



A-PLANT CUSTOMER TRAINING



all your equipment and training needs... one company



All Your Equipment and Training Needs:

Mobile Access • Traffic Management & Control • Transport & Mobile Plant • Site Safety • Health & Safety



Ways to book

To discuss all your training requirements please contact A-Plant Customer Training using your preferred method from the options below. We will be happy to discuss any aspect of A-Plant's training with you.

- 1 Call our Customer Training Team on **0115 924 1349**
- 2 Complete and return the Training Booking Form at the back of this brochure
Post to: A-Plant Customer Training, 10 Bull Close Road, Lenton, Nottingham NG7 2UL
- 3 E-mail us at aplantraining@aplant.com
- 4 Visit our website: www.aplant.com/training



Please contact us if you require any training course not detailed in this brochure.



Contents

An Introduction	4	Site Safety Training - An Introduction	31
Training Centres of Excellence	5	Abrasive Wheels (PUWER) Training	32
Mobile Access Training - An Introduction	6	Cable Avoidance Tool Training	33
PASMA Certified Access Tower Training	7	Site Safety Awareness Training	34
IPAF: Which Machine?	8	Health and Safety Training - An Introduction	35
IPAF (MEWPs) Operator Training	9	Manual Handling Training	36
IPAF PAL+ Advanced Operator Training	10	Harness and Fall Arrest Training	37
IPAF (MEWPs) Demonstrator Training	11	Safe Working at Height Training	38
IPAF Push Around Vertical (PAV) Training	12	Emergency First Aid at Work (HSE Approved)	39
IPAF (MEWPs) Safety Harness and Lanyard Training	13	First Aid at Work (HSE Approved)	40
IPAF MEWPs for Managers Course	14	A-Plant in Numbers	41
Traffic Control and Management - An Introduction	15	A-Plant Product Offering	42
National Highways Sector Scheme 12D T1 & T2 Training	16	SAFE	43
National Highways Sector Scheme 12D T3 Training	17	Training Booking Form	44
National Highways Sector Scheme 12D T4 Training	18	Terms and Conditions	46
National Highways Sector Scheme 12D T5 Training	19		
National Highways Sector Scheme 12D T6 Training	20		
National Highways Sector Scheme 12D T7 Training	21		
National Highways Sector Scheme 12A/12B High Speed			
Traffic Management (HSTM) Operative Training	22		
City & Guilds Scheme 6156 Unit 2 Training	23		
City & Guilds Scheme 6156 Unit 10 Training	24		
Transport and Mobile Plant Training - An Introduction	25		
Driver Load/Unload Training	26		
Lorry Loader Crane Training	27		
Forklift Operator Training & Assessment	28		
Forklift Operator Course Selector	29		
Vehicle Marshalling Training	30		

The information contained herein is correct to the best of our knowledge at the time of print. A-Plant reserves the right to amend or improve any specifications in the literature without notice.



Customer training

As one of the UK's leading equipment rental companies, we have well over 60 years' experience of providing Plant, Tools and Specialist Equipment to some of the most high profile organisations in the country. Coupled with this, we have been providing first class training to our customers for many years - whether it be Health and Safety related, Operator Training on Access Equipment or Driver Training. So whether your employees need a refresher course to keep up with ever changing legislative demands, or they need a Powered Access Licence (PAL), we can help. We have an excellent track record of delivering training to companies within a range of sectors - including construction, manufacturing, industrial, water, medical and health - and this year we've introduced a series of brand new training courses to meet increased demand.

A-Plant is proud to be recognised as an accredited training provider by a number of professional bodies.



Bespoke solutions

This brochure features a wide range of training courses, but should you require a bespoke solution to meet your specific needs, we are happy to arrange this for you. We can offer Operator Training/Equipment Familiarisation training to match specified training requirements and we work with major companies to agree common training and certification standards on certain types of equipment.

Trained by the experts

A-Plant Trainers are highly qualified experts in their field, with many years' hands-on experience. We also work alongside leading external specialists and specially selected equipment manufacturers, to ensure that all courses are delivered to optimum standards of technical and professional expertise.

TRAINING CENTRES OF EXCELLENCE



To book please call 0115 924 1349

Our training courses can be delivered at any of our Training Centres of Excellence within our national network. If you prefer, training can be delivered at your own premises in many cases.

✓ indicates which courses can be held at the locations below

			TRAFFIC	IPAF	PASMA	GENERAL
1	NOTTINGHAM**	10 Bull Close Road, Lenton, Nottingham NG7 2UL		✓	✓	✓
2	BIRMINGHAM	100 Spring Road, Spon Lane Industrial Estate, Smethwick, Birmingham B66 1PE	✓	✓	✓	✓
3	BRIDGEND	1 George Thomas Avenue, Brynmenyn Industrial Estate, Bridgend, Mid Glamorgan CF32 9SQ		✓	✓	✓
4	BRISTOL	King Road Avenue, Avonmouth, Bristol BS11 9HF		✓	✓	✓
5	BRISTOL	St Andrews Road/Third Way, Avonmouth, Bristol BS11 9HL				✓
6	CHESTERFIELD	Bramley Vale, Chesterfield, Derbyshire S44 5GA				✓
7	EXETER	Mushroom Road, Hilbarton Business Park, Clyst St Mary, Exeter EX5 1DR		✓	✓	✓
8	GLASGOW	Reema Road, Bellshill, Glasgow ML4 1RT	✓			✓
9	KEMBLE*	Kemble Airfield Enterprise Park, Cirencester Road, Kemble, Gloucestershire GL7 6BQ	✓			✓
10	LEICESTER	Brunel Way, Stephenson Industrial Estate, Coalville, Leicestershire LE67 3HF				✓
11	LONDON	Unit 2 Childerditch Industrial Park, Childerditch Hall Drive, Brentwood, Essex CM13 3HD		✓	✓	✓
12	MANCHESTER	Hollins Brook Way, Pilsworth Industrial Estate, Bury BL9 8RR		✓	✓	✓
13	MILTON KEYNES	3 Bridgeturn Avenue, Old Wolverton Road, Old Wolverton, Milton Keynes MK12 5QL		✓	✓	✓
14	NORWICH	Unit A, Old Hall Road, Norwich NR4 6ES		✓	✓	✓
15	OSSETT	Olway Works, Healey Road, Ossett WF5 8LT				✓
16	SOUTHAMPTON	Speedfields Park, Off Newgate Lane, Fareham, Hampshire PO14 1TS		✓	✓	✓
17	STOCKTON	Lockheed Close, Preston Farm Industrial Estate, Stockton-on-Tees, Cleveland TS18 3SE		✓	✓	✓
18	STOKE*	Unit 1A, Sneyd Hill Industrial Estate, Sneyd Hill, Burslem, Stoke-on-Trent ST6 2EB				✓
19	SWINDON	Radway Road, Swindon SN3 4ND		✓		✓
20	WATFORD	The Vales Industrial Estate, Tolpits Lane, Watford WD18 9QP			✓	✓

* Mobile Access Training cannot be carried out at these Service Centres ** Head Office for A-Plant Training

MOBILE ACCESS TRAINING

MEWP Operator and Demonstrator training approved by the International Powered Access Federation (IPAF) and Mobile Access Tower training approved by the Prefabricated Access Suppliers' and Manufacturers' Association (PASMA).

As A-Plant is an accredited IPAF and PASMA Training Centre you can be sure that your staff will be trained to the highest of standards and receive an internationally recognised qualification, designed and constantly updated to meet current health and safety requirements.

COURSES AVAILABLE:

- PASMA Certified Mobile Access Tower Training
- IPAF (MEWPs) Operator Training
- IPAF PAL+ Advanced Operator Training
- IPAF (MEWPs) Demonstrator Training
- IPAF Push Around Vertical (PAV) Training
- IPAF (MEWPs) Safety Harness and Lanyard Training
- IPAF MEWPS for Managers Course



PASMA CERTIFIED ACCESS TOWER TRAINING

WHO NEEDS TO ATTEND?

All those involved with the erection and use of Mobile Access Towers and working at height.

QUALIFICATION

Upon successful completion candidates are issued with a PASMA identity card and certificate. This is widely accepted and recognised by the Health and Safety Executive (HSE) and is valid for 5 years.

COURSE INTRODUCTION

Current legislation requires that you (and your Supervisor/Manager) are trained in the safe use of work equipment, which includes Mobile Access Towers. The official PASMA (Prefabricated Access Suppliers' and Manufacturers' Association) certification satisfies the Work at Height Regulations 2005 and The Provision and Use of Work Equipment Regulations 1998 (PUWER).

