

Health and Safety Training for all Industries



The new name for...
Mines Rescue Service

Expert training providers in:

- High Risk Entry and Rescue
- Working in Confined Spaces
- Working at Height
- Health and Safety inc. IOSH
- First Aid
- Fire Fighting



www.mrsi.co.uk

Welcome



**TRAINING
& RESCUE**

Safe in our hands



MRS Training & Rescue, the new name for Mines Rescue Service, has 8 sites across the UK, including new facilities in London and Southampton, 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.

- Many of our trainers have worked in confined spaces and continue to do so – with real life experience to share to make the theory come alive.
- We work with City & Guilds to create the qualifications for confined space training.
- We work with the sector to set the standards for confined space entry and rescue.
- Over 100 years' experience working in confined spaces and high risk situations.
- We provide health and safety consultancy services across the world.
- Specialist providers of long duration breathing apparatus (4 hours). We are the best equipped for the most difficult jobs.





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NEW Confined Space Training Facility in the Solent



Bringing over 100 years' experience of confined and enclosed space training, rescue and consultancy to the South Coast.

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 6150 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. Re-assessment courses are available.

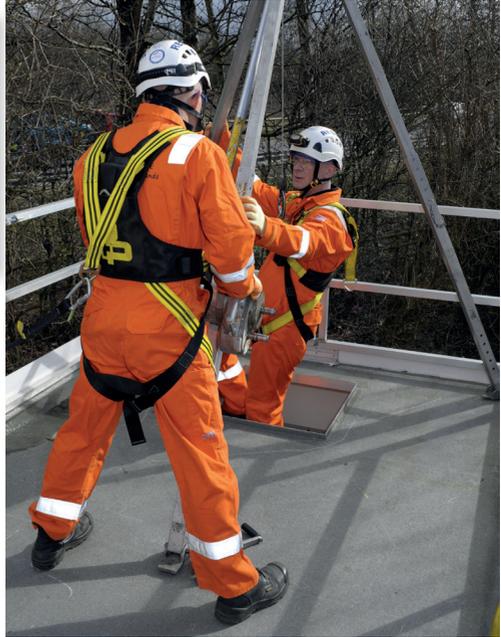
City & Guilds

Course	Duration	Approximate frequency in your area
Low Risk	1 day	Fortnightly
Medium Risk	2 days	Fortnightly
High Risk	3 days	Fortnightly
Emergency Rescue and Recovery of Casualties from a Confined Space	2 days	Monthly
Combined High Risk and Emergency Rescue	5 days	Monthly
Overseeing Work in High Risk Confined Spaces (Top Man)	3 days	Monthly
Managing Work in Confined Spaces	2 days	Monthly
eLearning (Knowledge)	8 Guided Learning Hours	

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Off-site Mobile Facility

We also have a mobile training facility that allows us to deliver confined space 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. ”

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Confined Space Management



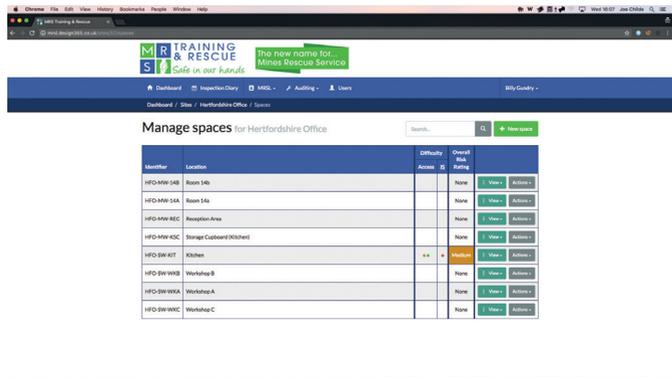
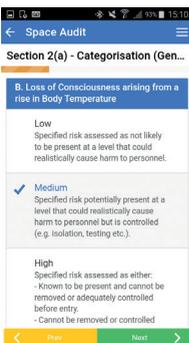
As well as training and rescue, we can provide help and advice on any of the following areas:

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

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We are pleased to announce the launch of a new Confined Space Management system called SaCCS (Safe Control of Confined Spaces). It is a computerised database management system which identifies, records and stores all information on confined spaces, by drawing together risk assessments and other safety related documentation.

For further information and to find out how we can help you, please get in touch today.



Rescue Cover

Our confined space 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 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



“ May I say how impressed I have been with the sheer quality of cover from MRS, it has been exemplary for my staff and peace of mind. It is great your staff are proactive on my site during a night shift and not just sitting back - professional advice and solutions for everything has also been offered. ”

Contact your local training centre today

First Aid



We are a leading First Aid training and assessment provider and are fully approved by the MPQC Award Organisation, which is, in turn, approved by Ofqual.

We 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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mpqc MINERAL PRODUCTS QUALIFICATIONS COUNCIL APPROVED CENTRE

Course	Duration	Approximate frequency in your area
First Aid at Work (Initial Course)	3 days	Fortnightly
First Aid at Work (Refresher)	2 days	Fortnightly
First Aid (Wind Turbine)	2 days	Monthly
Emergency First Aid at Work	1 day	Fortnightly
First Aid Awareness	3 hours	Monthly
First Aid Annual Update	3 hours	Monthly
Paediatric First Aid	2 days	Monthly

Fire Fighting

Our courses are suitable for managers and employees to provide a greater appreciation of fire prevention in the workplace.

Delegates 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.

Our instructors are highly experienced and qualified fire engineers, which enables us to offer their knowledge and practical expertise to every delegate.

We also offer fire extinguisher sales and servicing too.



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Course	Duration	Approximate frequency in your area
Fire Awareness	3 hours	Fortnightly
Fire Awareness (Wind Turbine)	4 hours	Monthly
Fire Warden	4 hours	Monthly

Contact your local training centre today

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.

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

“ We choose MRS because they are helpful, reliable and professional in all areas of training planning, through to course delivery. ”

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Course	Duration	Approx frequency in your area
Abrasive Wheels	1 day	On demand
Manual Handling	4 hours	Monthly
IOSH Managing Safety	5 days	Monthly
IOSH Working Safety	1 day	Monthly
CCNSG National Course (Safety Passport)	2 days	Monthly
CCNSG Renewal Course (Refresher)	1 day	Monthly
CCNSG Supervisors Course	1 day	Monthly

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.



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 at Height and Rescue	2 days	Fortnightly
Working at Height and Rescue Refresher	1 day	Fortnightly
Managing Working at Height	1 day	Fortnightly
Manual Handling (Wind Turbines)	1/2 day	Monthly
First Aid (Wind Turbines)	2 days	Monthly
First Aid Requalification (Wind Turbines)	1 day	Monthly
Fire Awareness (Wind Turbines)	4 hours	Monthly
Hub, Blade, Nacelle and Roof Rescue	1 day	On Demand
Safe Lifting and Slings for Turbines	1/2 day	On Demand
Technician Core Skills Package	5 days	On Demand
Wind Turbine Basement Rescue	1/2 day	On Demand

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**TRAINING
& RESCUE**

Safe in our hands

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



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