

**ADVANCED**  
INDUSTRIAL SOLUTIONS



# **Training Course Directory**

## **2010 / 2011**

**Units 11 & 12  
Jupiter Court  
Orion Business Park  
Tyne Tunnel Trading Estate  
North Shields  
NE29 7SE**

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Course Name

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# IRATA Rope Access Training

## Duration

5 Days

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

The IRATA course provides the minimum safety training required for all persons prior to commencement of any rope access work.

The IRATA certificate is required for rope access workers in the industry.

## Aim:

The Industrial Rope Access Trade Association (IRATA) was formed in the late 1980's, as the result of an initiative by a number of leading companies involved in industrial rope access techniques, to provide a safe working environment for the industry. Its formation was supported by the UK Health & Safety Executive. Safety is paramount in our industry. Since its formation IRATA International, as it is now known and its member companies have worked assiduously to improve safety in the industry, produce an industry standard code of practice and training requirements and provide an independent assessment and registration process for operatives.

## Fitness:

Please note that the IRATA rope access training courses are a very physical course, a good standard of fitness is required in order to participate.

## **Training Levels:**

### **LEVEL 1 (Trainee)**

**A level 1 technician is capable of:**

**Performing a limited range of rope access tasks required by his or her employers under the supervision of an IRATA approved level 3 rope access supervisor.**

**He/she is:**

**Not allowed to supervise others.**

**Responsible for all his/her own equipment, i.e. ropes, harnesses, karabiners, etc. and recording and checking the same.**

**Able to assist in rigging and non-standard operations under the guidance of a higher grade.**

### **LEVEL 2 (Operative)**

**Pre-requisites:**

**1000 logged hours at IRATA Level 1 in a variety of work situations**

**Minimum of 1 year experience at Level 1**

**A level 2 technician is capable of:**

**Rigging working ropes**

**Undertaking rescues and performing rope access tasks under the supervision of an IRATA approved Level 3 rope access supervisor.**

**He/she should have some knowledge of legislation, safety requirements and quality assurance procedures relating to rope access**

### **LEVEL 3 (Supervisor)**

**Pre-requisites:**

**1000 logged hours at IRATA Level 2 in a variety of work situations**

**Minimum of 1 year experience at Level 2**

**A level 3 technician shall:**

**Be capable of complete responsibility for work projects**

**Be fully conversant with relevant work techniques and legislation**

**Be able to demonstrate all the skills and knowledge required of levels 1 & 2**

**Have a comprehensive knowledge of advanced rescue techniques**

**Hold an appropriate current First Aid Certificate, to show they have undertaken suitable emergency First Aid training. (First Aid requirements vary from company to company)**

# IRATA Rope Access Training Price List 2010/2011

Core Level 1, Level 2, Level 3	£595.75 per week ex.vat
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Extra training per day	£120.00 ex.vat
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Revalidation Training (Two day training & one day assess)	£440.00 ex.vat
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6 Month Re-fresher	£100.00 ex.vat
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**Certification will be issued upon successful completion of your IRATA Level 1, Level 2 or Level 3 rope access course.**

# OPITO Insulation Training

## Duration

4 Days

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

All Personnel who are interested in working as an industrial insulator.

## Aim

Installing an effective insulation system can protect equipment and personnel, control noise, reduce energy costs and increase process efficiency.

Trainee's will be shown how to custom fit pre-formed non-metallic insulation products to suit the vagaries of shapes around industrial structures. They will also gain the knowledge to assess appropriate thermal, acoustic, cryogenic, personal protection and passive fireproofing insulation needs in different locations under sometimes extreme conditions.

With an appropriate product, installed in a professional manner, insulators can provide monetary gains which outstrip the initial costs, while contributing positively to health & safety.

### **Fitness:**

Please note that OPITO training courses are physical courses, and a good standard of fitness is required in order to participate.

### **Contents**

The course will cover relevant issues such as:

- The history & significance of the insulation trade ensuring quality control & accurate record keeping.
- Regulations governing contemporary practices
- Potential hazards for insulators; preparing a risk assessment; selecting PPE
- Working at height requirements
- Manual handling practices
- Working in confined spaces
- Protecting adjacent surfaces & the environment
- Tools, equipment and materials needed for thermal, acoustic, cryogenic, personal protection & passive fire-proofing projects
- The use of vapour barriers, scrim cloths and the various methods for fixing insulation
- Interpreting drawings & measurements and the application processes for mineral wool, cellular glass, Nitrile rubber and rigid slab insulation to pipe work, bends/tees, flanges and valves
- Insulation equipment maintenance & finishing the work
- Tools, equipment, methods & materials used in cladding
- The installation of non-metallic cladding to pipe work, flanges, valves, and dome ends including sealing the joints and using identification markers
- Removal & reinstatement of existing metallic/non-metallic cladding and ensuring its integrity
- Cladding equipment maintenance & finishing the work

### **Certification**

An OPITO certificate for the *Application of Non-metallic Insulation Systems* will be issued to all delegates assessed as meeting the stated learning outcomes. The issue of the certificate indicates that the delegate has achieved the level of training as defined by OPITO under guidance from oil & gas industry employers.