This course is aimed at users of mobile access towers (both alloy and fibreglass) and instructs delegates on how to safely erect, move, inspect and dismantle mobile access towers. The course is recognised by the CITB and the HSE.

COURSE AIMS

Upon completion attendees will understand all current legislation, health and safety and hazard issues. Attendees will be able to safely and legally erect, reposition and dismantle a tower in compliance with manufacturers' guidelines.

COURSE STRUCTURE

The course covers and includes:

- Registration and Induction
- In-Depth Theory Session
- Relevant Health and Safety Issues
- Accidents and Hazards
- Towers and Components
- Safe Use and Stability of Towers
- Inspections
- Theory Test
- Practical Induction
- Safe Tower Erection
- Repositioning
- Safe Tower Dismantling
- Practical Test

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Combined User/Low Level	Standard 1-Day Course	£160 + VAT per candidate Maximum of 8 Candidates
PASMA Certified Access Tower Training	Standard 1-Day Course	1-4 Candidates £120 + VAT
PASMA Certified Access Tower Training	Standard 1-Day Course	5-9 Candidates £110 + VAT
PASMA Certified Access Tower Training	Standard 1-Day Course	Closed Course £1,000 + VAT Maximum of 12 Candidates

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Provision of Tower (at our centres), Course Material, Certification, ID Photo-card, Code of Practice Handbook, Refreshments
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IPAF

1a

1b

3a

3b

MCWP

H

PAV

IAD

MM

PAL
POWERED ACCESS LICENCE
TIM WATERSTONE
OP/0115084
ASSESSED 09/01/08
EXPIRY DATE
TYPE

International Powered Access Federation
info@ipaf.org
www.ipaf.org



IPAF (MEWPs) OPERATOR TRAINING

WHO NEEDS TO ATTEND?

All operators of Mobile Elevated Work Platforms.

QUALIFICATION

Upon successful completion candidates are issued with an IPAF certificate and a Powered Access Licence (PAL Card).

COURSE INTRODUCTION

Based on IPAF's (International Powered Access Federation) Operator's Safety Guide and all relevant national and international safety standards, this course covers Mobile Elevating Work Platforms (MEWPs) such as Scissor Lifts, Self Propelled Booms, Trailer Mounted Booms, Personnel Lifts, Van and Truck Mounted Booms and some special categories.

The IPAF approved course is recognised by CITB and HSE and satisfies the Work at Height Regulations 2005 and the Provision and the Use of Work Equipment Regulations 1998 (PUWER).

The Powered Access Licence card (PAL) is recognised by the Health and Safety Executive (HSE) and the Major Contractors Group (MCG) and is valid for 5 years.

COURSE AIMS

The course will enable trainees to become competent to drive MEWPs safely in the correct manner. Learning skills such as pre-inspection and

the correct operation of equipment will help avoid potential accident situations.

COURSE STRUCTURE

The course covers and includes:

- Introduction and Pre-Course Theory Test
- MEWP categories
- Structural Parts
- Regulations - ISO 18878, European, HASAWA, PUWER, LOLER, MHSW, WAHR, RIDDOR
- Pre-Use Inspection/Handovers
- Safe Operating Methods and Hazards
- Theory Test
- Practical Training
- Practical Assessment
- Licence Renewal
- Course Evaluation

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate
IPAF (MEWPs) Operator Training 1 Category	Standard 1-Day Course	1-6 Candidates £200 + VAT Minimum of 3 Candidates
IPAF (MEWPs) Operator Training 2 Categories	Standard 1-Day Course	1-2 Candidates £225 + VAT
IPAF (MEWPs) Operator Training 2 Categories	Standard 1-Day Course	3 Candidates £215 + VAT
IPAF (MEWPs) Operator Training 2 Categories	Standard 1-Day Course	4 Candidates £200 + VAT

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Provision of appropriate MEWPs, Course Material, Certification & Registration, Powered Access Licence (PAL Card)
Scissor Lifts, Static Boom, Self Propelled Booms and Vertical Personnel Platforms can be covered as single or both categories.	



COURSE INTRODUCTION

Based on IPAF's (International Powered Access Federation) Operator's Safety Guide and all relevant national and international safety standards, PAL+ is an additional one day course for trained operators working in higher risk or challenging environments. There is additional emphasis on practical training, with more challenging practical exercises.

COURSE AIMS

The aim of PAL+ is to demonstrate that the cardholder has successfully demonstrated their ability to operate powered access equipment safely and effectively in challenging work environments.

Training Course	Course Duration	Price per Candidate
IPAF PAL+ Advanced Operator Training	Standard 1-Day Course	£250 + VAT per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.		
Course & Qualification Summary	Provision of appropriate MEWPs, Course Material, Certification & Registration, PAL+ Category added to Powered Access Licence (PAL Card)	

IPAF PAL+ ADVANCED OPERATOR TRAINING



WHO NEEDS TO ATTEND?

Trained operators who already have a PAL card and are seeking more advanced and extensive training. PAL+ is ideal for those who work in higher risk environments e.g. steelwork, work in confined overhead spaces and work on challenging terrain.

QUALIFICATION

Upon successful completion candidates will have the relevant categories added to their PAL card. PAL+, like the PAL operator qualification, is valid for five years.

COURSE STRUCTURE

The course covers and includes:

- Theory Session
- Practical Training
- MEWP Categories: Static Boom (1b+), Mobile Vertical (3a+), Mobile Boom (3b+)
- Practical Exercises
- Written and Practical Assessment
- Individual Interviews

AWARDING ORGANISATION



IPAF (MEWPs) DEMONSTRATOR TRAINING

WHO NEEDS TO ATTEND?

All demonstrators of Mobile Elevated Work Platforms.

Please Note: All applicants must have satisfactorily completed a recognised Operator's course.

QUALIFICATION

Upon successful completion candidates are issued with an IPAF certificate and a Powered Access Licence (PAL Card).

COURSE INTRODUCTION

Based on IPAF's (International Powered Access Federation) Operator's Safety Guide and all relevant national and international safety standards, this course covers Mobile Elevating Work Platforms (MEWPs) such as Scissor Lifts, Self Propelled Booms, Trailer Mounted Booms, Personnel Lifts, Van and Truck Mounted Booms and some special categories.

The IPAF approved course is recognised by CITB and HSE and satisfies the Work at Height Regulations 2005 and the Provision and the Use of Work Equipment Regulations 1998 (PUWER).

COURSE AIMS

The course will enable trainees to carry out the required tasks involved in the role of Demonstrator, which is to familiarise operators with their responsibilities and demonstrate pre-operational and safe operating procedures and the limitations of MEWPs.

COURSE STRUCTURE

The course covers and includes:

- Safe Operation and Limitations of Use
- Introduction to Mobile Elevating Work Platforms
- Introduction to Actual Machine
- Major Components
- Pre-Use Checks and Inspection
- Starting/Stopping the Machine
- Pre-Use Function Checks
- Checks Prior to Road Travel
- Planning the Route
- Travelling the Route and Manoeuvring the Machine
- Setting the Machine for Work
- Basic Operational Practice
- Typical Work Applications
- Parking the Machine
- Achievement Testing
- Demonstration Techniques
- Review the Course

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate
IPAF (MEWPs) Demonstrator Training 1 Category	Standard 1-Day Course	1-6 Candidates £200 + VAT Minimum of 3 Candidates
IPAF (MEWPs) Demonstrator Training 2 Categories	Standard 1-Day Course	1-2 Candidates £225 + VAT
IPAF (MEWPs) Demonstrator Training 2 Categories	Standard 1-Day Course	3 Candidates £215 + VAT
IPAF (MEWPs) Demonstrator Training 2 Categories	Standard 1-Day Course	4 Candidates £200 + VAT

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Provision of appropriate MEWPs, Course Material, Certification & Registration, Powered Access Licence (PAL Card)
Scissor Lifts, Static Boom, Self Propelled Booms and Vertical Personnel Platforms can be covered as single or both categories.	



IPAF PUSH AROUND VERTICAL (PAV) TRAINING

WHO NEEDS TO ATTEND?

All operators of Push Around Vertical Platforms (PAV).

QUALIFICATION

Upon successful completion candidates are issued with an IPAF certificate and a Powered Access Licence (PAL Card).

COURSE INTRODUCTION

This IPAF approved course is recognised by CITB and HSE and satisfies the Work at Height Regulations 2005 (WAH) and Provision and Use of Work Equipment Regulations 1998 (PUWER).

COURSE AIMS

The course will enable trainees to become competent to operate various types of Push Around Vertical (PAV) platforms safely and in the correct manner. Learning skills such as pre-inspection and the correct operation of equipment will help avoid potential accidents.

