



**GTA**  
 GTA Access Ltd

# GTACCESS TRAINING

Specialists in working at height training courses

THE **POWER**  
 IN **ACCESS**™





# GET TRAINED BY THE ACCESS SPECIALISTS

We specialise in training and safety courses  
for those working at height.

# A DEDICATED TRAINING TEAM WHO ARE PASSIONATE ABOUT WORKPLACE HEALTH & SAFETY



With over 40 years of experience with access equipment, we are able to offer a huge range of approved IPAF, PASMA, and Workplace Health & Safety related training courses.

Our training courses can be undertaken at any of our 12 training centres, your offices, or on site (under certain conditions). We also offer weekend courses. Our IPAF operator courses offer the option of E-learning, giving the option to complete the theory section of the course on-line, saving time spent at our training centres.

For course availability or to book visit [gtaccess.co.uk](http://gtaccess.co.uk) or if you would prefer to speak to someone in person please call our training department on **01527 876798**



## E-LEARNING

We offer some training courses as online e-learning which can save you valuable time by allowing you to complete a course at a time that suits you in the comfort of your own office/home.



We run a full range of approved IPAF courses including, Operator training, Safety training, MEWP's for Managers and IPAF Demonstrator and Load/Unload.



We run a full range of approved PASMA courses including; Low Level Towers and Towers for Users.



We are offer a range of first aid courses include 1 day EFAW, fully qualifying first aid courses and Mental Health First Aid accredited courses.



We offer a range of CITB approved Health & Safety courses from the Site Safety Plus suite including SMSTS, SSSTS and basic Health & Safety.



We also offer a range of Workplace Health and Safety training courses including; Manual Handling, Abrasive wheels and IOSH.

## 12 TRAINING CENTRES

Courses are run daily at our 12 accredited training centres in:

- Bodmin
- Brentwood
- Bridgend
- Bromsgrove
- Gloucester
- Hailsham
- Hereford
- Luton
- NEC
- Peterborough
- Shrewsbury
- Stoke

# GTACCESS TRAINING COURSE LIST



## **IPAF Courses**

Operator: Classroom  
Operator: eLearning  
Harness Awareness  
Harness User  
Harness Inspection  
Load/Unload  
Demonstrator  
Competent Assessment Person  
Instructor  
MEWPS for Managers

## **PASMA Courses**

Towers for Users: Classroom  
Towers for Users: eLearning  
Low level Towers: Classroom  
Low Level Towers: eLearning  
Towers Combined  
Towers for Managers  
Towers on Stairways  
Working at Height

## **CITB Courses**

Site Supervisor Safety Training Scheme (SSSTS)  
Site Supervisor Safety Training Scheme Refresher (SSSTS-R)  
Site Manager Safety Training Scheme (SMSTS)  
Site Manager Safety Training Scheme Refresher (SMSTS-R)  
Health & Safety Awareness

## **First Aid Courses**

Emergency First Aid at Work  
First Aid at Work Qualifying  
First Aid at Work Refresher  
Mental Health First Aid 2 day

## **Health & Safety Courses**

Manual Handling  
Abrasive Wheels  
IOSH Working Safely  
IOSH Leading Safely  
IOSH Managing Safely



**IPAF**

**POWERED ACCESS  
TRAINING COURSES**



### CLASSROOM DELIVERY

Dual category £240 (+VAT per person)  
**Type:** Classroom training  
**Length:** 1 day  
**Registration:** 7:45am  
**Cost includes:** Physical licence, physical certificate and electronic license



### E-LEARNING HYBRID DELIVERY

Dual category £195 (+VAT per person)  
**Type:** eLearning and practical classroom training  
**Length:** Half day  
**Registration:** 7:45am  
**Cost includes:** Physical licence, physical certificate and electronic license



## OPERATOR TRAINING

An IPAF PAL card is recognised by the HSE, CITB, HAE and the Major Contractors Group (MCG). It also satisfies the work at Height Regulations 2005 and the PUWER regulations 1998.

This course is also available as an eLearning hybrid option, which allows you to complete the theory section of the course on-line, reducing the time spent at our training centre to around half a day.

Our IPAF Operator courses instruct how to prepare and safely use various types of access platforms, including scissor and boom lifts. You will be trained in the correct operation of the equipment, how to carry out a pre-inspection, emergency descent operations as well as being given an understanding of employers and employees responsibilities.

We also offer a classroom based operator training courses, which will take a full day to complete both theory and practical elements undertaken at one of our 12 training centres.



