

ADVANCED
























INDUSTRIAL SOLUTIONS



TRAINING COURSE DIRECTORY 2011

Information on the Health & Safety, Industrial & Offshore Training Courses Provided by Advanced Industrial Solutions.

TABLE OF CONTENTS

-  INTRODUCTION**
-  IRATA ROPE ACCESS TRAINING**
-  OPITO INSULATION TRAINING**
-  OPITO RIGGING & LIFTING**
-  OPITO BANKSMAN SLINGER**
-  LOLER APPOINTED PERSONS**
-  IOSH MANAGING SAFELY**
-  ADVANCED WORKING AT HEIGHT**
-  CCNSG SAFETY PASSPORT**
-  MANUAL HANDLING**
-  ELECTRICAL SAFETY TRAINING**
-  FIRST AID AT WORK**
-  FIRE SAFETY AWARENESS TRAINING**
-  HARNESS AWARENESS TRAINING**
-  OPITO M.I.S.T**
-  OPITO B.O.S.I.E.T SURVIVAL**
-  OFFSHORE MEDICAL**
-  PPE & ERGONOMICS**
-  HAZARDOUS MATERIALS – COSHH**
-  DEFENSIVE DRIVING SKILLS**
-  EMERGENCY PROCEDURES**
-  OTHER TRAINING COURSES**
-  HOW TO FIND US**

INTRODUCTION



INTRODUCTION

AIS offer industrial training courses both site based and within our modern, well equipped industrial training.

Our state of the art training facility in North Shields, Tyne & Wear is one of the highest rated, most well equipped and modern facilities in the UK and includes;

- Heated Indoor Training Area
- Suspended Platforms
- Confined Space Training Area
- Rigging & Lifting Training Area
- Strategically Placed Ropes and Anchorage Points
- Fully Equipped Lecture Areas, Canteen and Tea and Coffee Facilities.



IRATA ROPE ACCESS TRAINING



AIS carry out all Levels of **IRATA certified Rope Access training.**

The IRATA Rope Access Training courses provide the required skills for all persons currently working in or looking to commence any type of roped access work.

Since its formation IRATA International and its member companies have worked assiduously to improve safety in the industry, produce an industry standard set of guidelines and training requirements and provide a comprehensive assessment and registration process for operatives.

ESSENTIAL INFORMATION

DURATION:	5 DAYS
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

AIS ROPE ACCESS TRAINING AREA



AIM

The Industrial Rope Access Trade Association (IRATA) was formed in the late 1980's, as the result of an initiative by a number of leading companies involved in industrial rope access techniques.

Since its formation IRATA International, as it is now known and its member companies have worked assiduously to improve safety in the industry, produce an industry standard code of practice and training requirements and provide an independent assessment and registration process for operatives.

FITNESS




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

IRATA TRAINING LEVELS

LEVEL 1 (Trainee)

A level 1 technician is capable of performing a limited range of rope access tasks required by his or her employers under the supervision of an IRATA approved level 3 rope access supervisor.

He/she is:



-  Not allowed to supervise others.
-  Responsible for all his/her own equipment, i.e. ropes, harnesses, karabiners, etc. and recording and checking the same.
-  Able to assist in rigging and non-standard operations under the guidance of a higher grade.

LEVEL 2 (Operative)

Pre-requisites:

-  1000 logged hours at IRATA Level 1 in a variety of work situations
-  Minimum of 1 year experience at Level 1









A level 2 technician is capable of:

-  Rigging working ropes
-  Undertaking rescues and performing rope access tasks under the supervision of an IRATA approved Level 3 rope access supervisor.

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

LEVEL 3 (Supervisor)

Pre-requisites:

-  1000 logged hours at IRATA Level 2 in a variety of work situations
-  Minimum of 1 year experience at Level 2
-  A level 3 technician shall:
-  Be capable of complete responsibility for work projects
-  Be fully conversant with relevant work techniques and legislation
-  Be able to demonstrate all the skills and knowledge required of levels 1 & 2
-  Have a comprehensive knowledge of advanced rescue techniques
-  Hold an appropriate current First Aid Certificate, to show they have undertaken suitable emergency First Aid training. (First Aid requirements vary from company to company)

Certification will be issued upon successful completion of your IRATA Level 1, Level 2 or Level 3 rope access course.

