of first aid
- Incident management
- Principles of resuscitation
- CPR
- Control of bleeding
- Dealing with other injuries including immobilisation
- Recovery position
- Practical exercises
- Accident reporting

### Assessment

- End of course assessment

## Oxygen Therapy Training (Delegate must be First Aid Trained)

This course is designed to enable users to administer oxygen safely and effectively, for casualties who are experiencing breathing difficulties.

### Course Duration and Locations

- 🕒 1/2 day
- 📍 Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
- 🏠 On-site training - POA

### Course Content

- Overview of first aid regulations
- Priorities of first aid (overview)
- Incident management (overview)
- Principles of resuscitation
- CPR
- Safety considerations in when using oxygen
- Description and function oxygen
- Safe use of oxygen therapy equipment
- Practical exercises

### Assessment

- End of course assessment

## Defibrillator Training (Delegate must be First Aid Trained)

This course is designed to give delegates the skills and confidence required competently to use a defibrillator and perform CPR.

### Course Duration and Locations

- 🕒 1/2 day
- 📍 Glasgow, Manchester, Middlesbrough, Runcorn, Castleford, Wellingborough, Rainham, Heathrow, Southampton and Exeter
- 🏠 On-site training - POA

### Course Content

- Overview of first aid regulations
- Priorities of first aid (overview)
- Incident management (overview)
- Principles of resuscitation
- CPR
- Description and function of de-fib
- Safe use of de-fib
- Practical exercises

### Assessment




- End of course assessment

## OTHER COURSES AVAILABLE

## Signing, Lighting and Guarding 6157-01 Unit 002 NRASWA (Operative)

This course will provide delegates with the knowledge to enable them to understand the safety implications of carrying out streetworks, with particular reference to the protection of persons engaged on the works and avoidance of danger to the general public.

### Course Duration and Locations

-  2 days for novices, 1 day for experienced trainees consisting of an exam
-  Rainham, Wellingborough, Southampton, Exeter and Castleford
-  On-site training - POA

### Course Content - Theory

- Appreciate the need to maintain the free movement of vehicular and pedestrian traffic at the site, if the works are to comply with the restrictions imposed by the works and the adoption of safe working practices.
- Demonstrate the correct layout of appropriate signs, barriers, lamps, warning notices etc. in compliance with the relevant advisory documents.
- Recognise conditions that may necessitate the introduction of special measures such as the installation of portable traffic signals, traffic diversion, road closure etc.

### Course Content - Practical

- Checking all signs and barriers are suitable for the assessment
- Carrying out simple risk assessments
- Ensure the correct set up of a road using signing, guarding and lighting
- The correct set up of cones and traffic lights


### Assessment

- Practical assessment

## Safety Harness Awareness

This course provides delegates with a thorough understanding of the need for safety, the legislation and dangers associated with work that may require the need for a safety harness.

### Course Duration

 1/2 day


### Certification

On completion of this course delegates will receive a certificate of attendance.

## Safe Use of Ladders and Stepladders

This half day course is for users, supervisors and managers wanting to equip themselves with the knowledge, skills and confidence necessary safely use ladders and step ladders legally and safely.

### Course Duration

 1/2 day

### Certification

A Ladder Association certificate and LadderCard will be issued to successful delegates who complete the theory and practical assessment sessions at the level they attend the course which has a five year validity period.



## OTHER COURSES AVAILABLE

## IOSH Working Safety

Working safety is a one day course for people at any level, in any sector, that needs a grounding in health and safety.

### Course Duration

 1 day


### Certification

On passing, you can choose to receive the IOSH working safety certificate and/or the IOSH safety passport as proof of your qualification.

## Asbestos Awareness

This course is designed specifically to provide both knowledge and awareness of what asbestos is, where it is likely to be found, what to do when you find it and what the law says. The course is recognised by the UK Asbestos Training Association (UKATA) and meets the legal requirements of the Control of Asbestos Regulations. Asbestos training is mandatory for all employees and contractors who are likely to come into contact with asbestos.

### Course Duration

 1/2 day

### Certification

Upon successful completion of the course, candidates will be awarded with a UKATA certified certificate. Valid for 12 months.

## IOSH Managing Safety

This four day course gives staff at management and supervisor level the knowledge to fulfil their responsibilities in handling resources and risk in compliance with their organisation's policy and best practice in health and safety.