COURSE STRUCTURE

The course covers and includes:

- Safe Introduction and Pre-Course Theory Test
- Legislation and Guidance
- Pre-use Inspection/Handovers
- Safe Operating Methods and Hazards
- Theory Test
- Practical Training
- Practical Assessment
- Licence Renewal
- Course Evaluation

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 8 Candidates
IPAF Push Around Vertical (PAV)	Standard ½-Day Course	£120 + VAT per candidate

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Provision of appropriate MEWPs, Course Material, Certification & Registration, Powered Access Licence (PAL Card)



IPAF (MEWPS) SAFETY HARNESS AND LANYARD TRAINING

WHO NEEDS TO ATTEND?

Attendees will include anyone who uses safety harnesses and lanyards in relation to working with Self-Propelled Booms.

QUALIFICATION

Upon successful completion candidates are issued with an IPAF certificate.

COURSE INTRODUCTION

This course is intended for delegates who use safety harnesses and lanyards in the course of their work.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of the requirements under the Working at Height regulations 2005, including the safe selection, use and inspection of harnesses and lanyards.

COURSE STRUCTURE

The course covers and includes:

- Health and Safety Law and Regulations
- Working at Height Regulations - What it means to the Employer and the Employee
- Different Types of Harnesses and How to Wear Them
- Different Types of Lanyards and Uses
- Inspection by Whom and When
- Safe Use
- Practical Session
- Rescue Plan
- Test Paper and Review
- Donning and Doffing
- Practical Session on Identifying Defective Harnesses
- Identify Equipment Needed to Perform Task Safely

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 10 Candidates
Safety Harness and Lanyard	Standard ½-Day Course	£95 + VAT per candidate open course or £800 + VAT per closed course

Note: Classroom session; no safety equipment required.

Course & Qualification Summary	Provision of appropriate MEWPs, Course Material, Certification & Registration



IPAF MEWPS FOR MANAGERS COURSE

WHO NEEDS TO ATTEND?

All supervisors/managers required to prepare for and safely co-ordinate various types of MEWPs within their control.

QUALIFICATION

Upon successful completion candidates are issued with an IPAF certificate.

COURSE INTRODUCTION

This course is designed to instruct supervisors/managers what is required to prepare for and safely co-ordinate various types of Mobile Elevating Work Platforms (MEWPs) within their control.

COURSE AIMS

This course will enable candidates to be aware of the relevant Health and Safety regulations, accident prevention and control, the needs regarding personnel protection, the need to refer to the machine operating manual, the implications of a hire contract and the need for familiarisations.

COURSE STRUCTURE

The course covers and includes:

- Introduction
- Machine Classification and Types of Machines
- Use
- History of MEWPs
- Suitability of Machine to Task
- Health and Safety at Work Act 1974
- Employer/Employee Responsibilities
- Provision and Use of Work Equipment Regulations (PUWER) 1998
- Lifting Operations and Lifting Equipment Regulations (LOLER) 1998
- Management of Health and Safety at Work Regulations (MHSWR) 1999
- Personnel Protective Equipment (PPE) at Work Regulations 1992
- Work at Height Regulations (WAH) 2004
- Additional Regulations
- Mobile Elevating Work Platforms (MEWPs) - Operator Training
- Safe Use of MEWPs
- Delivery of Machines
- Theory Test
- Course Evaluation

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 10 Candidates
MEWPs for Managers Training	Standard 1-Day Course	£120 + VAT per person or £1,000 + VAT closed course

Note: Classroom session; no safety equipment required.

Course & Qualification Summary	Provision of appropriate MEWPs, Course Material, Certification & Registration
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TRAFFIC CONTROL AND MANAGEMENT

All our Traffic Control and Management training courses are approved by the National Highways Sector Scheme and City & Guilds, allowing you and your staff to receive a nationally recognised qualification.

A-Plant Traffic Control and Management courses will equip your workforce with the skills to deliver in every area of your business.

COURSES AVAILABLE:

- National Highways Sector Scheme: 12D T1 and T2 Training
- National Highways Sector Scheme: 12D T3 Training
- National Highways Sector Scheme: 12D T4 Training
- National Highways Sector Scheme: 12D T5 Training
- National Highways Sector Scheme: 12D T6 Training
- National Highways Sector Scheme: 12D T7 Training
- National Highways Sector Scheme 12A/12B High Speed Traffic Management (HSTM) Operative Training
- City and Guilds Scheme 6156 Unit 2 Training
- City and Guilds Scheme 6156 Unit 10 Training





NATIONAL HIGHWAYS SECTOR SCHEME: 12D T1 & T2 TRAINING

WHO NEEDS TO ATTEND?

All those needing to become a Registered Traffic Management Operative (RTMO) as described in the Sector Schemes document 12D.

QUALIFICATION

On completion all candidates will undertake two multiple choice tests which carry a 75% pass mark. LANTRA Awards (the national awarding organisation) will issue a certificate to successful candidates.

COURSE INTRODUCTION

To provide candidates with the necessary underpinning technical knowledge which will enable them to implement the correct traffic management requirements for moving works and also to install, maintain, alter and dismantle temporary traffic management traffic control systems, on single carriageway roads.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of moving works on single carriageways and static works on single carriageways including all forms of traffic control.

COURSE STRUCTURE

On completion of the session candidates will:

- Identify the equipment required in temporary traffic management
- Understand the requirements for minor works and moving works
- Understand the basic principles of Quality Assurance
- Be aware of the relevant Health and Safety legislation, understand their obligations and be aware of risk assessments and method statements
- Be aware of the relevant codes of practice and other associated documentation involved in traffic management
- Be able to identify, select and place on site relevant traffic management equipment in accordance with client instructions for moving and minor works, and static traffic control systems
- Be aware of how to maintain traffic management operative equipment on site
- Be able to remove traffic management equipment in accordance with client instructions

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 6 Candidates
12D Training Course T1 & T2	Standard 2-Day Course*	£290 + VAT per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.		
Course & Qualification Summary	Course Material, includes LANTRA Certification of Attendance T1 & T2, LANTRA Log Book and all literature	

* T1 is also available as a standard ½-day course. Please contact us for further details.



NATIONAL HIGHWAYS SECTOR SCHEME: 12D T3 TRAINING

WHO NEEDS TO ATTEND?

Prerequisites - Candidates must be qualified in 12D T1 & T2 prior to attending the 12D T3 Course.

(Any fast track candidates will be required to purchase a LANTRA Log Book).

QUALIFICATION

On completion all candidates will undertake a multiple choice question paper which carries a 75% pass mark. LANTRA Awards (the national awarding organisation) will issue certification for successful candidates

This is an initial off the job training course, full completion of the award can be achieved over a further period of approximately 3-6 months, by undertaking on-site assessments with a suitably qualified assessor in accordance with the awarding organisation's scheme rules.

COURSE INTRODUCTION

To provide candidates with the necessary underpinning technical background knowledge to install, maintain, alter and dismantle temporary traffic management systems on dual carriageway roads restricted to 40mph or less.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of static works on dual carriageways restricted to 40mph or less.

COURSE STRUCTURE

On completion of the session candidates will have an understanding of:

- Sector Schemes
- Health and Safety at Work
- Risk assessments and method statements
- Relevant codes of practice and other associated documentation when involved in traffic management
- Identifying the equipment required in temporary traffic management
- The requirements for working on dual carriageways restricted to 40mph or less
- How to implement, action, maintain and remove safely and correctly temporary traffic management systems when working on dual carriageways restricted to 40mph or less

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 12 Candidates
12D Training Course T3	1-Day Course	£140 + VAT per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.		
Course & Qualification Summary	Course Material, includes LANTRA Certification of Attendance T3, and all literature	

* T1 is also available as a standard ½-day course. Please contact us for further details.



NATIONAL HIGHWAYS SECTOR SCHEME: 12D T4 TRAINING

WHO NEEDS TO ATTEND?

Prerequisites - Candidates must be qualified in 12D T1 & T2 prior to attending the 12D T4 Course and hold a LANTRA Log Book.

12D T4 is targeted at all those needing to become a registered Traffic Management Convoy Working Operative as described in Sector Scheme document 12D.

QUALIFICATION

On completion all candidates will undertake a multiple choice question paper which carries a 75% pass mark. LANTRA Awards (the national awarding organisation) will issue certification for successful candidates.

Candidates will be awarded 12D module T4 after successful completion of on-site based assessment with a suitably qualified assessor in accordance with the awarding organisation's scheme rules.