**1b** Static boom access platform (unable to move elevated, requires outriggers)

**3b** Self-propelled boom lifts (able to drive lowered or elevated)

**3a** Self-propelled scissor lifts and vertical platforms (able to drive lowered or elevated)

**PAV** Push Around Verticals (sometimes referred to as a personnel lift)

If you are unsure which categories you need contact our training department on 01527 876798

## COURSE CONTENT

The course enables trainees to become competent to drive MEWPs safely and in the correct manner. The course covers:

- MEWP categories
- Structural parts
- Regulations
- Pre-use inspection/handovers
- Safe operating methods and hazards
- Theory test
- Practical training
- Practical assessment
- Course evaluation



### COURSE DETAILS:

**Length:** Half day  
**Maximum class size:** 10 delegates  
**Registration:** 7:45am  
**Start time:** 8:00am  
**Approximate finish time:** 12:30pm

### COURSE PRICE:

**Price:** From £99 (+VAT perperson)  
**Type:** Classroom  
**Harness Awareness:** £99pp  
**Harness User:** £120pp  
**Harness Inspection:** £150pp



## HARNES SAFETY TRAINING

Learn how to select, inspect and safely use a harness and adjustable lanyard when operating a boom type mobile elevating work platform.

This course is intended for anyone who operates a boom type mobile elevating work platform (3b) and is therefore required to wear a safety harness as part of their work.

**Harness Awareness (HA)** - Candidates who are responsible for selecting, supervising or purchasing harnesses.

**Harness Users (HU)** - Candidates who will use a harness in practice or for those who wish to progress to the harness inspection course.

**Harness Inspection (HI)** - This course is aimed at candidates who need to conduct harness inspections.

### WHO SHOULD ATTEND?

The course is intended for those who use safety harnesses and lanyards in the course of their work. Anyone who operates a boom type mobile elevating work platform (3b) should receive training on the safe use of a harness.

### QUALIFICATIONS

All candidates who successfully complete the course will receive an IPAF certificate.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Health and safety law and regulations
- Working at height regulations
- Different harness types and how to wear them
- Different types of lanyards and uses
- Inspection by whom and when
- Safe use
- Practical session
- Rescue plan
- Donning and doffing
- Practical session on identifying defective harnesses
- Identifying equipment need to perform task safely





### COURSE DETAILS:

**Length:** one day  
**Maximum class size:** 4 delegates  
**Registration:** 7:45am  
**Start time:** 8:00am  
**Approximate finish time:** 5:00pm

### COURSE PRICE:

**Price:** £450 (+VAT per person)  
**Type:** Classroom



## CAP-COMPETENT ASSESSED PERSON

One-day advanced training course, ensure you are proficient in undertaking statutory inspections of MEWP's, MCWP and construction hoists (CH's)

GTAccess is an accredited IPAF training centre offering the Competent Assessed Person (CAP) one-day training course.

This advanced course ensures that candidates are proficient in undertaking statutory inspections of MEWP's, MCWP and construction hoists (CH's) covering planning, managing and recording the relevant information.

### WHO SHOULD ATTEND?

The course requires that candidates must hold a Current IPAF PAL card and score a minimum of 12 points using the IPAF entry criteria matrix.

### QUALIFICATIONS

Delegates successfully completing the course will be awarded documentary evidence that they are certified as a competent person as well as receiving an IPAF CAP (Competent Assessed Person) card. Valid for 5 years.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Extensive information on LOLER and PUWER
- Regulatory requirements including the WAHR, LOLER and PUWER
- Statutory inspections of MEWPs, MCWPS
- Construction Hoist (CHs)
- Highest specification
- Legislation/ regulations
- Theoretical and practical knowledge





## SPECIALISED IPAF COURSES

As an accredited IPAF training centre we also offer additional IPAF courses which we run upon request. These can be held either at one of our 12 training centres or alternatively at your premises if suitable.

### **IPAF DEMONSTRATOR**

This course trains a demonstrator to familiarise operators with their responsibilities and demonstrate pre-operational and safe operating procedures, and the limitations of MEWPs.

### **IPAF INSTRUCTOR**

This course trains and assesses an instructor to understand the delivery of the IPAF training programme, and assesses knowledge on machines and ability to convey information to candidates.

### **IPAF LOAD/UNLOAD**

This course instructs an operator in the correct safety procedures for the loading, unloading and securing of machinery prior to or following transportation by road.

### **STATIC VERTICAL OPERATOR**

We can also offer training for customers who own/use specialised Static Vertical (1a category) access platforms.

## **Training that's tailored to fit**

Our dedicated trainers have experience across a wide range of industries and can tailor courses to fit, whether you're an Arborist, Steel Erector or Electrician . So if you are looking for something a little bit more in your style then we may be able to help. GTAccess offers training for operators in the safe use of all kinds of Powered Access Platforms.

So, whatever you do for a day job, if it means working at height then we can enable you to continue doing it safely and productively.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**





### COURSE PRICE & DETAILS:

Price: £99 (+VAT per person)

Type: E-learning

This is purely an online course, completed on computer/ tablet



## MEWP'S FOR MANAGERS

Covers what managers need to know about using MEWPs on site, from planning and risk assessment, to selecting the right equipment.

