

# Working at Height

Expert Advice,  
Consultancy, Training,  
Services and Equipment



**arco**<sup>®</sup> Professional  
Safety Services

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# Arco Professional Safety Services

Arco Professional Safety Services provide consultancy, training, services and equipment to help you manage the most complex and high-risk, high hazard scenarios. Specialising in working at height, confined spaces and respiratory management, expert knowledge and experience mean the team can deliver solutions for situations with the highest risk of serious injury or irreversible damage to health.



Consultancy

## Consultancy

Our consultants work in a strategic manner bringing a wealth of real-world health and safety expertise plus an understanding of specific hazards that enables them to develop solutions that add value. They can help with risk management, risk mitigation and risk transfer solutions, helping you to control, manage or even transfer the full spectrum of high-risk, high harm challenges.



Training

## Training

Training can be off the shelf or tailor-made and delivered on or off-site. Purpose-built training facilities provide effective learning environments which can accommodate a range of different learning styles and highly skilled specialists are qualified to support senior executives and middle management through to operatives.

Specialist training is provided in:

- Working at height
- Confined spaces
- Respiratory
- Health and safety



Services

## Services

### Respiratory Protection Services

Our specialist Respiratory Team can offer expert advice on all aspects of respiratory protection and how to implement an effective RPE programme, from face fit testing to respiratory training, and servicing and maintenance.

### Access and Fall Protection Services

Our end-to-end approach means we can develop bespoke solutions to help you manage, mitigate or transfer the risk to us. We offer working at height access solutions, engineered fall protection and access systems plus testing and recertification of systems.

### Rescue Services

We offer supervision and rescue services, as well as access to specialist teams that offer nationwide on-demand cover. Our joined-up approach means we can deliver a complete solution for all rescue at height and confined space scenarios, leaving nothing to chance.



Equipment

## Equipment

Our impartial advice can help you find the most suitable combination of technical products for your specific risks. We offer:

- **Sales** – A comprehensive range of equipment for you to purchase.
- **Hire** – A full selection of the most current technologies from leading specialist suppliers for you to hire on standard or long-term contracts.
- **Maintenance** – Scheduled inspection and/or service of your equipment by our trained engineers.

# Falls from Height – Statistics

Falls from height are the single biggest cause of workplace deaths and one of the main causes of major injury within the workplace.

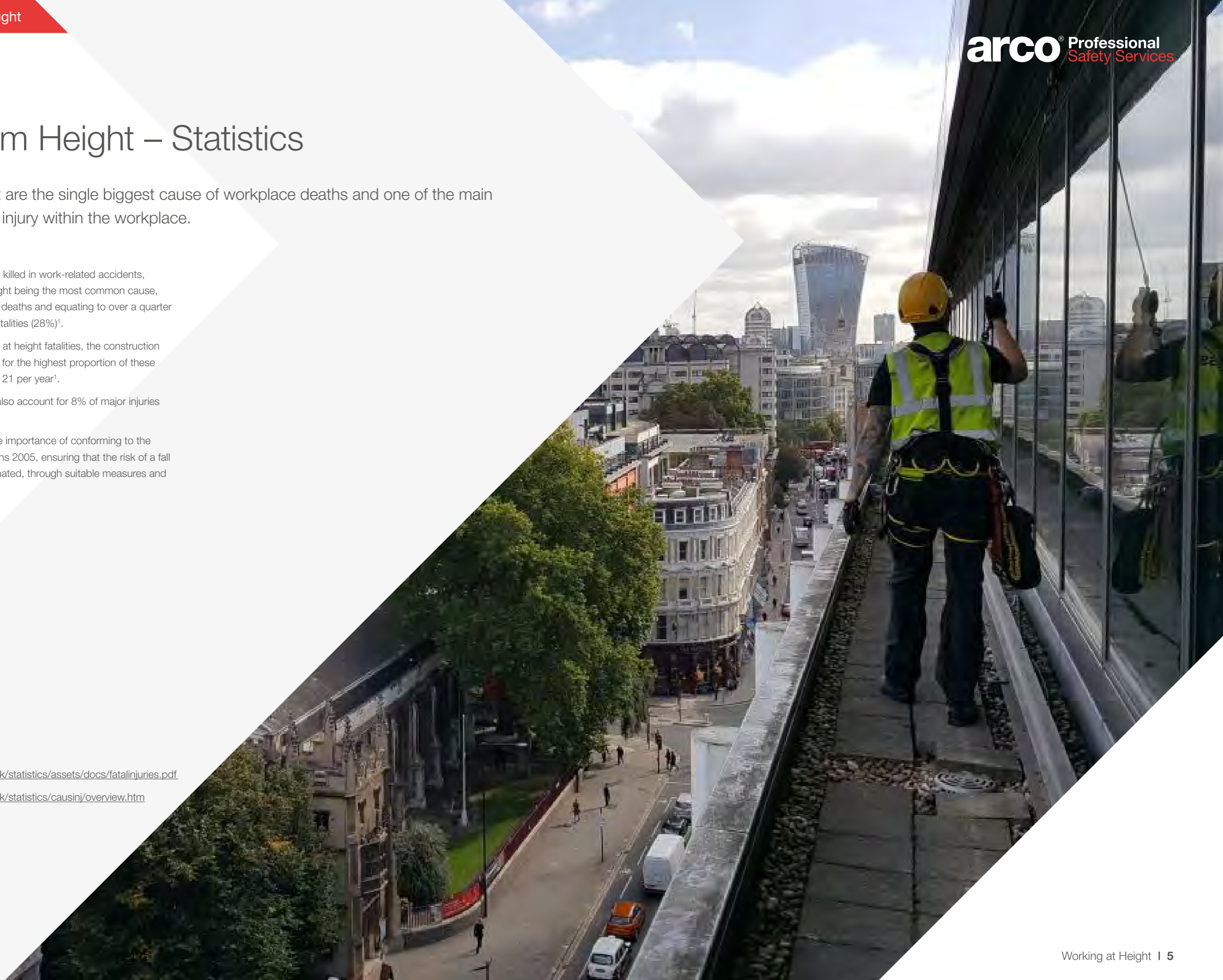
In 2024/25:

