

Health and Safety Training for all Industries



TRAINING
& RESCUE

Safe in our hands

Expert training providers in:

- Working in Confined Spaces
- Working at Height
- Renewables (GWO)
- Health and Safety inc. IOSH
- First Aid
- Fire Safety
- Industrial Rescue
- Maritime inc. STCW Training



www.mrsl.co.uk

Welcome



TRAINING
& RESCUE

Safe in our hands



MRS Training & Rescue has centres across the UK, including new facilities in Aberdeen, offering a comprehensive range of health and safety related products, training and services to a wide range of industries.

We have developed our specialist skills, experience and knowledge gained from working in difficult and potentially high risk environments, and our team of qualified trainers not only provide expert training, but can impart real life scenarios of situations they have faced, to bring the learning to life.

- We are a leading authority in confined space and at height technical rescue and we never rest in our goal to keep people safe.
- We practice what we preach – our trainers are also operational rescue team members – so have real life stories to make the theory come alive.
- We deliver best-in-class training so that anyone attending courses leaves capable of applying the knowledge to real-life situations.
- Most of our courses are highly practical and feedback from delegates is excellent.
- Nationwide service from our eight Training and Rescue Centres across the UK.



First Aid

We are a leading First Aid training and assessment provider and are approved to deliver, assess and certificate First Aid training and competence assessments, and offer a range of First Aid courses that comply with the First Aid Regulations Act 1981, designed to include both theoretical and practical sessions.

“ The quality of the instructor and how he delivered the lessons was second to none. Friendly, helpful, understanding and tolerant, nothing was ever a problem for him. He made the learning interesting and relevant which was great from a pupil's point of view. I would have no hesitation in recommending MRS to organisations / businesses that were looking to train and get their staff qualified. The 3 day First Aid Course was above and beyond my expectations. ”



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Course	Duration	Approx frequency in your area
First Aid at Work (Initial Course)	3 days	Fortnightly
First Aid at Work (Refresher)	2 days	Fortnightly
Emergency First Aid at Work	1 day	Fortnightly
Advanced First Aid	2 days	Monthly
GWO First Aid (Wind Turbines)	1 day	Monthly
GWO Enhanced First Aid (Wind Turbines)	3 days	Monthly

Contact your local training centre today



Working in Confined Spaces



We are able to offer first class practical training, in state of the art confined space facilities, to prepare and train anyone who works in confined spaces. We offer a range of confined space training courses that comply with current regulations and the requirements of the National Occupational Standards (City & Guilds 6160 qualifications). These deal with low, medium, high risk and rescue from confined spaces across a wide range of industries.

We can also simulate how to prepare for entry and how to work in a safe manner, whilst in a potentially dangerous environment. We then create emergency situations where candidates are taught to escape and, if required, carry out a rescue in a safe manner. All certificates issued have a 3 year life.

City & Guilds

Course	Duration	Approx frequency in your area
Low Risk	1 day	Fortnightly
Medium Risk	2 days	Weekly
High Risk	3 days	Fortnightly
Direct Emergency Rescue and Recovery of Casualties from Confined Spaces	1 day	Monthly
High Risk, Rescue and Recovery	5 days	Monthly
Control Entry and Arrangements for Confined Spaces	3 days	Monthly
Managing Work in Confined Spaces	2 days	Monthly
Supervising Teams in Confined Spaces	2 days	Monthly
Plan, Manage and Review Work in Confined Spaces	5 days	Quarterly

Off-site Mobile Facility

We also have a mobile training facility that allows us to deliver confined space, breathing apparatus and working safely at height training and competence assessment at your premises if preferred.