This is e-learning course removing the need to physically attend one of our training centres.

The course includes topics such as planning and risk assessment, MEWP selection, health and safety regulations, personal protection equipment, pre-use checks and maintenance.

Under UK health and safety legislation employers must train all employees who plan, supervise and manage work at height and the use of equipment for such work.

### WHO SHOULD ATTEND?

The course is targeted at project managers, foremen and supervisors. Anyone who is responsible for planning and overseeing the use of MEWPs on their job site.

### QUALIFICATIONS

All candidates who successfully complete the course will receive an IPAF certificate. The MEWPs for Managers (MM) category can also be added to a PAL Card for those that hold one.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Machine classification and types of machines
- History of MEWPs
- Suitability of machine to task
- Health and safety at work act 1997 employer/employee responsibilities
- Provision and use of Work Equipment Regulations
- Management of Health and Safety at Work Regulations
- Lifting Operations and Lifting Equipment Regulations
- Personnel Protective Equipment (PPE) at Work Regulations
- Work at Height Regulations
- Safe use and delivery of MEWPS





**P+SMA**<sup>®</sup>  
prefabricated access suppliers' and manufacturers' association

# MOBILE ACCESS TOWER TRAINING COURSES



#### **CLASSROOM DELIVERY:**

Dual category £150 (+VAT per person)

**Type:** Classroom training

**Length:** 1 day

**Registration:** 7:45am

**Cost includes:** Physical licence, physical certificate and electronic license



#### **E-LEARNING HYBRID DELIVERY:**

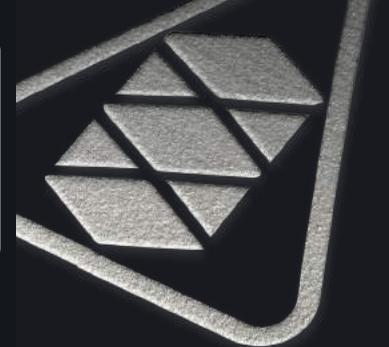
Dual category £120 (+VAT per person)

**Type:** eLearning and practical classroom training

**Length:** Half day

**Registration:** 7:45am

**Cost includes:** Physical licence, physical certificate and electronic license



## TOWERS FOR USERS

Learn how to safely assemble, dismantle, move and alter a mobile access tower without risk of personal injury to yourself or others.

This course is also available as an eLearning hybrid option, which allows you to complete the theory section of the course on-line, reducing the time spent at our training centre to around half a day.

This e-learning course will instruct how to safely assemble, dismantle, relocate and alter a mobile access tower without risk of personal injury to yourself or others. It also incorporates the current best practice for fall protection and inspection of completed mobile access towers.

#### **WHO SHOULD ATTEND?**

This course is vital for anyone responsible for the assembly, dismantling, alteration, moving and inspection of mobile access towers when using 3T or Advance Guardrail (AGR) systems.

#### **QUALIFICATIONS**

A PASMA PhotoCard will be issued to successful delegates who complete the Theory and Assessment sessions at the level they attend the course which has a five year validity period.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Introduction to mobile access towers
- Regulations and standards
- Components and hazards
- Tower assembly
- Stability and safe use of towers
- Repositioning towers
- Tower inspection
- Care and maintenance
- Tower dismantling



**COURSE DETAILS:**

**Length:** Half day  
**Maximum class size:** 10 delegates  
**Registration:** 7:45am  
**Start time:** 8:00am  
**Approximate finish time:** 1:30pm

**COURSE PRICE:**

**Price:** £99 (+VAT per person)  
**Type:** Classroom



## LOW LEVEL TOWERS

Learn how to safely use low level work platforms with side protection for use by one person which are less than 2.5 metres in height. Conforms to PAS250 (Podiums).

This course is intended for users of low level access equipment (< 2.5m) made from prefabricated tower components, such as folding step units and folding tower units. The course gives an overview of regulations, legislation and product standards and covers current best practice, inspection of low level access units and hazards to be avoided in depth.

**WHO SHOULD ATTEND?**

This course is vital for anyone who works from prefabricated units under 2.5m of height.

**QUALIFICATIONS**

A PASMA Certificate and PhotoCard will be issued to successful delegates who complete the Theory and Assessment sessions at the level they attend the course which has a five year validity period.

## COURSE CONTENT

- Current Legislation, Regulations
- PASMA Code of Practice
- Publicly Available Specificatio
- Practical Assembling, altering and dismantling low level units
- Best practice for fall protection
- Inspection of completed low level units
- Completing Tower Inspection Records
- Hazards affecting the use of low level units



Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

**COURSE DETAILS:**

**Length:** Full day  
**Maximum class size:** 10 delegates  
**Registration:** 7:45am  
**Start time:** 8:00am  
**Approximate finish time:** 5:00pm

**COURSE PRICE:**

**Price:** £170 (+VAT per person)  
**Type:** Classroom



## TOWERS FOR MANAGERS

A one day course to ensure those who manage people have chosen the right tower and built a stable structure.