- 124 workers were killed in work-related accidents, with falls from height being the most common cause, accounting for 35 deaths and equating to over a quarter of all workplace fatalities (28%)<sup>1</sup>.
- Of the 35 working at height fatalities, the construction industry accounts for the highest proportion of these deaths, averaging 21 per year<sup>1</sup>.
- Falls from height also account for 8% of major injuries to workers<sup>2</sup>.

The statistics highlight the importance of conforming to the Work at Height Regulations 2005, ensuring that the risk of a fall or personal injury is eliminated, through suitable measures and protection.

1. <https://www.hse.gov.uk/statistics/assets/docs/fatalinjuries.pdf>

2. <https://www.hse.gov.uk/statistics/causinj/overview.htm>



# Legislation – UK

Employers and the self-employed are duty bound by the Work at Height Regulations 2005 to eliminate or reduce the risks when working at height<sup>3</sup>. It is the duty holder's responsibility to identify the work involved and ensure the correct measures are in place.

If the risk of a fall cannot be eliminated by collective protection measures, or by the use of a personal work restraint lanyard, then the distance and/or consequences of a fall should be mitigated by the use of nets or air bean bags. As a last resort, the use of correct PPE must be implemented.

Before any work at height commences, the following procedures must be taken:

- Identify all the work involved, ensuring the work is accurately planned, supervised and carried out in as safe a way as is reasonably practicable.
- Assess all the risks and document the findings. The risk assessment should:
  - Identify the hazards
  - Decide who and how they might be harmed
  - Evaluate the risks and decide on the precautions
  - Review and implement findings
  - Assess and update if necessary.
- Ensure those involved are trained and competent, this includes the planning, supervision and the supply and maintenance of equipment.
- Have procedures for the selection of correct equipment, ensure it is inspected by a competent and used.
- On every occasion, inspection of the place of work and equipment is required.
- It is a requirement that suitable and sufficient rescue arrangements are enforced before any work at height commences.

The 2005 regulations also saw the removal of the 2m rule. That means if a person is deemed to be at risk of injury from a fall, whatever the height, adequate measures must be taken.

### The regulations hierarchy

The regulations also set out a simple hierarchy for managing and selecting equipment for working at height. In this hierarchy, the duty holder must:



3. <https://www.hse.gov.uk/pubns/indg401.pdf>

# Legislation – Ireland

## Safety, Health, Welfare at Work (Work at Height Regulations 2005)

It is the duty of the employer or self-employed person to comply with the Work at Height Regulations where there is a risk of a fall liable to cause personal injury. They must do everything that is reasonably practicable to prevent anyone falling a distance liable to cause injury.

The regulations state<sup>4</sup>:

- Risk assessments must be carried out for work at height activities, and all work should be planned, organised and carried out by a competent person.
- The General Principles of Prevention must be followed for managing risks from working at height – take steps to avoid, prevent or reduce risks.
- The right equipment must be chosen and measures selected to prevent falls before other measures which may only reduce the distance and consequences of a fall or may only provide fall-arrest through personal protection equipment (PPE).
- All work at height must be properly planned and organised.
- Appropriate work equipment is selected and used.
- People working at height are competent.
- Equipment used for working at height is properly inspected and maintained.
- Risks from fragile surfaces are properly controlled.