# OPITO Insulation Training Price List 2010/2011

OPITO Insulation Training  
(Single course – 4 Days) £595.00 per week ex.vat

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OPITO Insulation Training  
(Taken with an IRATA or IOSH course) £450.00 ex.vat

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**Certification will be issued upon successful completion of your OPITO Insulation training course.**



# OPITO Rigging and Lifting Operations Introduction

## Duration

3 Days

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

All personnel who are interested in carrying out rigging and slinging operations

## Fitness:

Please note that OPITO training courses are physical courses, and a good standard of fitness is required in order to participate.

## Aim

The OPITO Introduction to Rigging and Lifting Operations course is widely recognised as the industry-standard introductory rigging and lifting course. Delegates undertaking and successfully completing the course will be able to demonstrate the knowledge and skills to begin the second stage of their training in the workplace under supervision.

The course is delivered over three days and provides a combination of theory (classroom-based) and practical learning. Delegates will take part in a range of practical lifting operations in our purpose-built rigging and lifting facility in North Shields.

## Contents

- Relevant legislation
- Safe systems of work
- Risk assessment, lift planning and control measures
- Equipment pre and post use inspection, including certification of equipment
- Safe and correct use of equipment
- Equipment identification and selection
- Rigging principles and terminology
- Weight identification and estimation
- Placement of loads
- Disconnection of lifting equipment
- Hand signaling and radios
- Awareness of crane operating principles
- Awareness of conflicting activities
- Environmental factors
- Awareness of manual handling
- Appreciation of dynamic factors

## Certification

An OPITO certificate for the Introduction to Rigging and Lifting Operations will be issued to all delegates assessed as meeting the stated learning outcomes. The issue of the certificate indicates that the delegate has achieved the level of training as defined by OPITO under guidance from oil & gas industry employers.

# OPITO Rigging & Slinging Introduction Price List 2010/2011

OPITO Rigging & Slinging Training  
(Single course – 3 Days) £550.00 per week ex.vat

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OPITO Rigging & Slinging Training  
(Taken with an IRATA or IOSH course) £450.00 ex.vat

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**Certification will be issued upon successful completion of your  
OPITO Rigging & Slinging training course.**

# **IOSH Managing Safely**

## **Duration**

**4 Days**

## **Location**

**Either in-house for your company, or onsite at your premises.**

## **Contact**

**Mark Davidson – Office 0844 800 1810    Mob 07540 721025**

## **Target Audience**

**IOSH Managing safely is a course for managers and supervisors in any sector and any organization. It's designed to give managers all they need to know to help them effectively manage health and safety in their workplace. The new high impact programme covers key health and safety issues, and also includes a section on environment protection.**

**This course is approved by the Institution of Occupational Safety & Health (IOSH), Europe's leading body for health and safety.**

## **Contents**

**The course will cover relevant issues such as:**

- The concept of "managing safely"**
- Identifying hazards**
- Assessing and controlling risks (risk assessment)**
- Understanding your responsibilities (i.e. the legal framework)**
- Investigating accidents and incidents**
- Measuring performance**
- Protecting our environment**

**Modern training is not about teaching, it's about learning. No more 'death by PowerPoint'. We know that getting people fully involved, having fun, and learning by doing, is the way to achieve health and safety training success. Our new IOSH Managing safely course gets delegates really thinking about**

what they're learning - and having the confidence and enthusiasm to put it into practice when they're back at work.

### Certification

At the conclusion of the course delegates are required to undertake a multi-format assessment and a short workplace based practical project. Delegates must complete their project and return it to the tutor within 14 days of the course completion. Delegates who successfully complete the assessments at the end of the course are awarded an IOSH Certificate in Managing Safely.

## IOSH Managing Safely Price List 2010/2011

<b>IOSH Managing Safely (Single course – 4 days)</b>	<b>£495.00 per week ex.vat</b>
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<b>IOSH Managing Safely (Taken with an IRATA or OPITO Course)</b>	<b>£380.00 per week ex.vat</b>
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**Certification will be issued upon successful completion of your IOSH managing safely course.**

# Advanced Working at Heights Training

## Duration

1 and ½ Days

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

Aimed at anyone whose role involves working at heights.

## Aim

By the end of the session delegates will understand what is meant by the term “working at heights”, have a comprehensive understanding of the 2005 requirements and ensure that this task is managed effectively to reduce the risk of an accident and/or injury occurring as a result of this high risk activity.

## Contents

- Introductions/Objectives
- Working at Height Regulations 2005; why the need for this update?
- What is working at a Height?
- Use of Ladders and Stepladders
- Employer and Employee Responsibilities
- Effective Safety management, addressing the risk and ensuring controls are effective

**Advanced Working at Height Training**  
**(Single course – 1 ½ Days)**

**£200.00 ex.vat**

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# CCNSG Nationally Accredited Safety Passport/Safety Passport Renewal

## Duration

2 Days / 1 Day

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

Anyone required to demonstrate that they are fully trained in health and safety to gain access onsite.

## Aim

By the end of the course delegates will have received the necessary health and safety information to enable them to demonstrate their understanding via a number of tests. Successful completion of the tests will result in the award of a 'Safety Passport'.

