

COURSES

TOWER CRANE RESCUE | 1 DAY

Teaches the skill set and confidence required to rescue fellow workers from tower cranes. Rescue is carried out on the access routes to and from the cab itself, and surrounding platform area.

A further day of training can be added to include rescue from the crane jib.

CONFINED SPACE | 1 DAY

Provides the individual with the ability and confidence to safely operate in a 'Low - Medium Risk' confined space.

EMERGENCY FIRST AID AT WORK | 1 DAY

Learn to administer safe and effective First Aid through theoretical and practical training.

FIRE AWARENESS | 4 HOURS

Gives participants the fundamental knowledge and skills to:

- prevent fires,
- conduct initial fire evaluations,
- manage evacuations effectively,
- safely extinguish an initial fire using hand-held equipment.

MANUAL HANDLING | 4 HOURS

Offers participants the basic theoretical and practical training required to perform manual handling activities in a safe manner.

ARTS- ACCESS & RESCUE FOR THEATRE & STAGE (LEVEL 1) | 1 DAY

Designed specifically for those who work at height in the theatre and entertainment industry. The course is a mixture of theory and practical focussing on specific height related issues within the entertainment environment.

ARTS - ACCESS & RESCUE FOR THEATRE & STAGE (LEVEL 2) | 2-3 DAYS

Focusing on the rescue of a fallen or injured colleague from areas such as lighting booms, suspended scenery, and those who have become incapacitated on platforms such as fly floors and follow spots.

GWO APPROVED COURSES

GWO WORKING AT HEIGHTS | 2 DAYS

GWO WORKING AT HEIGHTS - REFRESHER | 1 DAY

GWO SEA SURVIVAL | 1 DAY

GWO SEA SURVIVAL - REFRESHER | 1 DAY

GWO FIRST AID | 2 DAYS

GWO FIRST AID - REFRESHER | 1 DAY

GWO FIRST AID - ENHANCED | 3 DAYS

GWO FIRE AWARENESS | 4 HOURS

GWO MANUAL HANDLING | 4 HOURS

**GUARDIAN**[®] | Training

IN CLASS. ON-SITE. ONLINE.



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**GUARDIAN**[®]

TRAINING COURSE GUIDE

2022

**HEIGHT SAFETY.
SIMPLIFIED.**

GUARDIAN®

INTRO

Guardian is one of the UK's leading height and rescue safety training providers, set up in 2010 to serve those who are Working at Height.

Guardian is the world's largest independent fall protection and prevention partner. With design, manufacturing, height safety training and engineered system experts across North America and the UK, it serves partners around the globe with a 360-degree height safety offer.

Since its foundation, Guardian's UK training division has expanded to offer a variety of industry standard and industry leading courses, an expansion made possible by our most valued asset; our people.

We understand that knowledge is the main contributor to competence and the experience of our team reflects that. Guardian's team of instructors have extensive experience in both training and practical application for the range of courses we offer. Our instructors are all highly motivated, professional individuals who have worked and instructed in many different environments.

We offer a comprehensive range of courses to suit various industry requirements and we are well placed, with the varied experience of our team, to create custom training packages for our clients.

Our service doesn't end with training courses; we also provide consultancy services to Rescue and Chaperone teams for work at height, confined space and first aid.

Whatever your needs, we have complete faith that if you use Guardian, you will not be disappointed.


GUARDIAN® | Training

IN CLASS. ON-SITE. ONLINE.

For full course descriptions and information visit guardianfall.com

COURSES

BASIC WORK AT HEIGHT | 4 HOURS

Provides the minimum information required for the correct fitting of a fall arrest harness and the basic use of a work restraint and fall arrest lanyard. The course is suitable for all industries being a mixture of theory and practical.

WORK AT HEIGHT & PRACTICAL APPLICATION | 1 DAY

The "must have" course for all worker's requiring to work in areas, or access areas, where there is the potential for them to fall and injure themselves. The course is suitable for all industries being a mixture of theory and practical, the practical element being based on your workplace environment and day to day work activities.

COMPETENT EQUIPMENT INSPECTION | 1 DAY

Designed to meet the moral and legal obligation of the employer with regard to the detailed examination of personal fall protection equipment (PFPE) in the workplace.

Successful completion of this training will qualify an individual as 'competent' to inspect workplace personal fall protection equipment acting as the company's 'Competent Person'.

The course focuses on the inspection of harnesses, lanyards, self-retracting lifelines and anchor stops. Modules can be added for rescue systems (manufacturer dependent).

RESCUE FROM HEIGHT | 1 DAY

Developed to provide the individual with the skills and confidence to rescue fellow workers from height. Whether a worker has fallen and is left in suspension, or has become incapacitated in an area of limited access at height, the successful completion of this course offers solutions to these situations, ensuring both moral and legal compliance is met.

ADVANCED RESCUE FROM HEIGHT | 2 DAYS

In addition to the basic lift and vertical lower covered by the Rescue from Height course, this advanced course details the use of ropes to guide the casualty away from structures as well as the use of stretchers, looking at casualty packaging and stretcher lowers.

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