4. [https://www.hsa.ie/eng/Publications\\_and\\_Forms/Publications/Retail/Gen\\_Apps\\_Work\\_at\\_Height.pdf](https://www.hsa.ie/eng/Publications_and_Forms/Publications/Retail/Gen_Apps_Work_at_Height.pdf)



# PPE at Work Regulations 2022

The main requirement of these regulations is that PPE is to be supplied and used at work wherever there are risks to health and safety that cannot be adequately controlled in other ways<sup>5</sup>.

It is imperative that anyone using personal fall protection equipment is aware of why they need it, when it should be used, maintained, repaired or replaced, and if there are any limitations. Training is an employer's duty and must be provided to demonstrate its use.

## CE & UKCA Marking

All items of PPE designed to arrest, position and restrain against falls from height will feature the CE and/or the UKCA Mark. The CE marking signifies that the protection satisfies the essential requirements detailed in the PPE Regulations and will have been tested and certified by an independent body.

Technical and user instructions must also be supplied with the equipment, and the label on a safety harness must be in place, intact and legible while in use.

Listed below is the information that should appear on an item of Category III PPE:

1. Notified Body Number (for Module C, C2 or D conformity)
2. Serial Number
3. Product Type
4. Manufacturer's Product References
5. Standard / Year
6. Considerations for Use
7. Date of Manufacture
8. Manufacturer

Arco's working at height equipment conforms to all relevant standards and carries the CE and/or UKCA mark, complying with the requirements of PPE Regulation 2016/425. Arco's range of personal fall protection is categorised as Category III, signifying that the equipment provides protection against serious hazards.

5. <https://www.hse.gov.uk/ppe/ppe-regulations-2022.htm>

## Inspection record

All the relevant details from the label need copying in the inspection record, which should be kept in a safe place and available upon request. All formal inspections must be undertaken by a competent person and recorded at a frequency which is detailed through the risk assessment and manufacturer's instructions (at least every 12 months).

### Example record of visual and tactile inspection

Safety Harness Type:

Serial No:

Safety Harness Product Ref:

Date of Manufacture:

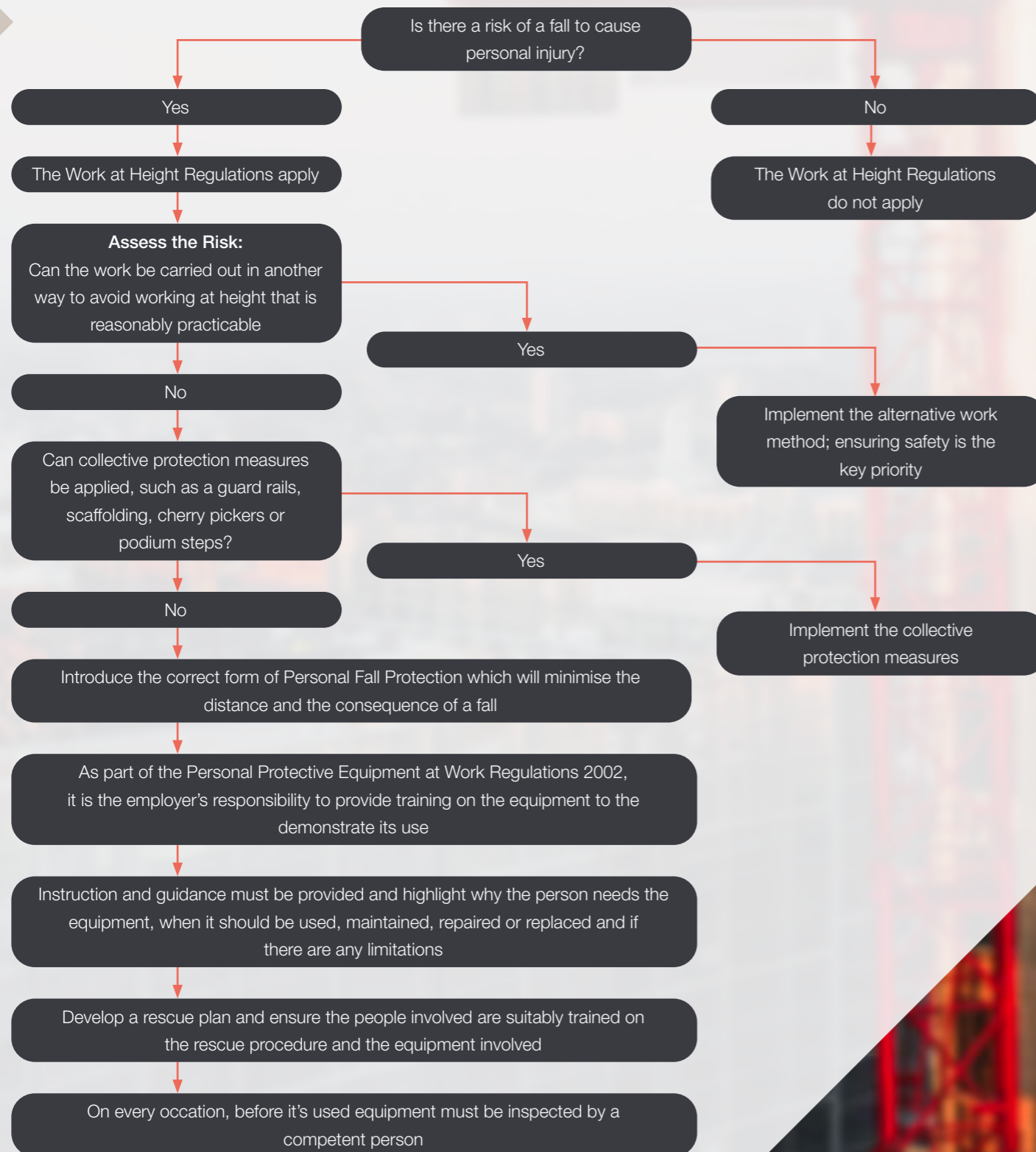
Date First Use:

