

# Northern Safety Centre

Professional  
Safety Servi

**arco**<sup>®</sup> Professional  
Safety Services

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# Arco Professional Safety Services

Arco Professional Safety Services provide consultancy, training, services and equipment to manage the most complex and high-risk, high hazard scenarios. Specialising in, working at height, confined spaces and respiratory management, expert knowledge and experience mean the team can deliver solutions for situations with the highest risk of serious injury or irreversible damage to health.



## Consultancy

### Consultancy

Consultants work in a strategic manner bringing a wealth of real-world health and safety expertise plus an understanding of specific hazards that enables them to develop solutions that really add value. They can help with risk management, risk mitigation and risk transfer solutions, helping clients to control, manage or even transfer the full spectrum of high risk, high harm challenges.



## Training

### Training

Training can be off the shelf or tailor-made and can be delivered on or off-site. Purpose-built training facilities provide effective learning environments which can accommodate a range of different learning styles and highly skilled specialists are qualified to support senior executives and middle management through to operatives.

Specialist training is provided in:

- Working at height
- Confined spaces
- Respiratory
- Health and safety



## Services

### Services

#### Respiratory Protection Services

Our specialist Respiratory Team can offer expert advice on all aspects of respiratory protection and how to implement an effective RPE programme, from face fit testing, to respiratory training, and RPE servicing and maintenance.

#### Access and Rescue Services

Our end-to-end approach means we can develop bespoke solutions to help you manage, mitigate or transfer the risk to us. We offer working at height access solutions, engineered fall protection and access systems plus testing and recertification of systems.



## Equipment

### Equipment

Our impartial advice can help you find the most suitable combination of technical products for your specific risks.

We offer

- **Equipment sales** - A comprehensive range of equipment for you to purchase.
- **Equipment hire** - A full selection the most current technologies from leading specialist suppliers for you to hire on standard or long-term contracts.
- **Equipment maintenance** - Scheduled maintenance and calibrations of your equipment by our trained engineers.

# Northern Safety Centre

Our Northern Safety Centre is based in Linlithgow, strategically located between Glasgow and Edinburgh, offering convenient access for delegates and minimising travel time and costs.

Designed to provide delegates with a realistic, practical training environment, the centre offers purpose-built training facilities for:

- Working at Height Training
- Confined Spaces Training
- Respiratory Training and Face Fit Testing
- Health and Safety Training

In addition, the centre has a suite of four fully equipped training rooms, which range in size to accommodate both large and small groups for training, seminars and meetings.

## Our Experts

Our specialist instructors have a wealth of industry experience and ensure the learning content delivered is relevant to an individual business's specific needs. This provides delegates with relevant training to deal with real-life scenarios and specific hazards which can be applied within their work environment.

Our instructors hold both training and assessor qualifications and hazard specific accreditations, making them specialists in their field. In addition, our highly skilled specialists operate nationally, which ensures consistency of training across multiple sites.

## Sector Experience

Our instructors work with clients operating across a diverse range of industrial sectors and therefore can share insights and best practice with your people based on their experience.

## Training for your whole business

We have an extensive range of courses available from accredited courses aimed at Senior Leaders and Directors to practical courses for Team Leaders and Operatives.



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# Working at Height

The Northern Safety Centre offers both indoor and outdoor purpose-built facilities that have been specially designed to simulate real life working at height hazards in a controlled environment. These facilities enable us to provide realistic, practical training that is invaluable in real-world situations.

Training delegates by using the right equipment for their needs, in an environment that mimics their own is vitally important to ensure relevancy and is identified as a requirement in the Provision and Use of Work Equipment Regulations 1998 (PUWER). The centre has also been accredited by Energy Utility Skills to deliver The MATS climbing course, and IRATA for rope access training.



## Training Facilities

### 20 metre high mast

A purpose-built mast in the central belt of Scotland. Designed for high risk working at height, fall arrest, evacuation and rescue training.