“ Just a short note to say how well the Confined Space Training @ Scapa went this week. The guys responded very well to the training, and have taken on board the risks and mitigations associated with confined space working. I think they related in particular to the instructor's knowledge gained through his own practical experience. ”

Contact your local training centre today

Health & Safety Consultancy



As well as training and rescue, we can provide help and advice on any of the following areas:

- Confined Space Design and Modification
- Training Consultancy
- Expert Accident and Incident Analysis
- Managing Confined Spaces
- Drone Inspections

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We have developed a confined space system which identifies, records and stores all information on confined spaces, by drawing together risk assessments and other safety related documentation.

Drone Inspections

Our internal inspection drone allows us to perform inspections without human access needed. We can provide detailed inspection reports and produce 3D models of your assets. Reducing risk, time and cost.



Industrial Rescue Cover

Our specialist rescue teams are qualified and competent health and safety experts, all having a rescue operative's "QCF" certificate. As well as being able to rescue from confined spaces and from height during an emergency situation, they can offset other costs whilst at your premises by offering:

- Staff and contractor training
- Site safety audits
- Servicing of equipment

**Available 24/7
throughout the UK**



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The rescue services we provide include:

- Confined Space Rescue
- Working at Height Rescue
- Rope Rescue
- Mines Rescue
- Tunnel Rescue
- Water Rescue



Contact your local training centre today

Working at Height

Any person working at height must comply with the Working at Height Regulations 2005. The Regulations stipulate that employers must ensure that no person engages in any working at height activity unless he/she is competent to do so. Falls from height account for around 40 fatalities in the UK each year.

MRS Training & Rescue is a leading provider of height safety, access and rescue training. We offer a range of courses and services for people working at height across many industries.



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We can also offer bespoke courses by working with our customers to enable their employees to work safely and in accordance with legislative requirements.

Course	Duration	Approx frequency in your area
Working Safely at Height	1 day	Fortnightly
Rooftop Safety	1 day	Fortnightly
Management of Working at Height	1 day	Fortnightly
Advanced Working and Rescue from Height	3 days	Monthly
PASMA Towers for Users	1 day	Monthly
Safety Harness Training	½ day	Monthly

Renewables (GWO)

MRS Training & Rescue are a Global Wind Organisation (GWO) certified training provider. Our training centres have purpose-built wind turbines that include internal areas to replicate as closely as possible the nacelle of a wind turbine. Each centre also has freestanding towers that allow for training in suspension, suspended rescue and casualty stretcher rescue. Along with various ladders to perform ascending/descending drills with use of twin hooks (for ladder rescue) - and dedicated confined space vessels and a network of crawl spaces with a variety of entry points, for bespoke confined space training.

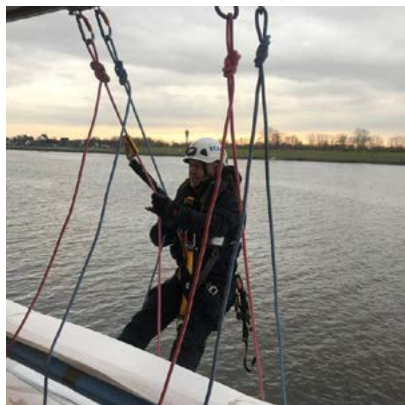


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Course	Duration	Approx frequency in your area
GWO Onshore Basic Safety Training	3 ½ days	Monthly
GWO Onshore Basic Safety Training Refresher	2 days	Monthly
GWO Advanced Rescue	3 days	Monthly
GWO Enhanced First Aid	3 days	Monthly
GWO Enhanced First Aid Refresher	2 days	Monthly
GWO Working at Height and Manual Handling	2 days	Monthly
GWO Working at Height and Manual Handling Refresher	1 day	Monthly
GWO First Aid	1 day	Monthly
GWO First Aid Refresher	½ day	Monthly
GWO Fire Awareness	½ day	Monthly

Contact your local training centre today





SUPERYACHT
TRAINING GROUP

MNTB
RECOGNISED


Maritime &
Coastguard
Agency

With a focus on confined space and working at height, we have been supporting the Maritime and Superyacht sectors for many years, providing expert tuition and guidance to safeguard seafarers working in hazardous environments onboard. We are members of the Super Yacht Training Group, work with Maritime Government Bodies and have designed bespoke, combined enclosed space and working at height courses for the Maritime surveyors and inspectors, simulating a damaged ship and the actions they would need to take to ensure their own safety when boarding for investigation.