This course is intended for those who manage people that use scaffold towers. You must be competent to supervise work on towers and you'll want to ensure you're trained for the task.

### WHO SHOULD ATTEND?

This course is aimed at people who don't use towers themselves, like site managers, safety professionals and company directors. It's suitable for anyone who manages or supervises tower operative.

### QUALIFICATIONS

On successfully completing the course, you'll receive a PASMA PhotoCard. These will show that you're trained to level 'M' for Manager.

## COURSE CONTENT

- Work at height responsibilities of managers
- Standards affecting the manufacture and use of towers
- Different tower configurations
- Identifying hazards in the work environment
- Risk assessments
- Rescue plans
- Preventing personal health hazards



**COURSE DETAILS:**

**Length:** Full day

**Maximum class size:** 10 delegates

**Registration:** 7:45am

**Start time:** 8:00am

**Approximate finish time:** 5:00pm

**COURSE PRICE:**

**Price:** £170 (+VAT per person)

**Type:** Classroom



## TOWERS ON STAIRWAYS

A one day course that will equip you with the specialist knowledge you need to work safely with stairway towers. This course builds on existing knowledge, introducing new techniques.

This course explores how to safely assemble, dismantle and alter stairway towers, including stepped towers, stairway access towers and towers on stairs. Safe use and inspection is covered, including identification of hazards in relation to their use.

### WHO SHOULD ATTEND?

This course is suitable for anyone who will be using stepped towers at home or at work and has already completed Towers for User

### QUALIFICATIONS

On successfully completing the theory and practical segments of the course, you'll receive a new PASMA PhotoCard. You'll see a new category on your card, 'A5' which means you're now trained on stepped towers.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Work at height responsibilities of employers, employees and suppliers
- Standards affecting the manufacture and use of stairway towers
- Carrying out pre-use checks and post-assembly inspections
- The components used
- Assembling and dismantling
- Good practices for the safe use
- Moving a stairway tower
- The components used in a stairway tower
- Identifying hazards in the work environment



**COURSE DETAILS:**

**Length:** Half day  
**Maximum class size:** 10 delegates  
**Registration:** 7:45am  
**Start time:** 8:00am  
**Approximate finish time:** 12:30pm

**COURSE PRICE:**

**Price:** £120(+VAT per person)  
**Type:** Classroom



## WORKING AT HEIGHT

In this course you will learn how to comply with your duties under the work at height regulations, what access equipment is available and what training and guidance is available for working at height.



The course is designed to cover the essential points for those working at height. It provides vital information about the use of mobile access towers, plus an insight into the use of all forms of access equipment as represented by the member organisations of the Access Industry Forum (AIF).

### WHO SHOULD ATTEND?

Anyone who needs a thorough and well structured introduction to the key safety issues and legal implications of working at height.

### QUALIFICATIONS

A PASMA Certificate and PhotoCard will be issued to successful delegates who complete the Theory and Assessment sessions at the level they attend the course which has a five year validity period.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Current legislation, regulations and guidance
- Safe and unsafe working practices
- Recognising common hazards
- Collective fall prevention and protection
- Need for inspection of work equipment
- Falling objects and danger areas
- Industry training bodies



# CITB SITE SAFETY PLUS TRAINING COURSES

### COURSE DETAILS:

**Length:** 2 days  
**Maximum class size:** 15 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE :

**Price:** £320 (+VAT per person)  
**Type:** Classroom  
**Course includes:** CITB course materials and certification



## SITE SUPERVISION SAFETY TRAINING SCHEME (SSSTS)

In this course, you will learn about your legal responsibilities regarding health, safety, welfare, and environmental issues.

The content of this course includes an introduction to the basic health & safety duties and responsibilities of management including what is expected of you on site, a basic understanding of H&S law and risk assessments.

This two day course provides supervisors with an understanding of health, safety, welfare and environmental issues as well as the legal responsibility they have. The course is aimed at those with a supervisory role on construction sites in the UK. The certificate is widely recognised within the construction industry and demonstrates that the individual has the knowledge and skills to effectively supervise safety on a construction site.

### WHO SHOULD ATTEND?

This course is for those who have, or are considering, supervisory responsibilities.

### QUALIFICATIONS

At the end of this course, you will receive a certificate that is valid for 5 years. To remain certified, you must complete a refresher course before the expiry date on your certificate.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Health and safety law and how it applies to supervisors
- Your supervisory responsibilities in controlling site safety
- Risk assessments and the need for method statements
- Effective site inductions, toolbox talks and method statement briefings
- Monitoring site activities effectively
- Timely intervention when bad practice is identified



### COURSE DETAILS:

**Length:** 1 day  
**Maximum class size:** 15 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £225 (+VAT per person)  
**Type:** Classroom  
**Course includes:** CITB course materials and certification



## SITE SUPERVISION SAFETY TRAINING SCHEME REFRESHER (SSSTS-R)

The content of this course includes an introduction to the basic health & safety duties and responsibilities of management including what is expected of you on site, a basic understanding of H&S law and risk assessments.