**Purpose built gantry** for abseiling training

**Multiple level gantries** at different heights provide experience of a variety of access methods

**Built in fall arrest systems** for training fixed ladder access

**Open faced telecoms structure** for training of:

- Mounting of telecoms assets such as dishes and aerials
- Practise of light lifting and rigging equipment
- Practise of lifting techniques

**Cantilever platform** for practising evacuation and abseiling and suitable for training onshore wind farm access and rescue

**Three cantilevers** make the tower suitable for high level evacuation training and industrial rope access training

**Arms from side** for rope access training and rescue from suspension

**Steel ladders**

**Protected trap doors** for realistic access training

**Step bolts and Latchways system** for transmission tower (pylon) access training

**Electronic winch** to lift rescue mannequins





## Exterior high-level flat roof system

Access to the flat roof system is via a ladder with a vertical fall arrest system which transitions onto a horizontal wire system for flat roof access training. Glass reinforced plastic (GRP) walkways allow a safe access platform to areas.



## Indoor pitch roof

The pitch roof system provides safe access training for temporary fall arrest systems, predominantly used in the construction industry, satellite industry and businesses undertaking roofing repairs.



## Simulated oil rig gantry

The simulated oil rig gantry is a steel frame platform with open edges, sharp edges, anchor points and an access hatch facility, enabling delegates to encounter hazards similar to those offshore. It's used for rope access training, fall restraint training, fall arrest training, ladder rescue and practicing below gantry aid climbing for IRATA training.





## Indoor monopole

The indoor monopole allows access and rescue training on telecoms monopoles with both Latchway monostep pegs and fall arrest system, and Soll GlideLoc fixed ladder and fall arrest system.



## Indoor mast

The indoor mast allows for training to take place in all weathers. It can be used to train in the basics of fixed ladder climbing, open structure climbing, fixed ladder rescue and IRATA rigging.



## Our Working at Height Experts

Our specialist team of full-time working at height instructors have extensive experience between them. Much of this experience has been gained in industry, providing them with comprehensive and relevant insight into diverse industries and sectors. Many are also passionate climbers in their leisure time.

## Qualifications

- **Level 3 Award in Education and Training**

All of our instructors hold the Level 3 Award in Education and Training. Certifying people to teach at a nationally accredited standard, the award ensures instructors have the ability and skills to teach in the post 16 education sector. (This qualification replaces the PTLLS course).

- **Training, Assessment and Quality Assurance (TAQA)**

All of our instructors hold the award in Understanding the Principles and Practices of Assessment which evaluates their knowledge in a learning and development context.

**In addition, our instructors hold specialist qualifications relevant to their roles.**

- **Industrial Rope Access Trade Association (IRATA)**

We have our own full time IRATA Level 3 trainers for teaching and refreshing the skills required of IRATA Levels 1,2 and 3. With a wealth of industry experience, they have extensive knowledge of advanced rigging and rescue techniques and hold appropriate first aid certification.



- **Ladder Association**

Our Ladder Association qualified instructors have proven competence and experience and are able to train people in ladder inspection, safe use and management.



- **First Aid International™**

Our qualified instructors have completed a development course and examination that allows them to instruct and assess First Aid, including those specific to height related injuries. Our instructors are also qualified to deliver Emergency First Aid and all our First Aid International registered instructors and assessors remain up to date on any new or revised protocols, guidelines or procedures.



- **Mast and Tower Safety (MATS) Group**

All our trainers have been approved under the MATS Basic Tower Climbing & Rescue Training Programme Criteria Qualifications. All team members involved in the design and delivery of this training programme, such as trainers, assessors and internal quality assurers, have provided CVs and continual professional development (CPD) evidence to demonstrate a minimum of two year's occupational competence and continual improvement.





- **Institution of Occupational Safety and Health (IOSH) Equipment Inspection**



Our specialist equipment is checked and maintained by a qualified team with the both theoretical knowledge and practical experience to effectively reduce the risks associated with working at height. This includes correct storage, inspection and use of personal fall restraint and arrest equipment and carrying out competent pre-use harness and lanyard inspections, as required by regulations and approved Codes of Practice.



## Equipment

All of our working at height training courses use a variety of different pieces of equipment, based on the requirements of the customer and environment. We use a range of manufacturers equipment in our training and give consideration to the type of application, environment and budget. Delegates can be trained on use of specific equipment.