COURSE INTRODUCTION

To provide candidates with the necessary underpinning technical knowledge and skill to carry out convoy work on all 2 way roads and dual carriageway roads restricted to 40mph or less.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of convoy working.

COURSE STRUCTURE

On completion of the session candidates will have an understanding of:

- Sector Schemes
- Health and Safety at Work
- Risk assessments and method statements
- Relevant codes of practice and other associated documentation when involved in traffic management
- Identifying the equipment required in temporary traffic management
- Understanding the requirements for convoy working
- Understanding how convoy systems operate

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 6 Candidates
12D Training Course T4	Standard ½-Day Course	£85 + VAT per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.		
Course & Qualification Summary	Course Material, includes LANTRA Certification of Attendance T4 and all literature	



NATIONAL HIGHWAYS SECTOR SCHEME: 12D T5 TRAINING

WHO NEEDS TO ATTEND?

All Registered Traffic Management Operatives (RTMO) as described in Sector Scheme document 12D who require addition of this category to their 12D card.

QUALIFICATION

On completion all candidates will undertake a multiple choice question paper which carries a 75% pass mark. LANTRA Awards (the national awarding organisation) will issue certification for successful candidates.

This is an initial off the job training course, full completion of the award can be achieved over a further period of approximately 1-3 months, by undertaking an on-site assessment with a suitably qualified assessor in accordance with the awarding organisation's scheme rules.

COURSE INTRODUCTION

To provide candidates with the necessary underpinning technical background knowledge and skills to enable them to install, operate, maintain and dismantle multi-phase traffic signals.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of multi-phase traffic signals.

COURSE STRUCTURE

On completion of the session candidates will have an understanding of:

- Sector Schemes
- Health and Safety at Work
- Risk assessments and method statements
- The relevant codes of practice and other associated documentation when involved in traffic management
- Identify the equipment required in temporary traffic management
- Understanding the requirements for using multi-phase traffic signals
- Understanding how to operate multi-phase traffic signals

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 8 Candidates
12D Training Course T5	Standard 1-Day Course	£140 + VAT per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.		
Course & Qualification Summary	Course Material, includes LANTRA Certification of Attendance T5 and all literature	



NATIONAL HIGHWAYS SECTOR SCHEME: 12D T6 TRAINING

WHO NEEDS TO ATTEND?

All registered Traffic Management Operatives (RTMO) as described in Sector Scheme Document 12D who wish to become a Registered Lead Traffic Management Operative (RLTMO).

Please Note: To supervise 12D the RLTMO must also hold the relevant M1 to M5 units they wish to supervise, not just T6.

QUALIFICATION

On completion all candidates will be required to undertake an examination consisting of two test papers which carries a 75% pass mark. LANTRA Awards (the national awarding organisation) will issue a card to successful candidates.

Refresher training is required every 5 years to keep your certification current.

COURSE INTRODUCTION

To provide candidates with the necessary underpinning knowledge base and skill to supervise a team (as appropriate).

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of Registered Lead Traffic Management Operatives.

COURSE STRUCTURE

On completion of the session candidates will have an expanded knowledge in the following areas:

- A good working knowledge of National Highway Sector Schemes
- Realise the importance and relevance of Health and Safety at work
- Have a working knowledge of the relevant codes of practice and other associated documentation when involved in traffic management and where to locate additional information as a Supervisor
- Provide evidence that they understand the differences between Chapter 8 and the Safety at Street Works and Road Works (Red Book) and how these apply
- Understand the risk assessment process and be able to write risk assessments and method statements on works involving traffic management
- Be able to demonstrate knowledge of their supervisory responsibilities
- Have the ability to assess the suitability of equipment, for use on the highway
- Be able to monitor sites and recommend actions as conditions change
- Be able to ascertain when management intervention is required

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 6 Candidates
12D Training Course T6	Standard 2-Day Course	£295 + VAT per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.		
Course & Qualification Summary	Course Material includes LANTRA card T6 and all literature	



NATIONAL HIGHWAYS SECTOR SCHEME: 12D T7 TRAINING

WHO NEEDS TO ATTEND?

12D T7 is targeted at all levels of Management, Client Officers, Technicians and any person not actually installing Temporary Traffic Management (TTM), but requiring a knowledge of basic practice of TTM on urban and rural roads.

QUALIFICATION

On completion all candidates will be required to undertake a written examination consisting of two test papers which carries a 75% pass mark. LANTRA Awards (the national awarding organisation) will issue a certificate to successful candidates with the option of purchasing a card.

Refresher training is required every 5 years to keep your certification current.

COURSE INTRODUCTION

To provide candidates with the necessary underpinning knowledge of Temporary Traffic Management and the design procedures used within Highways Authorities, Contractors and other organisations who require a knowledge of current basic practice and minimum legal requirements where they apply.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of the National Highways Sector Scheme for Managers and Client Officers.

COURSE STRUCTURE

On completion of the session candidates will:

- Interpret the requirements of 'The Safety at Street Works and Road Works, A Code of Practice (The Red Book)' and further guidance from 'The Traffic Signs Manual, Chapter 8'
- Consider all options available to determine the level and extent of the Temporary Traffic Management required
- Demonstrate knowledge of the site risk assessment process
- Have the ability to assess and determine the type of temporary traffic layout required for a given work location, activity or operation
- Understand the standard of equipment that is acceptable to use and in what situation
- Appreciate the implications of changing conditions on site
- Have the confidence to liaise with site staff for appropriate remedial actions
- Have the ability to confirm suitability of TTM plans prior to work starting on site

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 8 Candidates
12D T7 for Managers and Client Officers	Standard 2-Day Course	£310 + VAT per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.		
Course & Qualification Summary	Course Material includes certification, LANTRA card T7 and all literature	



NATIONAL HIGHWAYS SECTOR SCHEME: 12A/12B HIGH SPEED TRAFFIC MANAGEMENT (HSTM) OPERATIVE

WHO NEEDS TO ATTEND?

All those who will be required by their employer to work on motorways and/or high-speed dual carriageways.

QUALIFICATION

On completion all candidates will undertake a multiple choice question paper which carries a 75% pass mark. LANTRA Awards (the national HSTM awarding organisation) will issue certification for successful candidates.

Full completion of the award can be achieved over a further period of approximately 3-6 months, by undertaking on-site live assessments with a suitably qualified LANTRA registered assessor in accordance with the awarding organisation's scheme rules.

COURSE INTRODUCTION

To provide candidates with the necessary background knowledge, to enable them to become a competent member of a high-speed traffic management team.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of the requirements of High Speed Traffic Management (HSTM) Operatives.

COURSE STRUCTURE

The course covers and includes:

- Understanding the basic principles of Quality Assurance
- The awareness of the relevant Health and Safety legislation and understanding of obligations
- The ability to identify, select and place on site relevant traffic management equipment in accordance with client instructions
- The awareness of how to maintain traffic management equipment on site
- The ability to remove traffic management understanding in the methods required to set out a Chapter 8 lane closure from a given datum
- An understanding of the primary paragraphs from Chapter 8 of the Traffic Signs Manual to enable static traffic management closures to be implemented

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 12 Candidates
12A/12B High Speed Traffic Management (HSTM) Operative	Standard 1-Day Course	£110 + VAT per candidate

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.

Course & Qualification Summary	Course Material, LANTRA Certification*, Refreshments

* If a LANTRA Log Book is required, they can be purchased (please ask for more details).



CITY & GUILDS SCHEME 6156 UNIT 2 TRAINING

WHO NEEDS TO ATTEND?

All those involved in works on the highway. It is a requirement of local authorities and all those involved with Street Works.

QUALIFICATION

On completion all candidates will receive a City and Guilds approved certificate.

COURSE INTRODUCTION

To train and assess candidates as operatives for Temporary Traffic Management (TTM).

COURSE STRUCTURE

The course covers and includes:

Day 1 - Classroom

- An overview of the New Roads and Street Works Act 1991
- Introduction to Safety and Street Works and Road Works - A Code of Practice
- Interpretation and the requirements of 'The Safety at Street Works and Road Works - A Code of Practice'
- The relationship of the Traffic Signs Manual, Chapter 8 and other related reference sources
- Using the Code of Practice:
 - Site Definitions
 - Safety Zones/Calculations
 - Signs, Reflectorisation and Lighting
 - Methods of Positive Control
 - Safety of Pedestrians
 - Other Road Situations (pedestrian crossings, dual carriageways, junctions, etc.)
- Describe/demonstrate site plan drawing
- Production of site plan and risk assessment
- Installation/deinstallation under instruction

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of the National Highways Sector Scheme for Managers and Client Officers.