Inspection	Date			
<b>Webbing General - not:</b>				
Cut, torn or nicked				
Abraded				
Heat damage				
Contaminated				
Discoloured				
<b>Stick Patterns - not:</b>				
Broken or abraded				
Pulled or loose				
<b>Metal Fittings - not:</b>				
Corroded				
Cracked or deformed				
Mis-functioning				
<b>Buckles</b>				
Function correctly				
Not: correct or deformed				
<b>Plastic Fittings:</b>				
Present				
Not damaged				
Other				
Label present and legible				
Cleaning carried out				
Inspection by:				
Next inspection due:				



# Working at Height Considerations

A step-by-step guide of the factors to consider before any work at height commences.



# Calculating the Risk

Fall factors are a theoretical measurement of the severity of a fall. They are used to highlight the dangers of poor or undesirable anchor placement when using fall arrest equipment. The higher the number, the potentially more severe the outcome for the system user.

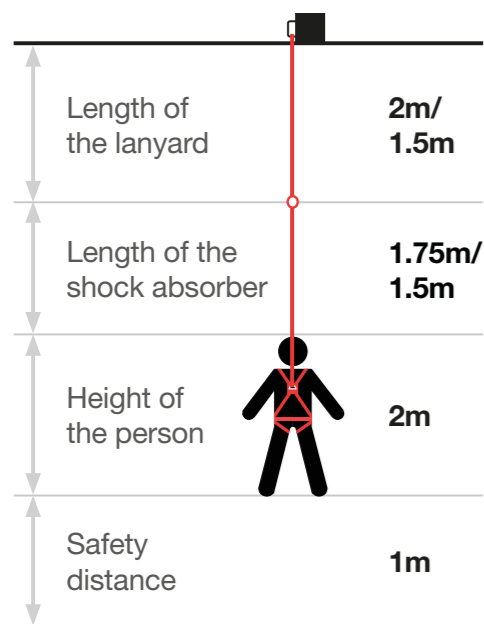
## Calculating fall factors

The length of a potential fall divided by lanyard length = Fall Factor.

When possible, the worker should always use an anchorage point at shoulder level or above (Factor 1 or 0). A higher anchorage point will reduce the fall distance and impact forces, therefore significantly reducing the risk of injury.

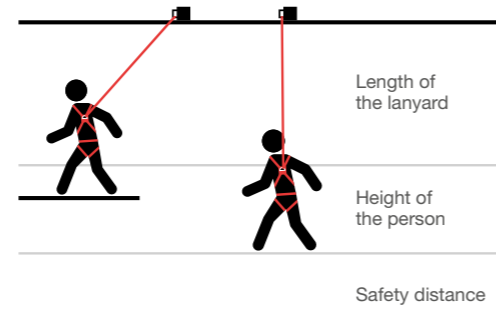
Calculating your fall arrest and safe working height  
Calculations using a fall arrest lanyard fixed at foot level

	2m Lanyard	1.5m Lanyard
Lanyard Length	2m	1.5m
Energy Absorber	1.75m	1.5m
Body Height	2m	2m
Safety Distance	1m	1m
<b>Minimum Clearance</b>	<b>6.75m</b>	<b>6m</b>