This course is a refresher of the SSSTS course. Your current SSSTS certification must still be valid in order to take this course. In this course, you will learn about your legal responsibilities regarding health, safety, welfare, and environmental issues.

This one day refresher course provides supervisors with an update of the legal responsibility they have. The certificate is widely recognised within the construction industry and demonstrates that the individual has the knowledge and skills to effectively supervise safety on a construction site.

### WHO SHOULD ATTEND?

Anyone with a current SSSTS licence whose licence will not have expired at the time of taking the refresher course.

### QUALIFICATIONS

At the end of this course, you will receive a certificate that is valid for 5 years. To remain certified, you must complete a refresher course before the expiry date on your certificate

## COURSE CONTENT

- Health and safety law and how it applies to supervisors Your
- supervisory responsibilities in controlling site safely
- Risk assessments and the need for method statements
- Effective site inductions, toolbox talks and method statement briefings
- Monitoring site activities effectively
- Timely intervention when bad practice is identified



Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

### COURSE DETAILS:

**Length:** 5 days  
**Maximum class size:** 15 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £590 (+VAT per person)  
**Type:** Classroom  
**Course includes:** CITB course materials and certification



## SITE MANAGEMENT SAFETY TRAINING SCHEME (SMSTS)

You will gain an understanding of health, safety, welfare and environmental issues on construction site.

This SMSTS course will cover all relevant legislation affecting safe working in the building, construction and civil engineering industries. It highlights the need for risk assessment in the workplace, the implementation of the necessary control measure and adequate communication to sustain a health and safety culture within the workplace.

**WHO SHOULD ATTEND?** This course is suitable for those who have or will have, responsibilities for planning, organising, monitoring, controlling and administering groups of staff e.g. site managers

### QUALIFICATIONS

At the end of this course, you will receive a certificate that is valid for 5 years. To remain certified, you must complete a refresher course before the expiry date on your certificate

## COURSE CONTENT

- The Health and Safety at Work Act
- Construction Design and Management (CDM) Regulations
- Risk assessments/method statements
- Recent changes in accepted working practices
- Behavioural safety
- Management of occupational health
- Electricity
- Excavations
- Working at height
- Scaffolding
- Demolition
- Confined spaces



Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

### COURSE DETAILS:

**Length:** 2 days  
**Maximum class size:** 15 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £370 (+VAT per person)  
**Type:** Classroom  
**Course includes:** CITB course materials and certification



## SITE MANAGEMENT SAFETY TRAINING SCHEME REFRESHER (SMSTS-R)

This course will implement all updates on health, safety, welfare and environmental issues on construction site.

This course is a refresher of the SMSTS course. Your current SMSTS certification but still be valid in order to take this course. If it has expired, you will need to take the full 5 day course.

SMSTS course will cover all relevant legislation affecting safe working in the building, construction and civil engineering industries. It highlights the need for risk assessment in the workplace, the implementation of the necessary control measure and adequate communication to sustain a health and safety culture within the workplace.

### WHO SHOULD ATTEND?

Anyone with a current SMSTS licence whose licence will not have expired at the time of taking the refresher course.

### QUALIFICATIONS

At the end of this course, you will receive a certificate that is valid for 5 years. To remain certified, you must complete a refresher course before the expiry date on your certificate.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- New guidance and industry best practice since previous course
- The Health and Safety at Work Act
- Construction Design and Management (CDM) Regulations
- Risk assessments/method statements
- Recent changes in accepted working practices
- Behavioural safety
- Management of occupational health
- Electricity
- Excavations
- Working at height
- Scaffolding
- Demolition
- Confined spaces



### COURSE DETAILS:

**Length:** 1 day  
**Maximum class size:** 15 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £120 (+VAT per person)  
**Type:** Classroom  
**Course includes:** CITB course materials and certification



## HEALTH AND SAFETY AWARENESS CITB

This course will help you gain essential knowledge to stay safe on site. It can be used as one of the requirements to obtain a green Labourer CSCS card.

This course highlights potential hazards when working on site and provides practical advice on keeping yourself and your colleagues safe. It covers your individual and employer's responsibilities, including what you can do if you think anyone's health and safety is being put at risk.

### WHO SHOULD ATTEND?

This course is suitable for those who are, or are considering, working within the construction and civil engineering industry.

### QUALIFICATIONS

At the end of this course, you will receive a certificate valid for 5 years.