Day 2 - Practical Assessment

- Load vehicle with appropriate stores for a TTM set up
- Move to assessment site and carry out Signing, Lighting and Guarding operations (in accordance with City and Guilds guidelines)
- Each candidate to complete a written test and produce a risk assessment plan

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 6 Candidates
City and Guilds Scheme 6156 Unit 2 Signing, Lighting and Guarding	Standard 2-Day Course (including practical)	£254 + VAT per day per candidate

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.

Course & Qualification Summary	Course Material (C&G), Refreshments



CITY & GUILDS SCHEME 6156 UNIT 10 TRAINING

COURSE INTRODUCTION

To train and assess candidates to act as a monitor for Temporary Traffic Management (TTM).

COURSE STRUCTURE

The course covers and includes:

Day 1 - Classroom

- An overview of the New Roads and Street Works Act 1991
- Introduction to Safety and Street Works and Road Works - A Code of Practice
- Interpretation and the requirements of 'The Safety at Street Works and Road Works - A Code of Practice'
- The relationship of the Traffic Signs Manual, Chapter 8 and other related reference sources
- Using the Code of Practice:
 - Site Definitions
 - Safety Zones/Calculations
 - Signs, Reflectorisation and Lighting
 - Methods of Positive Control
 - Safety of Pedestrians
 - Other Road Situations (pedestrian crossings, dual carriageways, junctions, etc.)
- Describe/demonstrate site plan drawing
- Production of site plan and risk assessment
- Installation/deinstallation under instruction

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of signing, lighting and guarding (supervisor of works on the highway).

Day 2 - Practical Assessment

- Monitor vehicle loading with appropriate stores for a TTM set up
- Move to assessment site and monitor operatives carrying out Signing, Lighting and Guarding practical exercise (in accordance with City and Guilds guidelines)
- Each candidate to complete a written test and a write up of their observations of the monitoring sessions

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 6 Candidates
City and Guilds Scheme 6156 Unit 10 Signing, Lighting and Guarding	Standard 2-Day Course (including practical)	£254 + VAT per day per candidate
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors, NI Number and a passport sized photograph.		
Course & Qualification Summary	Course Material (C&G), Refreshments	



TRANSPORT AND MOBILE PLANT TRAINING

Every year, a significant number of people are killed by accidents involving vehicles in the workplace, and many more people are injured. A lot of damage is also done to property and profit. Better planning, training and awareness, and the appropriate use of vehicles, can avoid most of these accidents.

A-Plant is committed to reducing these industry problems by providing comprehensive and accurate training.

COURSES AVAILABLE:

- Driver Load/Unload 2-Day Training
- Driver Load/Unload 3-Day Training
- Lorry Loader Crane Training
- Forklift Operator Training & Assessment
- Vehicle Marshalling Training



WHO NEEDS TO ATTEND?

All those who supervise or monitor works on the highway. It is a requirement of local authorities and all those involved with Street Works.

QUALIFICATION

On completion all candidates will receive a City and Guilds approved certificate.



DRIVER LOAD/UNLOAD TRAINING

WHO NEEDS TO ATTEND?

All operatives involved with the loading/unloading of plant and equipment.

QUALIFICATION

Upon successful completion candidates are issued with a Certificate of Attendance or/or NPORS photo card ID/Certificate.

COURSE INTRODUCTION

This course is designed to reduce the number of accidents related to the loading/unloading of plant and equipment.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding in employer and employee responsibilities regarding the loading and unloading of equipment, relating to both Health and Safety law and the requirements of your own company safety policies.

2-DAY WORKSHOP

Health & Safety Law

- Pre-start Checks
- Equipment Needed to Operate Safely
- Working at Height including Assessment
- Reporting Faults and Hazards

Common Hazards

- Risk Assessment
- Equipment Needed and Safety Requirements
- Risk Assessment Exercise

Method Statement/Loading Operations

- Load Area Checks
- Prepare Plant/Equipment for Loading - Practical Assessment
- Load Method Statement - Practical Assessment
- Secure Load to Vehicle - Practical Assessment

Question and Answer Session

Training Course	Course Duration	Price per Candidate Maximum of 5 Candidates
Driver Load/Unload - A-Plant Course	Standard 2-Day Course	£300 + VAT per candidate
Driver Load/Unload - A-Plant Course	Standard 3-Day Course	£450 + VAT per candidate
Driver Load/Unload - NPORS Accredited	Standard 2-Day Course	£325 + VAT per candidate

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves, footwear with toe protectors and NI Number.

Course & Qualification Summary	Course Material, Certification, Code of Practice Handbook, Refreshments

3-DAY WORKSHOP

The course covers and includes:

Construction Site Safety

- DVD Construction Safety Essentials
- Construction Site Safety
- Construction Safety CSCS Prep
- Manual Handling including Assessment
- Site Safety including Assessment

Health & Safety Law

- Pre-start Checks
- Equipment Needed to Operate Safely
- Working at Height including Assessment
- Reporting Faults and Hazards

Common Hazards

- Risk Assessment
- Equipment Needed and Safety Requirements
- Risk Assessment Exercise

Method Statement/Loading Operations

- Load Area Checks
- Prepare Plant/Equipment for Loading - Practical Assessment
- Load Method Statement - Practical Assessment
- Secure Load to Vehicle - Practical Assessment

Question and Answer Session

AWARDING ORGANISATION



LORRY LOADER CRANE TRAINING

WHO NEEDS TO ATTEND?

All those who operate lorry mounted cranes as part of their work duties.

QUALIFICATION

Upon successful completion candidates are issued with a NPORS photo card ID/Certificate.

COURSE INTRODUCTION

An essential course for all operatives needing to operate lorry mounted cranes as part of their work duties. Covering the HASAWA 1974, PUWER Regulations 1998 and LOLER Regulations 1998.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of the safe operation of vehicle mounted crane loaders

COURSE STRUCTURE

The course covers and includes:

- Health and Safety at Work Act 1974 (HASAWA)
- PUWER Regulations 1998 (PUWER)
- Lifting Operations and Lifting Equipment Regulations 1998 (LOLER)
- Pre-Start Checks
- Safe Operating Techniques
- Load Types and Effects
- Assessment

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Maximum of 4 Candidates
Vehicle Mounted Crane Loader Operator (Novice)	2-Day Course inc. Assessment	£450 + VAT per day
Vehicle Mounted Crane Loader Operator (Experienced 2yrs+)	1-Day Course inc. Assessment	£450 + VAT per day
Refresher Course	1 Day Review inc. Assessment	£450 + VAT per day

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Course Material, Certification, Code of Practice Handbook, Refreshments
Candidate Registration Fee	£34 Per Person



FORKLIFT OPERATOR TRAINING & ASSESSMENT

WHO NEEDS TO ATTEND?

All those who operate forklifts as part of their work.

QUALIFICATION

Upon successful completion candidates are issued with an AITT Certificate.

COURSE INTRODUCTION

The course is designed for all operators of forklifts covering the HASAWA 1974 and PUWER regulations 1998. This course offers essential training for an operative in the safe use of forklift operation.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of the safe operation of a typical forklift truck.

COURSE STRUCTURE

The course covers and includes:

- Health and Safety at Work Act 1974 (HASAWA)
- PUWER Regulations 1998
- Lifting Operations and Lifting Equipment Regulations (LOLER 1998)
- Hazard Awareness
- Pre-Start Checks
- Safe Operating Techniques
- Load Types and Effects
- Assessment

