

# 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 Qualifications
- First Aid
- Fire Fighting
- STCW Training
- Emergency Rescue and Response



# Welcome



TRAINING  
& RESCUE

*Safe in our hands*



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

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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 Training Centres across the UK.



Visit our website [www.mrsi.co.uk](http://www.mrsi.co.uk)

# First Aid

We are a leading First Aid training 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. ”



Course	Duration
First Aid at Work	3 days
First Aid at Work Requalification	2 days
Emergency First Aid at Work	1 day
Advanced First Aid	2 days
Understanding Mental Health First Aid Level 2	1 day
Understanding Mental Health First Aid Level 3	2 days
GWO First Aid (Wind Turbines)	1 day
GWO Enhanced First Aid (Wind Turbines)	3 days



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**

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

# 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.



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“ 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



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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.

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

## 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**



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.

Our work at height experts have created unique courses that have been through the City & Guilds Assured Product route and are accredited by the awarding body.



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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
Working Safely at Height	1 day
Working Safely at Height and Self Evacuation	2 days
Working Safely at Height and Technical Rescue	3 days
Industrial at Height Rescue Technician	2 days
Management of Working at Height	1 day
PASMA Towers for Users	1 day
Rooftop Safety	1 day
Safety Harness Training	½ day



Visit our website [www.mrs1.co.uk](http://www.mrs1.co.uk)



# 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
GWO Onshore Basic Safety Training	3 ½ days
GWO Onshore Basic Safety Training Refresher	2 days
GWO Advanced Rescue	3 days
GWO Enhanced First Aid	3 days
GWO Enhanced First Aid Refresher	2 days
GWO Working at Height and Manual Handling	2 days
GWO Working at Height and Manual Handling Refresher	1 day
GWO First Aid	1 day
GWO First Aid Refresher	½ day
GWO Fire Awareness	½ day



Contact your local training centre today



# Maritime



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.

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



# 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.



Course	Duration
Manual Handling	½ day
IOSH Managing Safely	3 days
IOSH Working Safely	1 day
IOSH Managing Safely Refresher	1 day
Fire Awareness	½ day
Fire Awareness (Wind Turbine)	½ day
Fire Warden	½ day



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& RESCUE**

*Safe in our hands*



**We have training centres  
throughout the UK - contact us today**



### Aberdeen

T: 01224 702182

E: [scotlandnorth@mrsl.co.uk](mailto:scotlandnorth@mrsl.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@mrsl.co.uk](mailto:scotland@mrsl.co.uk)

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

### Head Office

T: 01623 423777

E: [headoffice@mrsl.co.uk](mailto:headoffice@mrsl.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@mrsl.co.uk](mailto:northeast@mrsl.co.uk)

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

### Knottingley

T: 01977 676700

E: [yorkshire@mrsl.co.uk](mailto:yorkshire@mrsl.co.uk)

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

### Mansfield

T: 01623 623263

E: [eastmids@mrsl.co.uk](mailto:eastmids@mrsl.co.uk)

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

### Rhondda Cynon Taff

T: 01443 682522

E: [southwales@mrsl.co.uk](mailto:southwales@mrsl.co.uk)

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

### Southampton

T: 023 8001 1238

E: [southampton@mrsl.co.uk](mailto:southampton@mrsl.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@mrsl.co.uk](mailto:southmids@mrsl.co.uk)

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

### Warrington

T: 01623 423777

E: [warrington@mrsl.co.uk](mailto:warrington@mrsl.co.uk)

MRS Training and Rescue | 5 Cinnamon Park  
Crab Lane | Fearnhead | Warrington | WA2 0XP

[www.mrsl.co.uk](http://www.mrsl.co.uk)