OPITO INSULATION TRAINING



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



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

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

ESSENTIAL INFORMATION

DURATION:	4 DAYS
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

COURSE CONTENTS

- The history & significance of the insulation trade ensuring quality control & accurate record keeping.
- Regulations governing contemporary practices
- Potential hazards for insulators; preparing a risk assessment; selecting PPE
- Protecting adjacent surfaces & the environment
- Tools, equipment and materials needed for thermal, acoustic, cryogenic, personal protection & passive fireproofing projects
- The use of vapour barriers, scrim cloths and the various methods for fixing insulation
- Interpreting drawings & measurements and the application processes for mineral wool, cellular glass, Nitrile rubber and rigid slab insulation to pipe work, bends/tees, flanges and valves
- The installation of non-metallic cladding to pipe work, flanges, valves, and dome ends including sealing the joints and using identification markers
- Removal & reinstatement of existing metallic/non-metallic cladding and ensuring its integrity
- Cladding equipment maintenance & finishing the work
- Applying a Variety of insulation products to 90° bends, elbows, tee intersection's and straights
- Applying pre-formed insulation cladding such as Ulva shield
- Development (geometry of sheet metal work) of cladding templates for: 90° bends, elbows, tee intersection's, straights and Cap ends

INSULATION TRAINING AREA



ABOUT OPITO

OPITO – The Oil & Gas Academy is the industry’s focal point for skills, learning and workforce development. The Academy is a self-sustaining, employer and trade union led organisation committed to developing and sustaining a safe, skilled and effective workforce now and in the future. This is achieved by working in collaboration with: industry employers, learning & training providers, education & academia and partnership organisations.

The Academy has been established by businesses and employers in the industry to respond to its demands for a safe and effective workforce in line with its current and future business plans.

The production of oil and gas supports almost half a million jobs in the UK, with 380,000 involved in extraction from the UK continental shelf (UKCS) and up to another 100,000 involved in the export of oilfield goods and services.

A skilled and competent workforce is vital to the health of the UKCS, in terms of ensuring safe operations, sustaining domestic oil and gas production and supporting the export of the knowledge and expertise that has grown up with it.

This business need combined with changes in the way the industry organizes itself through Oil & Gas UK, presented an opportunity to review, refresh and refocus commitment and investment in a number of important business areas including skills and safety.

COURSE BACKGROUND

Companies such as BP and Shell along with Salamis and RBG recognised poorly fitted insulation can cause under-insulation corrosion issues that in fact cost the owners of the asset billions of pounds per year in maintenance costs.

These companies approached OPITO, who are the standard provider for the offshore industry to help them deliver a training programme that will increase the standards for insulation installers offshore.

This training standard was then developed by AIS with a view to bringing the standards of insulation / engineers back to the required standard.

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

For further information and frequently asked questions please see our course information booklet.

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

OPITO RIGGING & LIFTING TRAINING



The **OPITO Introduction to Rigging and Lifting Operations** course is widely recognised as the industry-standard introductory rigging and lifting course. Delegates



THE OIL & GAS ACADEMY

undertaking and successfully completing the course will be able to demonstrate the knowledge and skills to begin the second stage of their training in the workplace under supervision.

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

COURSE CONTENTS

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

ESSENTIAL INFORMATION

DURATION:	3 DAYS
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

RIGGING & LIFTING TRAINING AREA



ABOUT OPITO

OPITO – The Oil & Gas Academy is the industry’s focal point for skills, learning and workforce development. The Academy is a self-sustaining, employer and trade union led organisation committed to developing and sustaining a safe, skilled and effective workforce now and in the future. This is achieved by working in collaboration with: industry employers, learning & training providers, education & academia and partnership organisations.

The Academy has been established by businesses and employers in the industry to respond to its demands for a safe and effective workforce in line with its current and future business plans.

The production of oil and gas supports almost half a million jobs in the UK, with 380,000 involved in extraction from the UK continental shelf (UKCS) and up to another 100,000 involved in the export of oilfield goods and services.

A skilled and competent workforce is vital to the health of the UKCS, in terms of ensuring safe operations, sustaining domestic oil and gas production and supporting the export of the knowledge and expertise that has grown up with it.

This business need combined with changes in the way the industry organizes itself through Oil & Gas UK, presented an opportunity to review, refresh and refocus commitment and investment in a number of important business areas including skills and safety.