AWARDING ORGANISATION



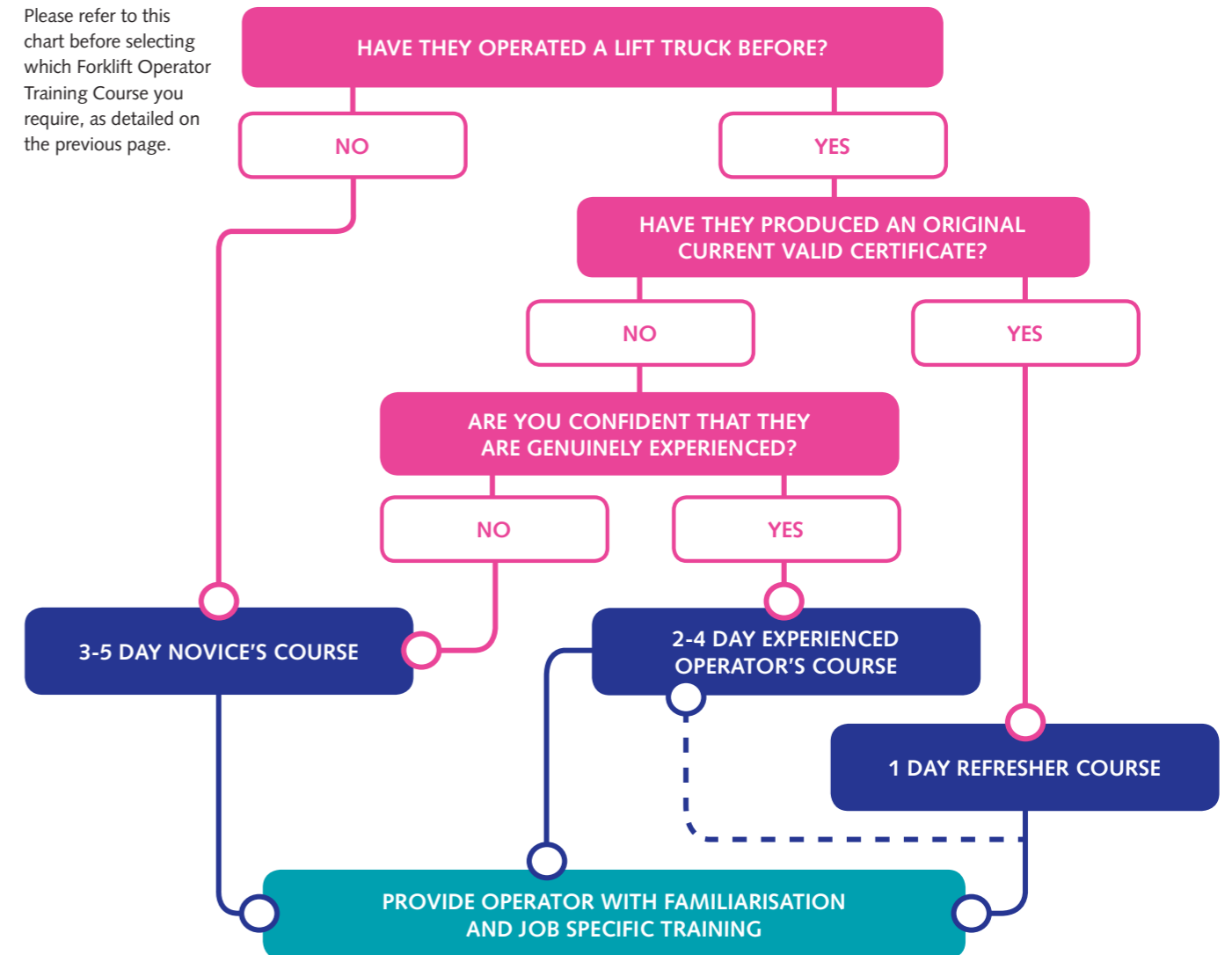
Training Course	Course Duration	Price per Candidate Maximum of 3 Candidates
Forklift Operator (Novice)	3 or 5 days (AITT Accredited)	£285 + VAT per day (1 Candidate 3 days or 2/3 Candidates 5 days)
Forklift (Unofficial User) Experienced but no previous licence	2 or 4 days (AITT Accredited)	£285 + VAT per day (1 Candidate 2 days or 2/3 Candidates 3 days)
Refresher Course (Previous licence held)	1 Day (AITT Accredited)	£285 + VAT per day

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Course Material, Certification, Code of Practice Handbook, Refreshments

WHICH COURSE FOR A NEW LIFT TRUCK OPERATOR?

Please refer to this chart before selecting which Forklift Operator Training Course you require, as detailed on the previous page.



Note: This example typifies the decision stages for materials handling training and specifically applies to counterbalance trucks, reach trucks, etc.



VEHICLE MARSHALLING TRAINING

WHO NEEDS TO ATTEND?

All those appointed to control the movement of vehicles and plant at work.

QUALIFICATION

Upon successful completion candidates are issued with a certificate of attendance.

COURSE INTRODUCTION

This course covers training and assessment for those appointed to control the movement of vehicles and plant at work. The course consists of a pre-course question session, an associated knowledge session for the safe operation of the machine types and Health and Safety regulations, namely PUWER, LOLER, HSE signals and signs.

COURSE AIMS

Upon completion of this course, candidates will understand current legislation, Health and Safety and hazards related to vehicle and plant movements..

COURSE STRUCTURE

The course covers and includes:

- Current Legislation
- PUWER Regulations 1998
- HSE Signals and Signs
- Written Assessment
- Practical Operation and Control
- Practical Assessment

Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Vehicle Marshalling Training	Standard ½-Day Course	£80 + VAT per candidate open course or £600 + VAT per closed course Maximum of 10 Candidates
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.		
Course & Qualification Summary	Course Material, Certification, Refreshments	



SITE SAFETY TRAINING

Every year, a significant number of people are killed by accidents due to incorrect training on the correct use of construction equipment. It is at the forefront of today's industry practices for employers to promote and make sure that all their staff are correctly trained.

COURSES AVAILABLE:

- Abrasive Wheels (PUWER) Training
- Cable Avoidance Tool Training
- Site Safety Awareness Training





ABRASIVE WHEELS (PUWER) TRAINING

WHO NEEDS TO ATTEND?

All operators of cutting and grinding machines, service engineers, workshop personnel, demonstrators, representatives, supervisors and managers responsible for Health and Safety issues.

QUALIFICATION

Upon successful completion candidates are issued with a Certificate of Attendance and/or NPORS photo card ID/Certificate.

COURSE INTRODUCTION

The training course is mandatory and is in accordance with the Provision & Use of Work Equipment Regulations 1998 in order to comply with current legislation and reduce the risk of accidents in the workplace caused by abrasive wheel injuries, accounting for an increasing number of fatalities and serious injuries in recent years. The course also includes references to diamond wheels.

COURSE AIMS

Upon completion candidates will understand all current legislation, Health and Safety and hazard issues. Candidates will also be able to demonstrate the safe fitting and use of abrasive wheels.

COURSE STRUCTURE

The course covers and includes:

- Current Legislation
- Provision & Use of Work Equipment Regulations 1998
- Injury Types Cause/The True Cost to the Business
- Duties of Employers
- Duties of Employees
- Purpose of the Regulations
- Mounting Wheels Correctly
- Abrasive Wheels DVD followed by Discussion
- Personal Protective Equipment (PPE)
- Safe Use of Work Equipment
- Safe Use of Diamond Wheels
- Assessment Paper

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Abrasive Wheel (PUWER) - A-Plant Course	Standard ½-Day Course	£80 + VAT per candidate open course or £600 + VAT per closed course (Maximum of 10 Candidates)
Abrasive Wheel (PUWER) - NPORS Accredited	Standard 1-Day Course	£115 + VAT per candidate open course or £700 + VAT per closed course (Maximum of 6 Candidates)
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.		
Course & Qualification Summary	Course Material, Certification, Refreshments	



CABLE AVOIDANCE TOOL TRAINING

WHO NEEDS TO ATTEND?

All those who use Cable Avoidance equipment in the course of their work.

QUALIFICATION

Upon successful completion candidates are issued with a Certificate of Attendance.

COURSE INTRODUCTION

This course is intended for delegates who use Cable Avoidance equipment in the course of their work and covers the basic principles in underground locations.

COURSE AIMS

Upon completion candidates will achieve an understanding of the requirements under the Health and Safety at Work Act 1974 and PUWER (Provision and Use of Work Equipment Regulations 1998).

COURSE STRUCTURE

The course covers and includes:

- Current Legislation
- Health and Safety Law and Regulations
- PUWER - Provision and Use of Work Equipment Regulations 1998
- Range of Equipment
- DVD followed by Discussion
- Safety System of Work
- Theory Behind the Operation
- Locating Devices
- Locating Methods
- Trace Signal Generator
- Rod Service Tracker
- Accessories
- Practical Session
- Assessment Paper
- Course Summary

Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Cable Avoidance Tool	Standard ½-Day Course	£80 + VAT per candidate open course or £600 + VAT per closed course Maximum of 10 Candidates
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.		
Course & Qualification Summary	Course Material, Certification, Code of Practice Handbook, Refreshments	



SITE SAFETY AWARENESS TRAINING

WHO NEEDS TO ATTEND?

All construction related operatives and those who visit/attend sites through their normal daily duties.

QUALIFICATION

Upon successful completion candidates are issued with a Certificate of Attendance and/or NPORS photo card ID/Certificate.

COURSE INTRODUCTION

This course is designed to raise awareness of site safety for all employees and operatives so as to reduce the number of reported accidents.

COURSE AIMS

Covering Health and Safety responsibilities, candidates will learn how to identify risks, develop an understanding and be able to determine the safest method of best practice. This offers an ideal introduction to the CSCS Health and Safety test.