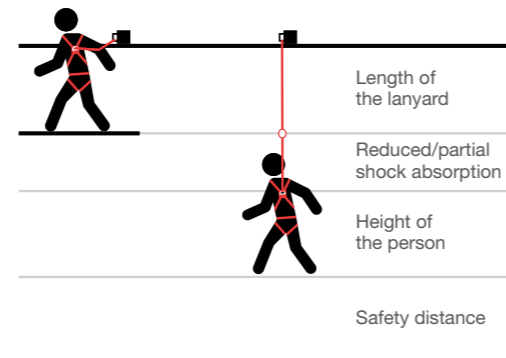


## Examples of fall factors

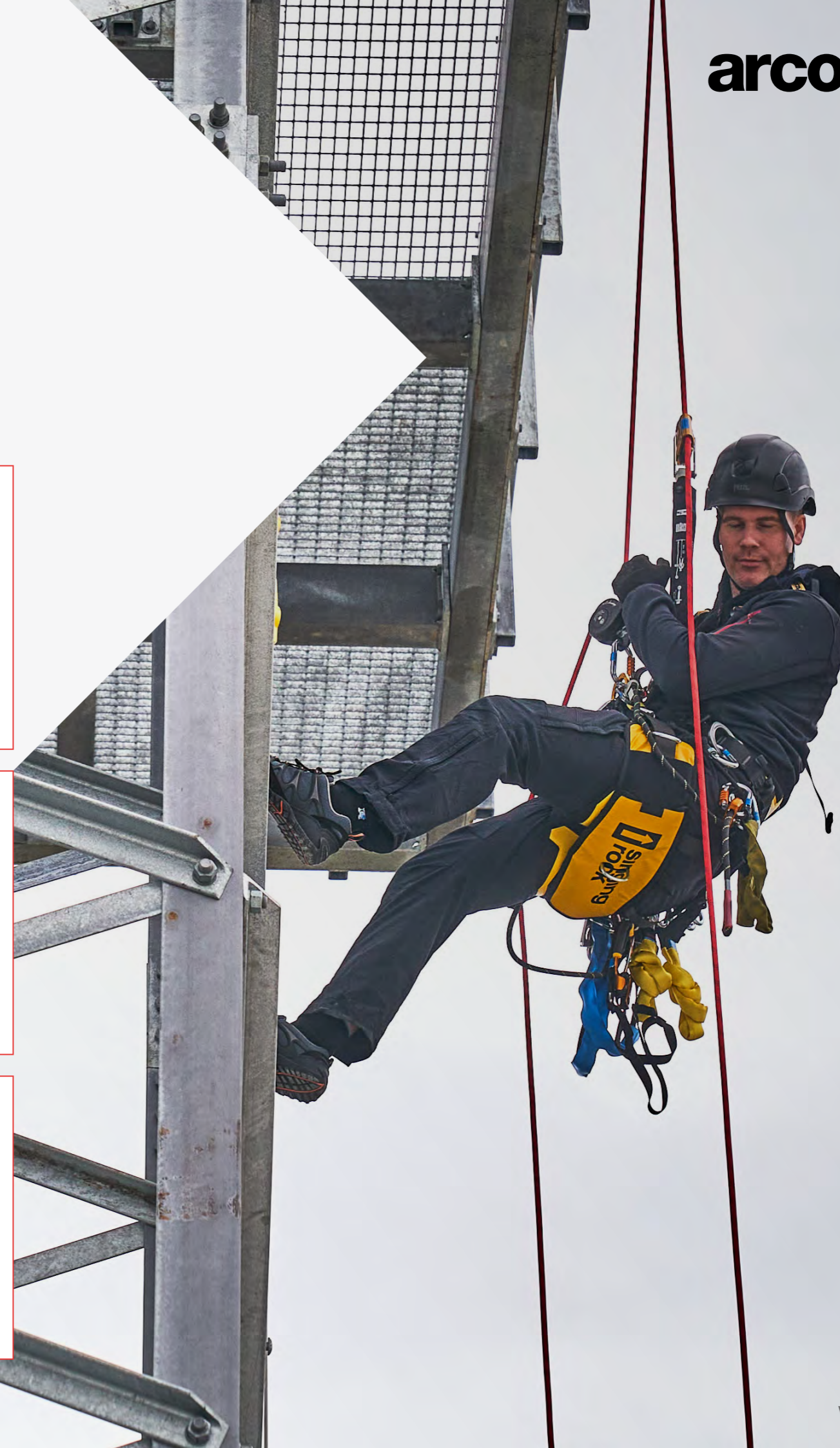
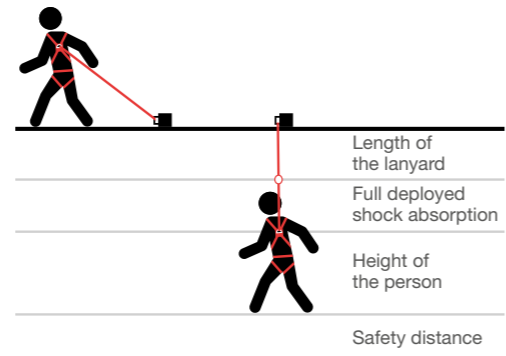
### Fall Factor 0 - Anchor point above head



### Fall Factor 1 - Shoulder level



### Fall Factor 2 - Foot level



# Access Systems

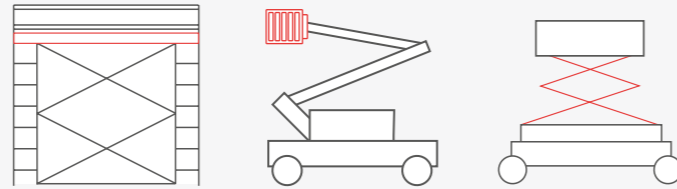
Working at height involves accessing locations which have an inherent risk of falling and there are numerous access systems to help mitigate risk – from basic to complex.