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

OPITO BANKSMAN & SLINGER TRAINING



THE OIL & GAS ACADEMY

The **OPITO Approved Banksman & Slinger Stage 1 Training** Standard provides the introductory training programme for personnel wishing to become competent in Banksman & Slinging activities in the oil & gas industry.

The course is delivered over **three days** and provides a combination of theory (classroom-based) and practical learning.

ESSENTIAL INFORMATION

DURATION:	3 DAYS
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

COURSE CONTENTS

- Regulations and Safety issues
- Introduction to Lifting Roles & Equipment
- Prepare for the lift
- Carry out the lift
- Restoring the Work Area
- Banksman duties
- Communications and visibility
- Principles of Slinging
- The role of the Banksman & Slingers in a planned lift

STAGE 2 WORKPLACE TRAINING

In the second stage, the delegate will record his/her lifting activities and complete a list of prescribed tasks. A logbook to record completion of the prescribed tasks will be given to the candidate by the training provider along with the OPITO approved Stage 1 Training certificate. Work under supervision of a competent person.

The logbook should accompany the trainee banksman & slinger to the worksite so he/she can complete the required tasks under supervision of a competent person.

Each lift must occur on different dates and be signed off by the competent person responsible for the lift and the trainee banksman or slinger's supervisor.

On completion of the logbook, the entire document should be approved by a LOLER Competent Person or LOLER Focal Point.

TWO YEARS FOR STAGE 2

The trainee banksman and slinger has two years from the date of his/her Stage 1 certificate to complete the worksite requirements outlined in this logbook and to obtain an OPITO approved knowledge screening certificate in order to progress to the Stage 3 Banksman and Slinger

ABOUT OPITO

OPITO – The Oil & Gas Academy is the industry’s focal point for skills, learning and workforce development. The Academy is a self-sustaining, employer and trade union led organisation committed to developing and sustaining a safe, skilled and effective workforce now and in the future. This is achieved by working in collaboration with: industry employers, learning & training providers, education & academia and partnership organisations.

The Academy has been established by businesses and employers in the industry to respond to its demands for a safe and effective workforce in line with its current and future business plans.

The production of oil and gas supports almost half a million jobs in the UK, with 380,000 involved in extraction from the UK continental shelf (UKCS) and up to another 100,000 involved in the export of oilfield goods and services.

A skilled and competent workforce is vital to the health of the UKCS, in terms of ensuring safe operations, sustaining domestic oil and gas production and supporting the export of the knowledge and expertise that has grown up with it.

This business need combined with changes in the way the industry organizes itself through Oil & Gas UK, presented an opportunity to review, refresh and refocus commitment and investment in a number of important business areas including skills and safety.

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

LOLER APOINTEED PERSONS TRAINING



Course Description

To provide the necessary information, instruction and training in order for delegates to perform the function of Appointed Persons for Lifting Operations. The appointed person is the person who develops the safe system of work for lifting operations including risk assessments and method statements. By the end of the course delegates will be conversant with the principles and practices of Lift Planning in order to be appointed to perform the function of Appointed Person.

Course Delivery

AIS's dedicated and experienced lifting operations professionals can deliver this course at the AIS Industrial Training Centre in North Tyneside or, on any suitable worksite in the UK, Europe or further afield. The course is a mixture of classroom based tutorials with hands-on and practical demonstrations and closing assessment.

Course Designed For

The course delegates will be supervisors, managers or people with day-to-day responsibility for lifting operations or the planning of safe systems of work when using lifting equipment. Ideally an understanding of working with cranes and/or lifting equipment is therefore required with some experience of planning of Lifting activities.

Course Content

By the end of this training programme delegates will:

- Be aware of the requirements of the LOLER and other relevant regulations.
- Be familiar with the requirements imposed by the regulations and how they affect their organisation.
- Be able to interpret information from the regulations.
- Be able to interpret information from a LOLER lifting plan.
- Be able to gather information to enable them to construct a suitable lifting plan.
- Be able to demonstrate the ability to plan out the lifting operation with regards to safety, and implement, audit and update the plan as required.
- Be able to construct a detailed lifting plan using different methods.

ESSENTIAL INFORMATION

DURATION:	1 DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

IOSH HEALTH & SAFETY TRAINING



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

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

ESSENTIAL INFORMATION	
DURATION:	4 DAYS
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE



COURSE CONTENTS

The course will cover relevant issues such as:

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

Modern training is not about teaching, it's about learning. No more 'death by PowerPoint'. We know that getting people fully involved, having fun, and learning by doing, is the way to achieve health and safety training success. Our new IOSH Managing safely course gets delegates really thinking about what they're learning – and having the confidence and enthusiasm to put it into practice when they're back at work.