COURSE STRUCTURE

The course covers and includes:

- Current Legislation
- Health and Safety at Work Act 1974 (HASAWA)
- Personal Protective Equipment (PPE) Regulations
- Provision and Use of Work Equipment Regulations (PUWER) 1998
- Vehicle Safety on Site
- Working Near Excavations
- Working at Height
- Fire Protection Emergency Procedure
- Reporting of Accidents (RIDDOR)
- Control of Substances Hazardous to Health (COSHH)
- DVD and Discussion Session
- Assessment

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Site Safety Awareness - A-Plant Course	Standard ½-Day Course	£80 + VAT per candidate open course or £600 + VAT per closed course Maximum of 10 Candidates
Site Safety Awareness - NPORS Accredited	Standard 1-Day Course	£115 + VAT per candidate open course or £900 + VAT per closed course Maximum of 10 Candidates
Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.		
Course & Qualification Summary	Course Material, Certification, Refreshments	



HEALTH AND SAFETY TRAINING

Health and Safety is more important now than it has ever been. It should be at the highest point on every company's corporate agenda.

A-Plant training is at the cutting edge when it comes to Health and Safety by promoting new and improved courses and staying up to speed with HSE guidelines and legislation.

COURSES AVAILABLE:

- Manual Handling Training
- Harness and Fall Arrest Training
- Safe Working at Height Training
- Emergency First Aid at Work (HSE Approved)
- First Aid at Work (HSE Approved)





MANUAL HANDLING TRAINING

WHO NEEDS TO ATTEND?

All those handling goods in the workplace so as to reduce the risk of injury and personal injury legal action.

QUALIFICATION

Upon successful completion candidates are issued with a Certificate of Attendance and/or NPORS photo card ID/Certificate.

COURSE INTRODUCTION

The Manual Handling Operations Regulations 1992 (MHOR) state that employers are responsible for ensuring that all staff who lift or move loads, are trained in a safe, efficient and competent manner. This course helps to ensure that you comply with this legislation.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding, learn how to identify risks and be able to determine the safest method of handling in order to avoid injury. The course can be tailored to your company's individual circumstances.

COURSE STRUCTURE

The course covers and includes:

- Current Legislation
- The Manual Handling Operations Regulations 1992 (MHOR)
- Injury Types Cause/The True Cost to the Business
- Duties of Employers
- Duties of Employees
- How Training Can Help
- Alternative Methods of Lifting and Handling
- Manual Handling DVD followed by Discussion
- Safe Lifting Limits
- Risk Assessment
- Avoiding Future Problems
- Safer Lifting/Handling Techniques
- Assessment Paper

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Manual Handling - A-Plant Course	Standard ½-Day Course	£80 + VAT per candidate open course or £600 + VAT per closed course Maximum of 10 Candidates
Manual Handling - NPORS Accredited	Standard ½-Day Course	£115 + VAT per candidate open course or £800 + VAT per closed course Maximum of 10 Candidates

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Course Material, Certification, Refreshments



HARNES AND FALL ARREST TRAINING

WHO NEEDS TO ATTEND?

Attendees will include anyone who uses safety harnesses and lanyards in the course of their work, working at height or in confined spaces.

QUALIFICATION

Upon successful completion candidates are issued with a Certificate of Attendance and/or NPORS photo card ID/Certificate.

COURSE INTRODUCTION

This course is intended for delegates who use safety harnesses and lanyards in the course of their work.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of the requirements under the Working at Height regulations 2005, including the safe selection, use and inspection of harnesses and lanyards.

COURSE STRUCTURE

The course covers and includes:

- Health and Safety Law and Regulations
- Working at Height Regulations - What it means to the Employer and the Employee
- Different Types of Harnesses and How to Wear Them
- Different Types of Lanyards and Uses
- Inspection by Whom and When
- Safe Use
- Practical Session
- Rescue Plan
- Test Paper and Review
- Donning and Doffing
- Practical Session on Identifying Defective Harnesses
- Identify Equipment Needed to Perform Task Safely

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Harness and Fall Arrest Training - A-Plant Course	Standard ½-Day Course	£80 + VAT per candidate open course or £600 + VAT per closed course Maximum of 10 Candidates
Harness and Fall Arrest Training - NPORS Accredited	Standard ½-Day Course	£115 + VAT per candidate open course or £800 + VAT per closed course Maximum of 10 Candidates

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Course Material, Certification, Refreshments



SAFE WORKING AT HEIGHT TRAINING

WHO NEEDS TO ATTEND?

All those involved with work at height, supervisors, operatives and machine operators.

QUALIFICATION

Upon successful completion candidates are issued with a Certificate of Attendance and/or NPORS photo card ID/Certificate.

COURSE INTRODUCTION

This course is based around Work at Height Regulations 2005. It is designed to give candidates an understanding of the regulations, and what the regulations mean for the employee as well as the employer.

COURSE AIMS

Upon completion of this course candidates will achieve an understanding of risk assessments and show candidates how to plan any work at height, including equipment selection and how to put measures into place to prevent falls. The course can be tailored to suit the needs of individual companies.

COURSE STRUCTURE

The course covers and includes:

- Current Legislation
- Health and Safety at Work Act 1974 (HASAWA)
- Personal Protective Equipment (PPE) Regulations
- Provision and Use of Work Equipment Regulations (PUWER) 1998
- Vehicle Safety on Site
- Working Near Excavations
- Working at Height
- Fire Protection Emergency Procedure
- Reporting of Accidents (RIDDOR)
- Control of Substances Hazardous to Health (COSHH)
- DVD and Discussion Session
- Assessment

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate Minimum of 4 Candidates
Working at Height - A-Plant Course	Standard ½-Day Course	£80 + VAT per candidate open course or £600 + VAT per closed course Maximum of 10 Candidates
Working at Height - NPORS Accredited	Standard ½-Day Course	£115 + VAT per candidate open course or £800 + VAT per closed course Maximum of 10 Candidates

Note: Candidates must bring safety glasses, hard hats, high visibility vests/jackets, gloves and footwear with toe protectors.

Course & Qualification Summary	Course Material, Certification, Refreshments



EMERGENCY FIRST AID AT WORK (HSE APPROVED)

WHO NEEDS TO ATTEND?

This course is designed for those seeking training in emergency first aid. It is especially suited for nominated first aiders in smaller, low risk working environments.

QUALIFICATION

Upon successful completion candidates are issued with a HSE approved certificate valid for three years.

COURSE INTRODUCTION

This course provides basic lifesaving first aid and workplace Health and Safety regulations.

COURSE AIMS

Upon completion of this course candidates will understand basic lifesaving first aid.

COURSE STRUCTURE

The course covers and includes:

- Health & Safety (First Aid) Regulations
- Managing an Incident
- The Priorities of First Aid
- Treatment of an Unconscious Casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common Workplace Injuries

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate
Emergency First Aid at Work	Standard 1-Day Course	£POA (Minimum of 6 Candidates)

Note: Classroom session; no safety equipment required.

Course & Qualification Summary	Course Material, Certification, Code of Practice Handbook, Refreshments



FIRST AID AT WORK (HSE APPROVED)

WHO NEEDS TO ATTEND?

This course is designed for those who want to receive the most thorough first aid training. It is especially suited to nominated workplace first aiders looking to gain comprehensive, certified HSE approval.

QUALIFICATION

Upon successful completion candidates are issued with a HSE approved certificate valid for three years.

COURSE INTRODUCTION

This course provides the comprehensive set of practical skills needed to become a confident first aider at work, giving both the ability and knowledge to deal with first aid emergencies.

COURSE AIMS

Upon successful completion, candidates will receive certification allowing individuals to practice for three years after which a re-qualification course becomes necessary.

COURSE STRUCTURE

The course covers and includes:

- Accidents and Illness
- Using a First Aid Kit
- Simple Record Keeping
- Treatment of an Unconscious Casualty
- Heart Attacks
- Resuscitation
- Shock
- Choking
- Bleeding
- Burns and Scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe Allergic Reactions
- Eye Injuries
- Low Blood Sugar
- Fainting

AWARDING ORGANISATION



Training Course	Course Duration	Price per Candidate
First Aid at Work	Standard 3-Day Course	£POA (Minimum of 6 Candidates)
Note: Classroom session; no safety equipment required.		
Course & Qualification Summary	Course Material, Certification, Code of Practice Handbook, Refreshments	



A-Plant in Numbers

£550+ million fleet holding of equipment.

£323 million turnover for A-Plant in 2014/15.

£150 million spent on new equipment last year.