Course	Duration	Approx frequency in your area
STCW Basic Safety Training	5 days	Monthly
STCW Elementary First Aid (EFA)	1 day	Monthly
STCW Personal Survival Techniques (PST)	1 day	Monthly
STCW Fire Prevention & Fire Fighting (FPFF)	2 ½ days	Monthly
STCW Personal Safety & Social Responsibility (PSSR)	½ day	Monthly
STCW Proficiency in Security Awareness (PSA)	½ day	Monthly
MNTB Safe Entry into Enclosed Space Training	1 day	Monthly

Health and Safety



Our comprehensive range of Health and Safety training courses can help any individual or organisation to develop the knowledge, skills and best practice methods to minimise health and safety risks in the workplace.

We blend 'classroom based training' with practical assessments to address all your health and safety training needs.

Delegates of our fire courses will receive expert tuition on how to reduce the risk of fires and what they need to do in the event of a fire, ensuring they act safely and do not put themselves in danger.

Below are a selection of some of our most popular courses – bespoke Health and Safety courses can also be arranged to suit your needs.

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Course	Duration	Approx frequency in your area
Manual Handling	½ day	Monthly
IOSH Managing Safely	3 days	Monthly
IOSH Working Safely	1 day	Monthly
CCNSG National Course (Safety Passport)	2 days	Monthly
CCNSG Renewal Course	1 day	Monthly
Fire Awareness	½ day	Monthly
Fire Awareness (Wind Turbine)	½ day	Monthly
Fire Warden	½ day	Monthly

Contact your local training centre today







**TRAINING
& RESCUE**

Safe in our hands



We have training centres throughout the UK - contact us today

Aberdeen

 T: 01224 702182
 E: scotlandnorth@mrsi.co.uk

MRS Training and Rescue
Campus 1 | Aberdeen Science & Technology Park
Balgownie Road | Bridge of Don | Aberdeen | AB22 8GT

Cowdenbeath

 T: 01383 510766
 E: scotland@mrsi.co.uk

MRS Training and Rescue | Main Street
Crossgates | Cowdenbeath | KY4 8DH

Head Office

 T: 01623 423777
 E: headoffice@mrsi.co.uk

MRS Training and Rescue | Head Office
Leeming Lane South | Mansfield Woodhouse
Mansfield | NG19 9AQ

Houghton-le-Spring

 T: 0191 584 5723
 E: northeast@mrsi.co.uk

MRS Training and Rescue | Hetton Road
Houghton-le-Spring | DH5 8PB

Knottingley

 T: 01977 676700
 E: yorkshire@mrsi.co.uk

MRS Training and Rescue | Rescue House
A1 Business Park | Knottingley | WF11 0BU

Mansfield

 T: 01623 623263
 E: eastmids@mrsi.co.uk



MRS Training and Rescue | Leeming Lane South
Mansfield Woodhouse | Mansfield | NG19 9AQ

Rhondda Cynon Taff

 T: 01443 682522
 E: southwales@mrsi.co.uk

MRS Training and Rescue | Tonypanyd
Rhondda Cynon Taff | CF40 1JJ

Southampton

 T: 023 8001 1238
 E: southampton@mrsi.co.uk

MRS Training and Rescue | 3 Westgate Centre
Premier Way | Abbey Park Industrial Estate | Romsey
Southampton | SO51 9DH

Swadlincote

 T: 01283 819555
 E: southmids@mrsi.co.uk

MRS Training and Rescue | Units 1-3 Marquis Drive
Rawdon Business Park | Moira | Swadlincote | DE12 6EJ

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