ABOUT IOSH

IOSH are committed to cutting down the number of people who die or are made ill by what they do for a living. Across the world, two million people die every year as a result of health and safety failures. In the European Union alone, someone dies every three and a half minutes.

When it comes to health and safety, only advice from qualified, experienced and skilled professionals will do. That's why one of IOSH's main roles is to maintain high standards.

IOSH are the voice of the profession, and lobby governments on policy and law. They accredit qualifications for their members, give guidance, develop resources and run courses and events to help them in their work.

IOSH recognise that health and safety isn't just down to the experts. IOSH work closely with a range of organisations to raise awareness and standards. IOSH also develop training for schools and businesses, and run campaigns that are relevant to millions of working people.

IOSH was founded in 1945 and is a registered charity.

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

Certification will be issued upon successful completion of your IOSH managing safely course.

ADVANCED WORKING AT HEIGHT TRAINING



ADVANCED
INDUSTRIAL SOLUTIONS

The **Advanced Working at Height** course is an exciting training program catered towards those whose role involves an advanced measure of working at height, or those who instruct within any environment.

We've built the course from the ground up, teaching candidates the most up to date key knowledge complying with the current working at height regulations whilst ensuring that practical elements of working at height are covered to the highest standard by professional training staff, even covering elements of work at lower height. At present, it is imperative for all companies that operate at height to have an advanced understanding of the Working at Height methods, equipment and potential risks, whilst complying with the most current Legislation (2005).

ESSENTIAL INFORMATION

DURATION:	1 DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

COURSE CONTENTS

The Advanced Working at Height classroom and practical based course includes:

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



Upon successfully completing the Advanced Working at Height course, candidates will have fully covered and understand:

- The current Working at Height Legislation of 2005 and its importance.
- Working at Height in YOUR workplace.
- Important Working at Height situations and awareness.
- Key practical activities and demonstrations designed to boost Working at Height confidence.
- How to delegate and reduce risk in dangerous Working at Height Environments.
- The safe and proper use of Working at Height equipment
- Working at height on Elevated Platforms
- The safe and proper use of Rescue and Evacuation equipment

CCNSG SAFETY PASSPORT TRAINING



The **CCNSG Safety Passport** Course is a two day course for basic site safety. The CCNSG passport is valid for three years from the date of successful completion of the course.

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

ESSENTIAL INFORMATION

DURATION:	2 DAYS
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

CLASSROOM TRAINING AREA



COURSE CONTENTS

The CCNSG course will include the following:

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

CONFINED SPACE TRAINING



A staggering number of workers are killed or seriously injured every year in confined spaces in the UK due to their lack of knowledge of the environments they are working in and the equipment they are working with.

The **Confined Space** course offered by Advanced Industrial Solutions is intended for delegates who require the knowledge to allow them to apply safe working practices, reducing unnecessary risks in confined space environments.

Our new confined space simulator and structure simulates realistic confined space enclosures, tunnels, hatches and ladders where the possibility of a dangerous environment could exist. It features infra-red camera technology, digital audio sound system and smoke machine allowing delegates to receive the most thorough experience of confined space, either alone or in teams. Delegates and the training scenarios can be monitored and recorded from our central confined space control room enabling full review and debriefing fully preparing them for real life situations and emergency scenarios.

COURSE CONTENTS

Upon successfully completing the Advanced Industrial Solutions Confined Space course, candidates will have fully covered and understand the below criteria and more:

- The Confined Spaces Regulations of 2007 and the Approved Code of Practice.
- Identification of risks and how they are controlled
- The operation of Safe Systems of Work
- Personal Protection (PPE) requirements
- Use of Breathing Apparatus (BA) escape sets
- Use of Gas Monitors and continuous gas monitoring procedures
- Confined Space Rescue and Evacuation Procedures

ESSENTIAL INFORMATION

DURATION:	1 DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

CONFINED SPACE TRAINING AREA



MANUAL HANDLING TRAINING



Manual Handling is a task every one of us faces every day. Whether you work in an office, factory, warehouse or retail environment correct lifting is something you need to take seriously.

The Manual Handling Operations Regulations 1992 (as amended in 2002) apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying. The load may be either a box or trolley, or a person or animal.