### Course Duration

 4 days


### Certification

On successful completion of this course, delegates will be awarded the IOSH Managing Safety Certificate.

## Working with Non-Licensed Asbestos (UKATA Recognised - Cat B)

The UKATA non-licensed asbestos work including NNLW (formerly known as Category B) aims to allow candidates to undertake non-licensed asbestos works in accordance with the Control of Asbestos Regulations 2012 and all associated Codes of Practice. Approved by UKATA (United Kingdom Asbestos Training Association), delivered over a one and a half day course uses a series of written and oral presentations, group and individual practical exercises and case studies to provide relevant knowledge, skills and understanding about asbestos.

### Course Duration

 1/2 day

### Certification

Upon successful completion of the course candidates will be awarded with a UKATA certified certificate. Valid for 12 months.

In-house Asbestos Awareness and Asbestos Awareness for Managers courses are available.

To book you or a colleague onto one of our accredited training courses, please email [enquiries.ess@vpplc.com](mailto:enquiries.ess@vpplc.com) or call 0800 000 346.

## OTHER COURSES AVAILABLE

## Fire Marshall/Warden

This course is suitable for all staff and specifically for staff who have responsibilities in the workplace for maintaining fire safety standards, course outline:

- Action to be taken in the event of a fire
- Chemistry of fire
- Development of a fire and how a fire spreads
- Classes of fire
- Basic fire prevention measures
- Fire extinguishers and their use

### Course Duration

🕒 1/2 day

### Certification

Certification valid for three years.

## Abrasive Wheels

For those who work with abrasive wheels, appropriate training is absolutely essential for reasons of safety. It is a legal requirement that those involved in the mounting of wheels should receive suitable and sufficient training. This course is designed to meet this requirement and no prior knowledge is assumed.

### Course Duration

🕒 1/2 day

### Certification

Delegates will receive a certificate and an optional Photo ID Card valid for 3 years.

## Airline Safety Course

Course outline:

- Legal duties (overview)
- Advantages/disadvantages of airline equipment
- Correct use of flight emergency equipment
- Description and safe use of airline trolley
- Practical use including procedural best practice

### Course Duration

🕒 1 day

### Certification

Certification valid for three years.





**ESS**  
Training

## Coming soon – Our New and Improved Manchester Training Venue!

At the start of 2022, we will be moving our Manchester Training function to an all new venue. This new location will be not only be able to deliver our usual Confined Space Training and other Health and Safety courses, but will provide a second venue where you can receive our Working At Heights training courses. By opening this new venue, we are excited to be able to support more of our customers who reside in the North.

To learn more about this venue or any of our other training centres, please contact [enquiries.ess@vpplc.com](mailto:enquiries.ess@vpplc.com) or call 0800 000 346.

# ESS Training Centres

## Aberdeen

Unit C5, Kintore Business Park,  
Kintore, Aberdeenshire, AB51 0YQ

## Castleford

Unit 2, Speedwell Road, Castleford,  
West Yorkshire, WF10 5PY

## Exeter

Unit 10, Marlborough Court,  
Manaton Close, Matford,  
Exeter, EX2 8PF

## Glasgow

Unit J & K, Glasgow Trade Park,  
Springhill Drive North, Baillieston,  
Glasgow, G69 6GE

## London East

Unit 15, Manor Way Business  
Centre, Fairview Industrial Park,  
Marsh Way, Rainham, Essex,  
RM13 8UG

## London West

Unit 5, Trident Industrial Park,  
Blackthorne Road, Poyle,  
Berkshire, SL3 0AX

## Manchester

Paragon House, Westwood Building,  
Greenwood Office Park,  
Regent Road, Salford, M5 4QH

## Middlesbrough

1 Newcomen Road,  
Skippers Lane Industrial Estate,  
Middlesbrough, TS6 6PS

## Runcorn

Unit 9, Jenson Court,  
Astmoor Industrial Estate,  
Runcorn, WA7 1SQ

## Southampton

Unit 4B, Millbrook Close,  
Chandlers Ford Industrial Estate,  
Eastleigh, Hampshire,  
SO53 4BZ

## Wellingborough

Essential House, Vaux Road,  
Finedon Road Industrial Estate,  
Wellingborough, Northants,  
NN8 4TG

## Worksop (Groundforce Training)

Dukeries Mill, Claylands Avenue,  
Worksop, Nottinghamshire, S81 7DJ



**ESS**  
Training

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