## COURSE CONTENT

- The need to prevent accidents
- Health and safety law
- How your role fits into the control and management of the site
- Risk assessments and method statements
- Performing safely and asking for advice
- How to report unsafe acts to prevent an accident





EMERGENCY  
first response

mhfa  
mental health first aid england

# FIRST AID TRAINING COURSES



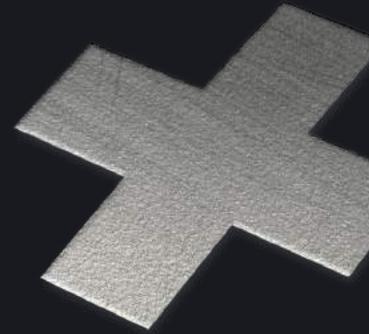


### COURSE DETAILS:

**Length:** 1 day  
**Maximum class size:** 12 delegates  
**Registration:** 7:45am  
**Start time:** 8:00am  
**Approximate finish time:** 4:30pm

### COURSE PRICE:

**Price:** £120 (+VAT per person)  
**Type:** Classroom



## EMERGENCY FIRST AID AT WORK (EFAW)

Gain the knowledge and practical skills to help you become a confident first aider in your workplace, covering a range of first aid emergency scenarios.

Our Emergency First Aid Training course provides the knowledge and practical skills to help you become a confident first aider in your workplace, covering a range of first aid emergency scenarios

We can also offer training on the correct and safe use of Automated external defibrillators (AEDs) – please call our training department on **01527 876798** for more details.

### WHO SHOULD ATTEND?

This course is designed for delegates who want to receive training in emergency first aid and is especially suited for nominated first aiders in smaller, low risk working environments.

### QUALIFICATIONS

On successful completion of the course you'll be issued with a certificate valid for three years



This course can also be delivered as part of Driver CPC requirement.

## COURSE CONTENT

- The role of the first aider
- Health and safety (first aid regulations)
- How to manage an emergency
- Communication and casualty care and how to deal with an unresponsive casualty
- We will cover resuscitation (CPR), Seizures, Bleeding, Shock, Burns and Choking
- How to use a Defibrillator including pad placement, prompts and how to respond



Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

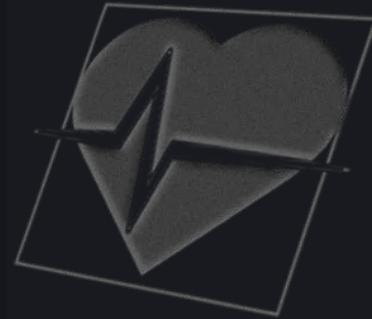


### COURSE DETAILS:

**Length:** 1 day  
**Maximum class size:** 10 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £320 (+VAT per person)  
**Type:** Classroom



## FIRST AID AT WORK QUALIFYING (FAW)

Learn how to manage a range of injuries and illnesses that could occur at work and be equipped with the essential skills needed to give emergency first aid.

The content of this Level 3 First Aid at Work Qualifying course will provide a higher level of training to ensure you or your staff can administer First Aid for a wide range of conditions. Learners will be able to demonstrate the practical administration of safe, prompt, effective first aid in emergency situations.

### WHO SHOULD ATTEND?

This First Aid course is suitable for staff in any sector, although most suited to those with exposure to greater hazards (e.g construction, manufacturing or chemical plants). This qualification is specifically designed for individuals who wish to act as a first aider in their workplace

### QUALIFICATIONS

By the end of this course, you will be a qualified first aider with a certificate valid for 3 years.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Understand the role and responsibilities of a first aider
- Be able to assess an incident
- Be able to provide first aid to an unresponsive casualty
- Be able to provide first aid to a casualty who is choking
- Be able to provide first aid to a casualty with external bleeding
- Know how to provide first aid to a casualty who is in shock
- Know how to provide first aid to a casualty with minor injuries





### COURSE DETAILS:

**Length:** 2 days

**Maximum class size:** 10 delegates

**Registration:** 8:45am

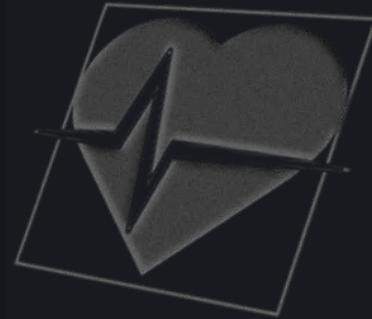
**Start time:** 9:00am

**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £220 (+VAT per person)

**Type:** classroom



## FIRST AID AT WORK REFRESHER (FAW-R)

All workplace first aiders must complete a requalification training course every 3 years in order to continue carrying out their role.

The content of this Level 3 First Aid at Work Refresher course is specifically designed to renew Level 3 First Aid at Work Qualifying certificates. Learners will be able to continue demonstrating the practical administration of safe, prompt, effective first aid in emergency situations.