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

COURSE CONTENTS

Covered within the Manual Handling Course are the following topics:

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

ESSENTIAL INFORMATION

DURATION:	½ DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

Basic Electrical Safety Awareness Course



The Basic Electrical Safety Awareness Course is intended for all persons who work directly or indirectly, on or near operational plant and equipment connected with electricity transmission and distribution. This entry level course deals with entering, moving around and exiting work areas, it does not cover the skills required for carrying out electrical work tasks. AIS can also deliver the accredited Basic Electrical Safety Competence Scheme and can also tailor this course towards more specific workplace environments i.e. working in proximity to Low (LV) or High (HV) Voltage electrical systems.

COURSE CONTENTS

Covered within this Electrical Safety Awareness Course are the following topics:

- What is electricity?
- How electricity is used and controlled
- How electrical incidents occur and electric shock levels
- Basic first aid principles (relating to electrical causes).
- Personal Protective Equipment
- Employee responsibilities.
- Legislation inc: The Health & Safety at Work Act 1974; Electricity at Work Regulations 1989; Management of Health & Safety at Work Regulations 1999; Provision of the Use of Workplace Equipment Regulations 1998
- Offshore Division Strategy for electrical/control & Instrumentation Safety
- Responsibilities, authorizations and permit requirements
- Low and High Volt Installations
- Prevention of electrical incidents and safe isolation

DURATION: 1 DAY

ESSENTIAL INFORMATION

BOOKING: 0844 800 1810 or
www.aisgroup.co.uk

LOCATION: Advanced Industrial Solutions Ltd

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

HSE Approved 3 Day First Aid at Work



This course is for persons wishing to learn First Aid which qualifies them to act as the First Aider in the workplace, under the terms of the Health and Safety (First-Aid) Regulations 1981.

Course Content

- Definition of First Aid
- Priorities of Treatment
- Principles of Diagnosis
- First Aid Legislation
- First Aid Equipment
- Communication & Reporting an Accident
- Respiratory Tract
- Respiration
- The Cardiovascular System
- Chain of Survival
- Basic Life Support
- Unconscious Casualty
- Adult Choking
- Wounds & Bleeding
- Skeletal System
- Injuries to Bones and Supporting Tissue
- Shock
- Spinal Injuries
- Head Injuries
- Stroke / Epilepsy / Diabetes
- Eye Injuries
- Contents of a First Aid Container
- Practical Demonstrations of CPR and Choking
- Recovery Position



DURATION:	3 DAYS (or 1 day)
ESSENTIAL INFORMATION	
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

Course Requirements

No formal first aid knowledge is required to attend this course; however candidates will be required to demonstrate the correct method for CPR, choking and the recovery position to enable them to attain certification as a First Aider.

Course Duration

18 hours

Certification

All candidates will receive a certificate which is valid for 3 years.

Refresher Training

AIS also offer a 1 day HSE approved Refresher Training Course or a basic 1 day First Aid Workplace Training Course

FIRE SAFETY AWARENESS TRAINING



This course delivered by qualified and experienced fire safety professionals with many years fire fighting experience is aimed at all levels of employees or those who occupy or work in your organisation's buildings, premises or facilities. The course helps all levels of employees meet the legal requirements of the 'Regulatory Reform (Fire Safety) Order' by following the published best practice guidance. AIS can also deliver the associated Fire Warden Training.

Course Content

- Fire prevention & Fire Precautions
- Evacuation procedures
- Understanding different fire types
- Appropriate use of extinguishers
- Fire Wardens' roles and responsibilities
- Fire safety checks
- Practical use of Extinguishers

DURATION:

½ DAY

ESSENTIAL INFORMATION

BOOKING:

0844 800 1810 or
www.aisgroup.co.uk

LOCATION:

Advanced Industrial Solutions Ltd

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



HARNES AWARENESS TRAINING



This course is to enable delegates to identify and select the correct form of safety harness and lanyard which is applicable to their role in the work place.

Delegates attending the **Harness Awareness** training course will be able to inspect, maintain, monitor, fit and use them effectively.

COURSE CONTENTS

Covered within the Harness Awareness Course are the following topics:

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

ESSENTIAL INFORMATION

DURATION:	½ DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

OPITO M.I.S.T TRAINING



This course is designed to meet the **MIST (Minimum Industry Safety Training)** standard for personnel who will be working within the Oil and Gas Industry, and complies with the requirements laid down by OPITO. The training is suitable for all new entrants to the Offshore Oil and Gas industry.