The system chosen should be based on a thorough risk assessment, including the practicalities of completing a work task while using a particular system. The variety of access systems and personal fall protection equipment also makes it paramount that those conducting risk assessments, planning works, and using the equipment, are trained and competent to do so.

Access systems and how the risk of falling is mitigated can be separated into **collective** and **personal** measures.

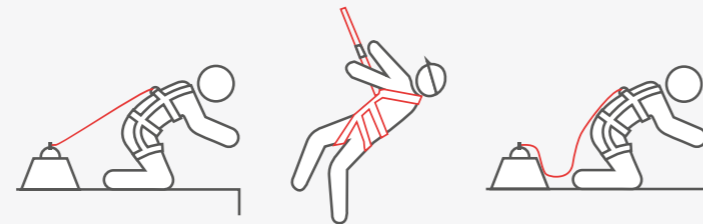
## Collective (protects more than one person)

- Scaffold platforms
- Mobile elevated work platforms (MEWPs)
- Building maintenance unit (BMU) cradles
- Guard rails, barriered platforms/rooftops
- Parapet walls
- Safety netting, airbags, padded systems



## Personal (protects the individual)

- Work restraint
- Fall arrest
- Work positioning
- Industrial rope access



# Personal Fall Protection

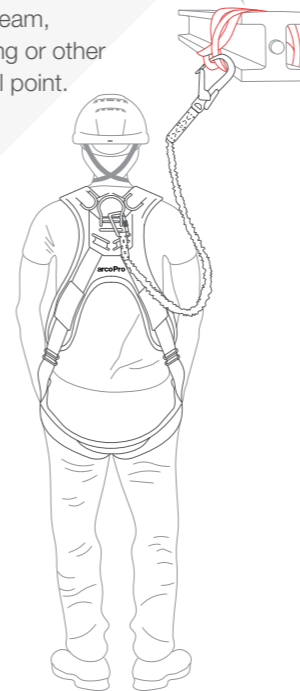
A personal fall arrest system consists of:

- A** Anchor devices
- B** Body harness
- C** Connecting devices

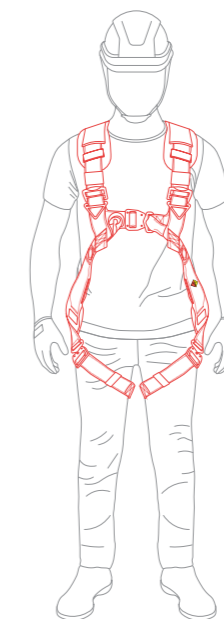
The system will not work without all these elements and each must be in place before work at height commences.



Join the connecting device to the anchorage point, which include steel anchors, concrete anchors, roof anchors and slings, or a tie off point such as an I-beam, scaffolding or other structural point.

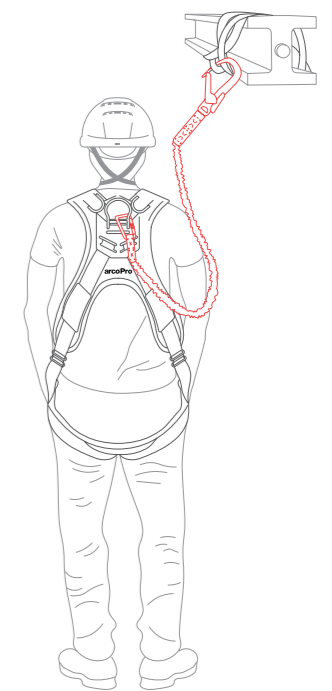


Relates to the personal protective equipment that is worn by the wearer. The harness must be selected based on the type of work involved and the environment. The harness must enable the wearer to work freely without any restrictions and provide protection to the worker if a fall does occur.



Connect the worker's full body harness to the anchor device. Connecting devices include:

- Lanyards which are shock absorbing
- Self retracting lifeline blocks
- Fall limiters
- Rope grabs



# Our Working at Height Offer

Arco Professional Safety Services provides a comprehensive working at height proposition designed to keep your people safe in high-risk environments. Whatever your business needs, we have the solution – from expert consultancy and fall protection system installation and certification to specialist training and ongoing services such as PPE inspection and asset tracking.