130,000 itemised pieces of equipment available for hire.

2,900 dedicated professionals make up the A-Plant team.

2015 RoSPA Gold Winner in the Occupational Health and Safety Awards 2015.

1,000 candidates typically apply for our apprenticeship scheme every year.

Over **145** Service Centre locations nationwide.

Part of the FTSE **100** company Ashtead Group plc, one of the largest equipment rental groups in the world.

43 million miles travelled delivering and collecting equipment in 2014.

Every **1.5** seconds someone hires from A-Plant.

1 HAE Hire Company of the Year 2015. ERA European Large Rental Company of the Year 2015. IAPA IPAF Training Centre of the Year 2015. Pride of Construction Awards - Large Apprentice Employer of the Year (England). Pride of Construction Awards - GB Large Apprentice Employer of the Year.



- Plant • Tools • Formwork & Falsework • Survey • Pumps • Rail • Utilities & Pipeline
- Power Generation & Welding • Surface Preparation • Safety • Groundcare
- All Terrain Vehicles • Groundwork • Specialist Climate Control • Traffic Management
- Lifting & Handling • Accommodation Units • Personnel and Goods Hoists
- Powered Access • Trakway Systems • Barriers & Fencing • Training & much more!



We will be the best in our industry in everything that we do.

We will achieve this through our SAFE ways of working.

- Service
- Added Value
- Flexibility & Choice
- Expertise



BOOKING FORM



Ways to book

Please complete this form indicating your course requirements and respond using your preferred method from the options below.

- 1 Call our Customer Training Team on **0115 924 1349**
- 2 Post to:
A-Plant Customer Training, 10 Bull Close Road, Lenton, Nottingham NG7 2UL
- 3 E-mail it to us at aplantraining@aplant.com
- 4 Visit our website: www.aplant.com/training

If you require any training not listed in our brochure, please detail this in the boxes opposite and we will be happy to provide this for you.



PERSONAL DETAILS

Company Name:	
Contact Name:	Job Title:
Address:	
Postcode:	
Tel:	E-mail:

COURSE(S) REQUIRED

No. of Candidates:	Course Title:	Preferred Date:

Location	Please Tick	Location	Please Tick	Location	Please Tick	Location	Please Tick
Nottingham	<input type="checkbox"/>	Exeter	<input type="checkbox"/>	Manchester	<input type="checkbox"/>	Stockton	<input type="checkbox"/>
Birmingham	<input type="checkbox"/>	Glasgow	<input type="checkbox"/>	Milton Keynes	<input type="checkbox"/>	Stoke	<input type="checkbox"/>
Bridgend	<input type="checkbox"/>	Kemble	<input type="checkbox"/>	Norwich	<input type="checkbox"/>	Watford	<input type="checkbox"/>
Bristol	<input type="checkbox"/>	Leicester	<input type="checkbox"/>	Ossett	<input type="checkbox"/>	Other Locations (Please State Where):	<input type="checkbox"/>
Chesterfield	<input type="checkbox"/>	London	<input type="checkbox"/>	Southampton	<input type="checkbox"/>		

Signature:	Date:
Purchase Order Number:	

TERMS AND CONDITIONS

Recitals

The Customer agrees to engage Ashtead Plant Hire (APH) to provide training services on the terms and conditions set out in this Agreement.

1 Definitions

- 1.1 "Attendees" means those persons notified by The Customer to APH who will attend at the Location to receive the Services;
- 1.2 "Cancellation Charges" means the cancellation charges to be paid by The Customer to APH more particularly defined in clause 7 hereof;
- 1.3 "Course Date" means date of course;
- 1.4 "Location" means the place at which the Services will be provided and detailed in Schedule 2 hereto;
- 1.5 "Payments" means the amounts to be paid by The Customer to APH and listed in Schedule 3 hereto;
- 1.6 "Services" means the services to be provided by APH to The Customer and more particularly defined in Schedule 2 hereto.

2 Interpretation

- 2.1 The masculine includes the feminine and the neuter and vice versa.
- 2.2 The singular includes the plural and vice versa.
- 2.3 A reference to any statute, enactment, order, regulation or other similar instrument shall be construed as reference to the statute, enactment, order, regulation or instrument as amended from time to time.
- 2.4 Headings are included in this agreement for ease of reference only and shall not affect the interpretation or construction of any of the terms and conditions herein.

3 Appointment

The Customer appoints APH to provide the Services in return for the Payments

4 APH's obligations

APH shall:

- 4.1 Undertake reasonable endeavours to provide the Services at the Location on the Course Date;
- 4.2 Exercise reasonable skill, care and diligence in providing the Services.

5 The Customer obligations

The Customer shall:

- 5.1 Ensure that the agreed Attendees attend at Location on the Course Date to receive the Services;
- 5.2 Ensure that the Attendees are sufficiently competent to receive the Services;
- 5.3 Withdraw any Attendee from attendance at the Location upon the reasonable request of APH;
- 5.4 Pay the Payments on the due dates for payment;
- 5.5 Pay the Cancellation Charges.

6 Payment Terms

- 6.1 The Customer shall pay all undisputed invoices within twenty (20) days of receipt without demand deduction or set-off;
- 6.2 APH reserves the right to charge interest on all unpaid invoices at the rate of five per cent (5%) over the base rate of the Bank of England prevailing at the date the invoice becomes overdue. In respect of payments by The Customer time shall be the essence of this agreement.

7 Cancellation Charges

Where The Customer cancels any Services or the Attendees fail to attend at the Location on the Course Date to receive the Services the following charges will be paid by The Customer to APH:

- 7.1 Fifty per cent (50%) of the Payments where cancellation is within seven (7) working days of the Course Date;
- 7.2 One hundred per cent (100%) of the Payments where cancellation is within five (5) working day of the Course Date;
- 7.3 One hundred per cent (100%) of the Payments where the Attendees fail to attend at the Location on the Course Date to receive the Services;
- 7.4 All costs and/or expenses incurred by APH as a result of the cancellation or non-attendance.

8 VAT

- 8.1 All sums payable under this agreement unless otherwise stated are exclusive of VAT and other duties or taxes.
- 8.2 Any VAT or other duties or taxes payable in respect of such sums shall be payable in addition to such sums.

9 Intellectual Property Rights

All copyright and other intellectual property rights in all specifications, drawings, illustrations, diagrams and other documents issued by APH will remain the property of APH.

10 Indemnity

APH shall indemnify The Customer against any claim for death or personal injury without limit caused by the negligence or breach of statutory duty of APH its servants or agents.

11 Limitation of liability

Subject to clause 10 hereof the total liability of APH to The Customer for any reason and upon any cause of action shall be limited to the amount of any Payments and other charges which The Customer has paid to APH under this agreement.

12 Force Majeure

- 12.1 Neither party shall be liable for any delay or failure to perform its obligations if such failure or delay is due to Force Majeure;
- 12.2 For the purpose of this agreement, "Force Majeure" means any act, omission, cause or circumstance beyond the reasonable control of either party and shall include but not be limited to war, rebellion, civil commotion, strikes, lock outs, industrial disputes, fire, explosion, earthquake, act of God, flood, drought or other act or order of any government department, council or other constituted body.

13 Invalidity of any Provision

In the event of one or more of these terms and conditions or any part thereof being invalid, illegal or unenforceable in any respect the validity, legality or enforceability of the remaining terms and conditions shall not be affected or impaired.

14 Entire Agreement

- 14.1 This agreement constitutes the complete and exclusive statement of the agreement between the parties as to the subject matter hereof and supersedes all previous agreements with respect thereto;
- 14.2 Each party acknowledges that it has not entered into this agreement in reliance upon any representation made by the other party and not embodied herein.

15 General Terms

- 15.1 The failure of either party to insist upon the strict performance of any of the provisions of this agreement shall not be construed as the waiver of any subsequent default of a similar nature;
- 15.2 A person who is not a party to this agreement may not enforce any of its terms under the Contracts (Rights of Third Parties) Act 1999;
- 15.3 The parties hereto contract as independent contractors and nothing in this agreement shall be construed as a relationship of employment, agency, partnership or joint venture;
- 15.4 No variation of these terms and conditions will be effective unless agreed in writing by a director of APH. All terms other than those expressly set out in this agreement are hereby excluded.

16 Law and Jurisdiction

The construction, validity and performance of these terms and conditions shall be governed in all respects by the law of England. The parties hereby submit to the non-exclusive jurisdiction of the English courts.

For details of your nearest A-Plant Customer Training, give us a call or visit our website...

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...one company

A-Plant Customer Training

10 Bull Close Road, Lenton, Nottingham NG7 2UL

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