The aim of the training programme is to promote a common understanding of safety, delegates will gain an awareness of the variety of tasks and the safety risks to be found on Offshore Installations. The course is structured to give theoretical and practical training to the delegate in nine modules. Both written and practical tests are used to show delegates understanding of subject content.

COURSE CONTENTS

Delegates will undertake instructions and gain knowledge in the following subjects.

- Oil and Gas Activities
- Working Safely
- Risk Assessment
- Permit to Work
- Asset Integrity
- Manual Handling
- COSHH
- Working at Heights
- Mechanical Lifting

ESSENTIAL INFORMATION	
DURATION:	2 DAYS
BOOKING:	South Tyneside Marine Safety College Wapping Street South Shields NE33 1LQ
LOCATION:	Or Maersk Training, Portlethen Aberdeen, Aberdeenshire AB12 4YD

ABOUT OPITO

OPITO – The Oil & Gas Academy is the industry’s focal point for skills, learning and workforce development. The Academy is a self-sustaining, employer and trade union led organisation committed to developing and sustaining a safe, skilled and effective workforce now and in the future. This is achieved by working in collaboration with: industry employers, learning & training providers, education & academia and partnership organisations.

The Academy has been established by businesses and employers in the industry to respond to its demands for a safe and effective workforce in line with its current and future business plans.

The production of oil and gas supports almost half a million jobs in the UK, with 380,000 involved in extraction from the UK continental shelf (UKCS) and up to another 100,000 involved in the export of oilfield goods and services.

A skilled and competent workforce is vital to the health of the UKCS, in terms of ensuring safe operations, sustaining domestic oil and gas production and supporting the export of the knowledge and expertise that has grown up with it.

This business need combined with changes in the way the industry organizes itself through Oil & Gas UK, presented an opportunity to review, refresh and refocus commitment and investment in a number of important business areas including skills and safety.

Delegates successfully completing the training programme will be issued with an OPITO approved certificate and entered onto the central training register VANTAGE database.

OPITO B.O.S.I.E.T SURVIVAL TRAINING



The **BOSIET (Basic Offshore Safety Induction & Emergency Training)** course is

designed for personnel intending to work on an offshore installation in the UK sector and forms part of a Common Offshore Safety Induction process.



THE OIL & GAS ACADEMY

The aim of the course is to provide delegates with a basic level of understanding and awareness of safety and emergency response on offshore installations. Delegates will be required to demonstrate their skills and a level of knowledge and understanding of key areas, as defined in the OPITO Standard for Basic Offshore Safety Induction & Emergency Training.

COURSE CONTENTS

The course focuses on the following elements:

- **Safety Induction:** Offshore hazards, their control and consequences. Waste disposal/environmental awareness. How offshore safety is regulated. How offshore safety is managed. Procedures for prescribed medicines. Alcohol and substance abuse policy. PPE requirements. Procedures for reporting incidents, accidents and near misses. Role of the Medic
- **Helicopter Safety & Escape:** Pre boarding. Safe boarding. In flight safety. Safe disembarkation. In flight emergency actions. Use of Emergency Breathing System equipment. Practical Emergency escape Breathing System training. Practical emergency ditching and escape training.
- **Sea Survival:** Abandonment theory and practical sea survival training. Actions for mustering and boarding of a survival craft, and actions as a passenger during launching operations. Use of helicopter rescue strops, and winching procedures. Emergency First Aid including CPR.
- **Firefighting and Self Rescue:** Nature and causes of fire. Fixed systems and response. Use of hand held extinguishers. Operation of fixed hose reels. Self rescue techniques in reduced visibility and completely obscured visibility. Use of escape hoods.

ESSENTIAL INFORMATION

DURATION:	3 DAYS
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	South Tyneside Marine Safety College Wapping Street South Shields NE33 1LQ Or Maersk Training, Portlethen Aberdeen, Aberdeenshire AB12 4YD

ABOUT OPITO

OPITO – The Oil & Gas Academy is the industry’s focal point for skills, learning and workforce development. The Academy is a self-sustaining, employer and trade union led organisation committed to developing and sustaining a safe, skilled and effective workforce now and in the future. This is achieved by working in collaboration with: industry employers, learning & training providers, education & academia and partnership organisations.