We also offer a full range of equipment for purchase or hire, alongside servicing and maintenance to ensure your continued compliance and safety. When it comes to protecting those who work at height, we deliver end-to-end support you can trust.

## Working at height consultancy

- Access strategy design
- Safe systems of work
- Rescue plans

## Working at height services

- Engineered fall protection systems
  - Related services
  - Installation, testing and certification
- PPE inspections
- Asset tracking / managed services

## Working at height training

- Purpose-built facilities
- Our expert instructors
- Accreditations
- Training courses

## Working at height equipment

- Sales
- Hire
- Service and maintenance



Professional  
Safety Services

# Working at Height Consultancy

An employer's duties are laid out in the Working at Height regulations, and inadequate planning, supervision and risk assessments can potentially result in prosecution after an incident. However, we know that managing high-risk, high-hazard challenges can be complex and time-consuming, requiring a level of skill, knowledge and experience that you might not have in your business.

Partnering with our experienced work at height professionals for your consultancy needs means you'll get expert advice highlighting workable solutions to reduce risk. Our consultants can work with you to deliver end-to-end solutions, following the HSG65 'Plan, Do, Check and Act' process to ensure that risks are identified at each stage.

Regulation 4 of the Work at Height Regulations 2005 sets out the employer's responsibilities for planning work at height. If planning, supervision, or risk assessments are inadequate, this could lead to prosecution following a work at height incident.

Our expert processes will assess your current working at height practices against:

- The hierarchy of control
- Access strategy design
- Existing safe systems of work
- Equipment selection
- Formal inspection and maintenance regimes
- Rescue plans
- Staff training.

For more information about our consultancy services visit [www.arcoservices.co.uk/consultancy](http://www.arcoservices.co.uk/consultancy) or contact us on 0330 390 0822 or [info@arcoservices.co.uk](mailto:info@arcoservices.co.uk).



# Working at Height Services

Whether it's routine maintenance or complex construction, ensuring the right systems and procedures are in place is critical to protecting lives and meeting legal obligations. Our comprehensive working at height services are designed to help you work safely, efficiently, and in full compliance with regulations.

## Engineered fall protection systems

Falls often occur from roof edges, gaps, fragile materials, or roof lights, and can affect anyone inspecting, cleaning, maintaining, or demolishing roofs. Every roof requires safe access for these tasks, so selecting the right safety system is critical.

### Related services

We provide end-to-end solutions for safely working at height, from consultation through to design, installation and ongoing compliance. Our expert team supports architects, contractors, developers and building owners at any stage.

What we offer:

- **Risk identification:** We review tasks, assess risks, and consider duration, frequency, and user competency.
- **Access and rescue design:** Based on identified risks, we design practical, site-specific solutions.
- **Product selection:** We recommend the right equipment and systems, tailored to your site needs.
- **Installation and assembly:** Our qualified engineers deliver full installation services across all sectors nationwide.
- **Inspection, testing and certification:** We audit existing systems, identify gaps, and provide actionable recommendations.
- **Recertification:** We manage ongoing compliance in accordance with LOLER and BS 7883:2019, and provide PPE checks.
- **Training:** We identify training needs and provide tailored courses for safe system use.
- **Asset tracking system:** Our online platform stores all certification and inspection history for 24/7 visibility of compliance and maintenance schedules.

Our technical expertise, regulatory knowledge, and advanced product range ensure safety and compliance for every project.

## Installation, testing and certification of fall protection systems

Such tasks should only be carried out by a trained and certified installer company. Our trained engineers are registered and approved to install and service a wide range of high-level access and fall protection systems from leading manufacturers. Plus, the systems we offer comply with all relevant British and European standards.

Our product solutions include:

- Guardrail edge protection
- Collective fall protection
- Wire and rail systems
- Ladder safety systems
- Anchor points and eyebolts
- Davit arm systems
- Abseil systems and anchors.