### WHO SHOULD ATTEND?

This First Aid course is suitable for anyone who has previously attended a Level 3 Award in First Aid at Work Qualifying. Delegates will learn the latest techniques and refresh their knowledge.

### QUALIFICATIONS

By the end of this course, you will be a qualified first aider with a certificate valid for 3 years.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Understand the role and responsibilities of a first aider
- Be able to assess an incident
- Be able to provide first aid to an unresponsive casualty
- Be able to provide first aid to a casualty who is choking
- Be able to provide first aid to a casualty with external bleeding
- Know how to provide first aid to a casualty who is in shock
- Know how to provide first aid to a casualty with minor injuries

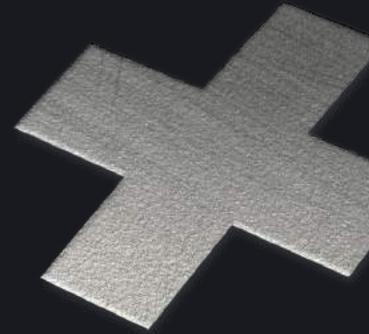


### COURSE DETAILS:

**Length:** 2 days  
**Maximum class size:** 16 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £325 (+VAT per person)  
**Price includes:** A hard copy workbook, a digital manual, a wallet-sized reference card and access to the MHFAider Support App for three years  
**Type:** Classroom  
(Online delivery available)



## MENTAL HEALTH FIRST AID (MHFA)

Teaches you how to recognise, understand and help someone who may be experiencing poor mental health

This course delivers practical step-by-step guidance with a sharp business focus that's hands on and jargon free. The innovative format and content is engaging and inspiring – critical to embedding safety and health throughout your organisation.

### WHO SHOULD ATTEND?

One in four people in the UK and Ireland will suffer from a common mental health issue at work, every year. A great, proactive way to provide that support, is to raise understanding of mental health at work and gain actionable, practical skills with a Mental Health First Aid training course

### QUALIFICATIONS

By the end of this course, you will be a Mental Health First Aider. You will receive a digital MHFA certificate accredited by MHFA England and be part of the largest MHFAider community in England.

This course can also be delivered as part of Driver CPC requirement.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Recognise those who may be experiencing poor mental health
- Provide first level support and early intervention
- Encourage a person to access professional help and support
- Help someone have a quicker recovery
- Practice active listening and empathy
- Practice self-care
- Break the stigma of a mental health issue





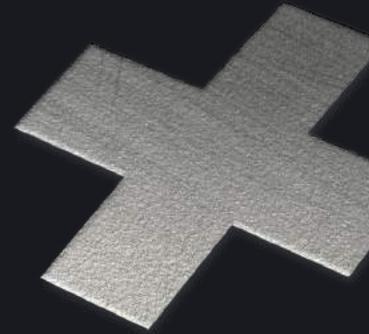
# WORKPLACE HEALTH & SAFETY COURSES

**COURSE DETAILS:**

**Length:** Half day  
**Maximum class size:** 12 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 1:00pm

**COURSE PRICE:**

**Price:** £110 (+VAT per person)  
**Type:** Classroom



## MANUAL HANDLING

Specific content includes manual handling regulations, risk assessment, safer moving and handling and spinal anatomy, structure, and function.

This half day course is essential support for anyone who manually handles objects as part of their daily routine and should be considered as part of each new employees' induction. The course covers how to move objects safely and reduce the risk of injury or strain.

**WHO SHOULD ATTEND?**

Anyone who moves and handles objects, from those in low-risk office-based roles, to higher risk roles such as warehouse workers, delivery drivers and manual labour.

**QUALIFICATIONS**

By the end of this course, you will receive a Manual Handling certificate valid for 3 years.

## COURSE CONTENT

- Manual handling risk factors and how injuries can happen
- How to use mechanical aids
- How to carry out safe manual handling, including good handling techniques
- Systems of work relevant to the workers tasks and environment
- Practical work so the trainer can identify anything the delegate is not doing safely and put it right

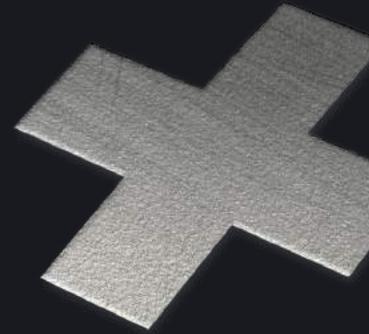


**COURSE DETAILS:**

**Length:** Half day  
**Maximum class size:** 10 delegates  
**Registration:** 7:45am  
**Start time:** 8:00am  
**Approximate finish time:** 12:30pm

**COURSE PRICE:**

**Price:** £99 (+VAT per person)  
**Type:** Classroom



## ABRASIVE WHEELS

Enables individuals to effectively comply with current legislation including the Provision and Use of Work Equipment Regulations 1998.