The Academy has been established by businesses and employers in the industry to respond to its demands for a safe and effective workforce in line with its current and future business plans.

The production of oil and gas supports almost half a million jobs in the UK, with 380,000 involved in extraction from the UK continental shelf (UKCS) and up to another 100,000 involved in the export of oilfield goods and services.

A skilled and competent workforce is vital to the health of the UKCS, in terms of ensuring safe operations, sustaining domestic oil and gas production and supporting the export of the knowledge and expertise that has grown up with it.

This business need combined with changes in the way the industry organizes itself through Oil & Gas UK, presented an opportunity to review, refresh and refocus commitment and investment in a number of important business areas including skills and safety.

OPITO approved certification for Basic Offshore Safety Induction & Emergency Training (BOSIET) will be issued on successful completion of the training programme.

OFFSHORE MEDICAL



Every offshore worker must undergo and pass a medical examination which classifies them as medically fit to work in the offshore environment.

For UK waters only physicians who are approved by the United Kingdom Offshore Operators Association (UKOOA) Health Advisory Committee should carry out the examination and issue certificates.

The offshore medical certificate, as it is commonly known, is controlled by UKOOA and renewals are necessary 2-yearly, with effect from 1 Jan 2007, irrespective of the age of the offshore person.

Individual Operators retain the right to request medical assessments more frequently.

ESSENTIAL INFORMATION	
DURATION:	DONE WITH B.O.S.I.E.T
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Various Locations

PERSONAL PROTECTIVE EQUIPMENT & ERGONOMICS



The Personal Protective Equipment and Ergonomics Training Course is a ½ day course for all employees in the workplace who may have to use any form of personal protective equipment to meet the current legislation.

COURSE CONTENTS

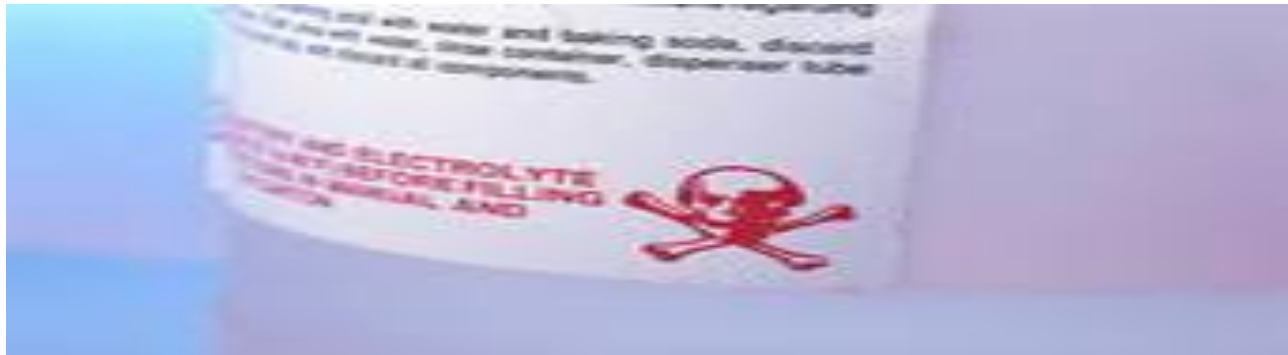
Covered within the PPE and Ergonomics Course are the following topics:

- Introduction
- Health & Safety at Work
- Personal Protective Equipment Regulations
- Work conditions
- PPE Risk Assessments
- Compatibility for the Job
- Maintaining and Replacing PPE
- Ergonomics
- Musculoskeletal and nerve disorders
- Ergonomic exercises and avoidance techniques

ESSENTIAL INFORMATION	
DURATION:	½ Day
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE



HAZARDOUS MATERIALS - COSHH



Many industrial processes may involve potentially hazardous substances. Even simple cleaning, essential to all pleasant working environments require the use of detergents, degreasers and other potentially harmful substances.

In 2002, the Control of Substances Hazardous to Health (COSHH) Regulations were introduced, setting out the controls and measures management must take to ensure that employees and others do not become ill.

Those responsible for health and safety COSHH training in the workplace and those potentially coming into contact with hazardous materials must have knowledge of their responsibilities under the COSHH Regulations.

The AIS COSHH course will provide an excellent and simple way of training your workforce and giving them an awareness of hazardous materials and the COSHH Regulations. There is the option to have this course accredited by the Chartered Institute of Environmental Health.

