

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 practise methods needed to be compliant, and to minimise health and safety risks in the workplace.

The Health & Safety at Work Act 1974 and subsequent Management of Health and Safety at Work Regulations 1999 make provision for information, instruction, supervision and training of all employees.

In order to support employers to discharge their duties diligently, MRS Training & Rescue provides a series of courses that deal with a full range of Health and Safety related activities.

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

IOSH Managing Safely

This course is ideal for getting managers up-to-speed on the skills they need to tackle safety and health issues in the workplace. MRS Training and Rescue delivers a practical programme and IOSH Managing Safely has a direct business focus. The hands on step by step format, inspires and engages the manager, and this has helped a huge range of businesses to raise standards of safety and health at their workplace.

The course is interactive and focuses on best practice which will in turn meet with current health and safety legislation.

Candidates will realise the practical actions they are required to take and will be given the skills required to take on their health and safety responsibilities. The course makes health and safety a routine part of a candidate's job.

Key Facts

- Duration - 5 days
- Assessment - written and practical
- Instructor / candidate ratio - 1:10
- Award alignment: Health & Safety at Work Act 1974 and Management of Health and Safety at Work Regulations 1999
- Accreditation - IOSH accreditation certificate
- Lifespan - For life if continual professional development is maintained

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CCNSG National Course (Safety Passport)

The Client Contractor National Safety Group Passport, also known as the CCNSG, will provide proof of an understanding of basic health and safety to potential employers, covers basic site safety, and is often a pre-requisite for working on site. The training covers topics such as working from height, hazards and risks, confined spaces and asbestos.

Key Facts

- Duration - 2 days
- Assessment - written and practical
- Instructor / candidate ratio - 10
- Award alignment: certified by the Engineering Construction Industry Training Board (ECITB)
- Accreditation - ECITB
- Lifespan - 3 years

We also offer a CCNSG Renewal Course to refresh and update candidates knowledge about health and safety. The course enables the candidate to renew his/her passport for a further 3 years and consolidate the knowledge previously gained.



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Manual Handling

This course ensures a positive manual handling behaviour is demonstrated at all times, enabling candidates to perform manual handling activities in a safe manner.

Key Facts

- Duration - 1 day
- Assessment - written and practical
- Instructor / candidate ratio - 1:10
- Accreditation - MRS Training & Rescue certificate
- Lifespan - 3 years

We also offer courses in:

- Abrasive Wheels
- CIEH COSHH
- CIEH Basic Health & Safety
- CIEH Principals of Risk Assessment
- CIEH Environmental Principals and Best Practise

Please visit our website for full details.