## Contents

- Safety behavior, Rules Standards and Law
- Working at heights
- Safe access and egress
- Accident and First Aid Procedures
- Fire Precautions and Procedures
- Control of Hazardous Substances
- Manual Handling
- Noise
- Working with Cranes and heavy equipment

## CCNSG Safety Passport Renewal

(Single course – 1 Day)

£85.00 ex.vat

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## CCNSG Safety Passport Course

(Single course – 2 Days)

£120.00 ex.vat

# Manual Handling

## Duration

½ Day

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

Aimed at persons involved in manual handling operations.

## Aim

By the end of the course delegates will be able to demonstrate a good understanding of the risks and practical issues involved with manual handling.

## Contents

- Current legislation relating to manual handling
- Identify causes and types of injury and how to minimize them
- Identify situations where risk may occur due to handling
- Manual Handling
- Slips and falls
- Accident Investigation
- Review/Summary

**Manual Handling Training**  
(Single course – ½ Day)

£95.00 ex.vat

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# Harness Awareness Training

## Duration

½ Day

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

All personnel who are interested in the safe and correct use and practices of rope access and fall arrest harnesses.

## Content

- Introduction
- Harness Varieties
- Lanyard Varieties
- Hierarchy Categories
- Fall Arrest / Work Position / Restraint Systems
- Safety Inspection & Storage
- CE & EN Markings
- Traceability
- Theoretical Assessment
- Fitting the Equipment
- Course Evaluation

**Harness Awareness Training**  
(Single course – ½ Day)

**£75.00 ex.vat**

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# COSHH

## Duration

1 Day

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

Anyone with responsibility for using, handling, transporting and storing hazardous substances.

## Aim

By the end of the session delegates will learn the basics of identifying, measuring and controlling exposure to harmful substances, thereby safeguarding themselves and their colleagues.

## Contents

- Statutory Framework 1999 Regulations
- Identifying hazards/assessing risks/classifying substances / safe methods of working
- Data sheets
- Alternatives
- Protective equipment
- Dust control and respiratory hazards
- Maintaining control measures
- Monitoring exposure
- Information, training and supervision
- Action plans and records

**COSHH Training**  
(Single course – 1 Day)

**£95.00 ex.vat**

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# Fire Safety Training

## Duration

1 Day

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

Anyone responsible for Fire Safety within an organization.

## Aim

By the end of the session delegates will learn the basics of identifying, measuring and controlling exposure to harmful substances, thereby safeguarding themselves and their colleagues.

## Contents

- Statutory Framework 2005 the Regulatory Reform (Fire Safety) Order
- Identifying hazards/assessing risks/classifying substances / safe methods of working
- Data sheets
- Alternatives
- Protective equipment
- Dust control and respiratory hazards
- Maintaining control measures
- Monitoring exposure
- Information, training and supervision
- Action plans and records

**Fire Safety Training**  
(Single course – 1 Day)

£95.00 ex.vat

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# Health & Safety Awareness

## Duration

1 Day

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

Anyone that has a responsibility for health and safety in the workplace

## Aim

By the end of the course delegates will learn how to carry out their own risk assessments and add value to their organization by improving safety and assuring legal compliance.

## Contents

- Legislation
- Accidents in the workplace
- Risk Assessment
- Manual Handling
- COSHH
- Slips and falls
- Accident Investigation
- Review/Summary

Health & Safety Awareness Training  
(Single course – 1 Day)

£75.00 ex.vat

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# Abrasive Wheels

## Duration

1 Day

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

All personnel who use or are involved in changing abrasive wheels

## Aim

This course will train delegates in the changing of abrasive wheels in accordance with the provision and Use of Work Equipment Regulations 1998 and give practical guidance in ensuring safety in their use.

## Contents

- Legal Requirements
- Hazards arising from the use of abrasive wheels
- Methods of Marking, Storing, Handling and Transporting
- Functions of Components
- Methods of Inspection, Mounting, Testing, Dressing, Balancing and Adjustments of abrasive wheels
- Personal Inspection
- Practical experience of changing abrasive wheels

**Abrasive Wheels Training**  
(Single course – 1 Day)

**£95.00 ex.vat**

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# Asbestos Awareness

## Duration

½ Day (+ ½ day to cover management responsibilities)

## Location

Advanced Industrial Solutions, Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

## Contact

Mark Davidson – Office 0844 800 1810    Mob 07540 721025

## Target Audience

Those who work in construction, building or facilities management or anyone who potentially be breaking into the fabric of a commercial building.

## Aim

To develop an understanding of the dangers of asbestos containing materials and where such materials might be about (a full day will address the effective way of managing Asbestos in the workplace – developed in accordance with existing procedures where required).

## Contents

- Asbestos Facts – where it comes from, what is was used for, types, where it can be found
- Health implications
- Asbestos and the Law – employer and employee duties
- Safe working practices – registers, procedures
- Management (an additional half day)

Course syllabus can be sent on request.

**Asbestos Awareness Training**  
**(Single Course – 1 Day)**

**£95.00 ex.vat**

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