This course will reduce the risk of accidents in the workplace caused by abrasive wheel injuries which have accounted for an increasing number of fatalities and serious injuries in recent years. You will learn how to Label, Store, Handle and Transport Abrasive Wheels together with sound mounting techniques.

The course also includes references to diamond wheels.

**WHO SHOULD ATTEND?**

The course is vital for anyone using abrasive wheels in their day to day activities.

**QUALIFICATIONS**

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

## COURSE CONTENT

- Current legislation
- Provision and Use of Work Equipment Regulations 1998
- Injury Types Cause/The True Cost to the Business
- Duties of Employers and Employees
- Purpose of the Regulations
- Mounting Wheels Correctly
- Abrasive wheels DVD followed by discussion
- Personal Protection Equipment (PPE)
- Safe Use of Work Equipment
- Safe Use of Diamond Wheels





### COURSE DETAILS:

**Length:** 1 day  
**Max class size:** 20 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £200 (+VAT per person)  
**Type:** Classroom



## IOSH WORKING SAFELY

The content of this IOSH course provides individual with key knowledge to minimise risk to the health and safety of themselves and staff within their organisation.

This entry-level course gives delegates the understanding of the importance of the essentials of working safely in any sector, anywhere across the world, to minimise risks, hazards and injury occurring in the workplace.

### WHO SHOULD ATTEND?

This course is suitable for staff at any level within a business that need a basic understanding of health and safety in their workplace.

### QUALIFICATIONS

Delegates will be awarded an IOSH Working Safely certificate upon completion. This certificate will be valid for life, however we recommend training is regularly refreshed.

## COURSE CONTENT

- An outline of occupational health and safety
- Defining hazards and risks
- Identifying common hazards
- Improving health and safety



Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**



### COURSE DETAILS:

Length: 5 hours

Max class size: 12 delegates

Registration: 8:45am

Start time: 9:00am

Approximate finish time: 2:00pm

### COURSE PRICE:

Price: £250 (+VAT per person)

Type: Classroom



## IOSH LEADING SAFELY

A course taken to improve productivity, enhance corporate reputation and strengthen your brand by leading with excellent health & safety practices, giving the correct knowledge to protect both your business and employees by preventing H&S incidences from occurring.

The content of this course has been designed with the assistance of business leaders so as to effectively add value to your business as a whole. The health and safety practices learnt already can be used to ensure business advantages from leadership level. Course content can be tailored to suit your organisation, sector or location making it relevant to all businesses.

### WHO SHOULD ATTEND?

Anyone in a senior management or leadership role.

### QUALIFICATIONS

By the end of this course, you will have:

- IOSH app to access your diagnostic tool/action planner.
- Access to a safety leadership community, with news from IOSH and up to date discussions on themes in safety leadership, from trainers and delegates.

## COURSE CONTENT

- Health and safety and what it means for different leadership roles
- The responsibilities and behaviours of a leader
- What effective health and safety leadership looks like
- How to get things right
- How leaders can make improvements
- The benefits of effective health and safety leadership



Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**



### COURSE DETAILS:

**Length:** 3 days  
**Max class size:** 14 delegates  
**Registration:** 8:45am  
**Start time:** 9:00am  
**Approximate finish time:** 4:00pm

### COURSE PRICE:

**Price:** £550 (+VAT per person) for 1-3 people,  
£535 (+VAT per person) for 4 people,  
POA for 5+ people  
**Type:** Classroom  
**Course includes:** IOSH course materials  
and certification



## IOSH MANAGING SAFELY

Because every manager needs an understanding of their safety and health responsibilities.

This course delivers practical step-by-step guidance with a sharp business focus that's hands on and jargon free. The innovative format and content is engaging and inspiring – critical to embedding safety and health throughout your organisation.

### WHO SHOULD ATTEND?

This course is designed for anyone in a management or supervisory role who requires knowledge of health and safety and safe systems of work.

### QUALIFICATIONS

There is an end-of-course assessment made up of 30 multi-format questions. There's also a work-based risk assessment task to be completed within two weeks of the end of the course. You will receive an IOSH certificate that is internationally recognised.

Book online now at [gtaccess.co.uk](http://gtaccess.co.uk) or call **01527 876798**

## COURSE CONTENT

- Introduction to Managing Safely
- Risk Assessment
- Risk Control
- Health and Safety Legislation
- Common Workplace Hazards
- Accidents and Incident Investigation
- Measuring Performance
- Environmental Protection
- Communication and Consultation
- Emergency Preparedness and Response





## CONTACT US

Visit [gtaccess.co.uk](http://gtaccess.co.uk) for more information about the courses we run, please call 01527 876798 or email [training@gtaccess.co.uk](mailto:training@gtaccess.co.uk) and speak to our training department.

## LETS CONNECT