## Industry Specialisms

A number of the working at height training courses on offer, provide the required knowledge and practical experience needed to gain or refresh qualifications in line with industry recognised working practices. Arco Professional Safety Services deliver working at height training for a wide range of industries, in particular:

- Wind Turbine
- Telecommunications
- Stage & Theatre
- Construction
- Emergency Services
- Maritime
- Manufacturing & Warehouse
- Public Sector
- Food & Drink
- Facilities Management
- Fuel & Chemical

## Training Courses

Our courses include:

- Rooftop Safety & Access Training
- Advanced Climber and Tower Rescue
- EUSR MATS Mast Tower Climber and Rescue Scheme (3 day)
- Telecoms Climber
- Fall Protection Equipment Training
- S-Cape User
- PPE Inspection
- Safety Harnesses and Lanyard Training
- Warehouse Safety Training
- Rescue from Height Training
- Rope Access Training (IRATA)
- Ladder Safety Training (Ladder Association)



## Bespoke Training

All course content can be individually tailored to meet customer's specific industry requirements.



# Confined Space

The Northern Safety Centre offers specialist Confined Space Training in a purpose-built labyrinth providing practical and immersive experiences in a controlled environment which is safe and yet realistic.

Specifically designed to offer a kinaesthetic learning experience, our confined space labyrinth has in excess of 30 metres of traverse capability, greater than three metres vertical access into multiple chambers and features relevant confined space hazards.

## Training Facilities

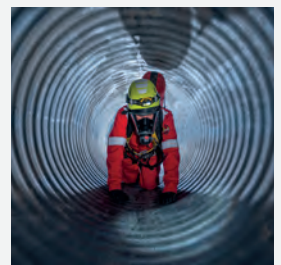
### Vertical entry

Four towers, with multiple access points offer different practical scenarios. Training can be offered using a variety of equipment to safely enter the confined spaces, including both davit arm and tripod entry.



### Simulated environments

A variety of business-specific real-life environments can be simulated, ensuring an experience as close to real-life as possible. This allows delegates to safety practice in a kinaesthetic environment and respond to alarms and other emergency situations.



### Horizontal entry

Multiple entry points to allow a complex range of scenarios to be delivered. Horizontal / side entry points include a range of access covers.



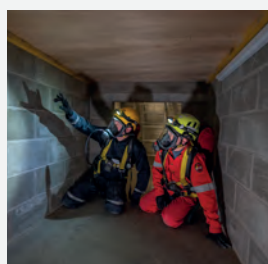
### Realistic (including rescue) scenarios

We can facilitate a range of realistic scenarios, including different rescue scenarios that are both atmospheric and non-atmospheric related. This can include multiple extraction techniques using a variety of equipment.



### Practical assignments

Real-world activities that are frequently undertaken in confined spaces can be practised, such as isolation procedures and other work-based activities.



### Monitoring

CCTV coverage allows constant monitoring and reviewing of the training activities.









## Our Confined Space Experts

The specialist training team consists of over 20 full-time dedicated confined space instructors with comprehensive confined space experience. With backgrounds in various industries such as chemical, manufacturing and pharmaceutical, our instructors can ensure that the training delivered is relevant to your business and site, dealing with real life scenarios and specific hazards.

## Qualifications

- **Level 3 Award in Education and Training**

All our instructors hold the Level 3 Award in Education and Training. Certifying people to teach at a nationally accredited standard, the award ensures instructors have the ability and skills to teach in the post 16 education sector. (This qualification replaces the QCF Preparing to Teach in the Lifelong Learning Sector (PTLLS) course).

- **Training, Assessment and Quality Assurance (TAQA)**

Our instructor / assessment team hold awards in:

- Understanding the principle and practices of assessment
- Assessing competence in the work environment
- Assessing vocational related achievement

These are designed for anyone assessing and carrying out quality assurance in all occupational sectors, accredited learning and non-accredited learning qualifications.

- **City & Guilds**

All of our instructors hold the relevant qualifications to deliver and assess a comprehensive suite of confined space training and assessments mapped against the National Occupational Standard (NOS) for confined spaces.