COURSE CONTENTS

Covered within the COSHH Hazardous Materials Course are the following topics:

- What is COSHH?
- What is a substance hazardous to health?
- Identifying hazard and assessing risk
- Exposure limits and effects on the body
- Safety data sheets
- Control measures
- Personal Protective Equipment
- Health monitoring and surveillance
- Dealing with emergencies

ESSENTIAL INFORMATION

DURATION:	½ DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

DEFENSIVE DRIVING



AIS offer a Defensive Driving Course for most types of vehicles including cars, vans, coaches and HGV's. The development of a driver's defensive skills increases their road awareness and therefore reduces the risk of an individual becoming involved in an accident. There is also the option to include the DVLA hazard awareness test within this course which can be tailored to meet the specific requirements of the client.

COURSE CONTENTS

Covered within the Defensive driving Course are the following topics:

- Highway legislation
- Vehicle safety checklist
- Forward Planning
- Anticipation
- Observation and Control
- Responsibility
- Consideration
- Courtesy and care
- Fuel economy

ESSENTIAL INFORMATION	
DURATION:	1 DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

EMERGENCY PROCEDURES



The first priority in an emergency response is the protection of life and health. In this course delegates will learn that there are some basic steps that apply to all emergency situations and procedures that must be followed.

Effective emergency response requires good planning and awareness. Generation and implementation of effective emergency response and spill control procedures are fundamental aspects of a safety management system. The emergency plan should be simple and straightforward, flexible and achieve necessary compliance with legislative requirements.

The emergency procedures should include instructions for dealing with fires, leaks and spills. The procedure should describe how to:

- Raise the alarm and call the emergency services
- Tackle a fire or control spills and leaks (when it is safe to do so);
- Evacuate the site, and if necessary any nearby premises.

In this course delegates will be presented with a number of environmental and health and safety scenarios with which to discuss and to prepare an appropriate emergency response plan.

ESSENTIAL INFORMATION

DURATION:	½ DAY
BOOKING:	0844 800 1810 or www.aisgroup.co.uk
LOCATION:	Advanced Industrial Solutions Ltd Unit 11 & 12, Jupiter Court, Orion Business Park, Tyne Tunnel Trading Estate, North Shields, NE29 7SE

OTHER TRAINING COURSES



AIS also offer a number of other short training courses, these courses can be run either on our premises within our purpose built training facility or, alternatively we can carry out training offsite if required.

Courses Include

- Fire Warden Training
- Basic Health & Safety Awareness
- Abrasive Wheels
- Asbestos Awareness
- First Aid Refresher Training
- Defibrillator Training
- Risk Assessment Training



BESPOKE TRAINING COURSES

As well as all of our standard training courses, AIS are able to produce a course specifically to the requirements of a client. For example your employees could attend a course covering Manual Handling, Health and Safety and working at height all in a single course.

Please contact our training department for more information on bespoke Training courses.

ACADEMIC COURSES

AIS also has the ability to deliver a full range of academic courses and qualifications (up to Level 7 Diploma Level) accredited by the Institute of Learning and Management (ILM) and the Chartered Management Institute (CMI).

HOW TO FIND US



Our head office and training facility is located at Jupiter Court on Orion Business Park at Tyne Tunnel Trading Estate in North Shields, Tyne & Wear.

SATTELITE NAVIGATION INFORMATION

POST CODE: NE29 7SE

Orion Business Park is located 7 miles east of Newcastle City Centre at the Junction of the A19 and the A1058 Coast Road. The Tyne Tunnel is only 1 mile to the south and this provides excellent north-south road links.

DIRECTIONS

- Travelling North or South on the A19 take the exit sign posted North Shields.
- Head east along Wallsend Road (A193)
- At the first round-about turn left onto the Tyne Tunnel Trading Estate
- Follow the road straight ahead to the end where you take the last left turn onto Orion Way
- Vroom - The Car Retail Park will be visible directly ahead at the end of this road
- Take a left at the round about at the entrance to Vroom!
- Turn left then left again to arrive at AIS head office.

The Park is served by the Route 19 which provides a dedicated bus service to the site from the nearest Metro Station (Percy Main) and the North Shields Ferry Landing.

CONTACT DETAILS

To contact us with any questions or with regards to any other requirement you may have please contact our office on telephone number **0844 800 1810** or email **training@aisgroup.co.uk**.