## Equipment

We have access to a wide range of equipment from multiple manufactures and can ensure delegates are trained in the equipment that they will use within their business.

- **Gas Monitoring**

Training in the use of a range of gas monitors from many different manufactures can be included. This training can include awareness through understanding the principles and practice of use in many different environments.

- **Breathing Apparatus**

We offer training on both positive and negative based systems, including self-contained and airline breathing apparatus, plus chemical rebreathers where relevant. We have access to a comprehensive range equipment from the leading manufacturers.

- **Working at Height**

As a working at height specialist we integrate a range of manufacturers equipment in our training and consider the type of application and environment. Delegates can be trained on use of specific equipment relevant to confined space working.

## Training Courses

We offer the complete suite of assessments from City & Guilds 6160 scheme. Fully supported by the appropriate training. We can offer both accredited and non-accredited courses:

- Awareness Training
- Low Risk Confined Spaces
- Medium Risk Confined Spaces
- High Risk Confined Spaces
- Emergency Rescue and Recovery of Casualties
- Confined Space Management

Courses can be grouped and packaged to provide a joined-up approach to business needs.

## Bespoke Training

We can design and develop a range of training products specifically for your business needs and relevant to your specialist sector. The training can be mapped against National Occupational Standards (NOS) and a range of learning outcomes clearly identified. We can integrate your policies and procedures within the courses and with access to a range of equipment, ensure the training is right for you. Customer specific practical training is provided to match the types of confined space that feature in your business, to ensure your employees have what they need to carry out their job's safety.









# Respiratory Protection

**The Northern Safety Centre offers a range of respiratory protection services, including on-site face fit testing and a selection of respiratory training courses, all of which take place in the fully equipped training rooms which offer an ideal training environment.**

## Our Respiratory Experts

Our Respiratory Technicians help customers implement an effective Respiratory Management Programme. This starts with careful Product Selection to ensure the respiratory protective equipment (RPE) issued to the individual not only provides the right level of protection required to keep them safe but is also adequate for the hazards, and suitable for the environment in which it will be used. It includes Face Fit Testing to ensure the selected RPE fits the individual's face shape correctly and achieves the tight seal required to provide protection. It also involves equipment storage, regular servicing and maintenance and the provision of any associated Respiratory Training, with ongoing Record Keeping for compliance completing the programme.







## Centre Facilities Coming Soon

We have plans to expand our Northern Safety Centre respiratory capability to include a service and maintenance offer for Respiratory Protective Equipment, such as powered respirators and breathing apparatus.



## Face Fit Testing

The 'Fit2Fit' RPE Fit Test Accreditation Scheme was established by the British Safety Industry Federation (BSIF), working with the Health and Safety Executive (HSE) and other industry stakeholders. Choosing a Fit2Fit accredited Face Fit Tester ensures Face Fit Testing competence. This accreditation is widely held among our Arco Professional Safety Services Respiratory Technicians.

Arco Professional Safety Services offer Quantitative Face Fit Testing using the latest Portacount machine technology. The result of each test is captured electronically in our system including the name of the individual and the mask they were tested on. We can offer face fit testing on a full day, half day and single test basis.



## Training Courses

Our courses include:

- Positive and Negative Pressure Training
- Qualitative Face Fit Training
- Quantitative Face Fit Training
- Powered Respiratory Training
- Half Face Mask User Training
- Full Face Mask User Training

## Face Fit Testing Training

Our qualitative and quantitative face fit training courses provide the education required to begin face fit testing, and we can deliver ongoing coaching to help achieve the Fit2Fit accreditation. These training courses cover the information detailed within the HSE guidance on respiratory protective equipment (RPE) fit testing, including:

- Selection of adequate and suitable RPE
- Ability to correctly fit a facepiece and perform pre-use fit checks
- How to perform a correct fit test with the chosen method
- Interpretation of the fit test results
- HSE Regulations and the approved codes of practice relating to face fit testing





Your world made safer.

Key:

-  Training Facility
-  Hire
-  Services and Maintenance



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