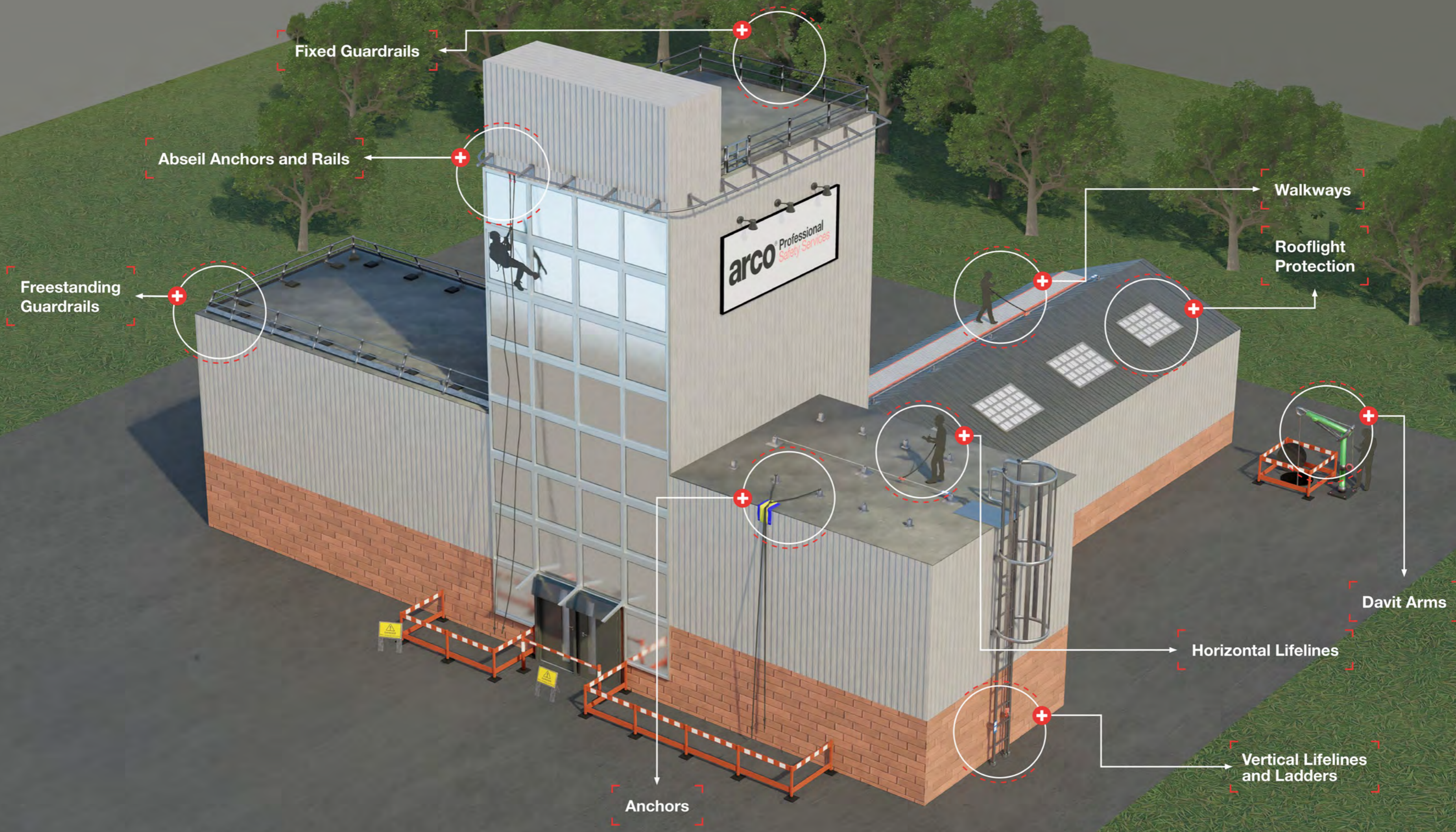
Arco Professional Safety Services carries full insurance for all personal and public liability works undertaken, giving you confidence in your choice of supplier.

To request a consultation or for more information about our fall protection solutions visit [www.arcoservices.co.uk/services/fall-protection](http://www.arcoservices.co.uk/services/fall-protection) or please contact our experts on 0330 390 0822 or email [info@arcoservices.co.uk](mailto:info@arcoservices.co.uk).



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## PPE Inspections

A formal inspection programme is essential for all PPE and working at height equipment. Beyond pre-use checks, companies have a legal duty under Regulation 12(3) of the Work at Height Regulations 2005 to ensure equipment is inspected at suitable intervals by a competent, independent person.

We offer:

- **Qualified inspectors:** Our UK-wide team is fully trained, audited regularly, and holds manufacturer, in-house, and bespoke LEEA training for lifting accessories.
- **Independence and expertise:** As an equipment supplier and trainer, we understand a wide range of branded products and their operation.
- **Comprehensive records:** Every inspection is logged in our asset tracking system, enabling continued compliance and rapid response to any product recalls.
- **Proof of competence:** All our inspectors carry ID cards confirming their qualifications.

## LOLER Examinations

Lifting Operations and Lifting Equipment Regulations (LOLER) 1998 state that all equipment used for lifting purposes must be fit to use, appropriate for the task, suitably marked, and regularly examined.

As a full member of the Lifting Equipment Engineers Association (LEEAA) we have a dedicated team of LEEAA competent examiners who can inspect lifting accessories in accordance with LOLER.

Our team offer the required six-monthly thorough examination and keep the inspection records, for all lifting accessories including:

- Chain and chain slings
- Wire rope and wire rope slings
- Textiles: textile webbing, round or flat and fibre rope slings
- Shackles and eyebolts
- Rigging screws and turnbuckles
- Plate clamps
- Clamps
- Lifting beams.

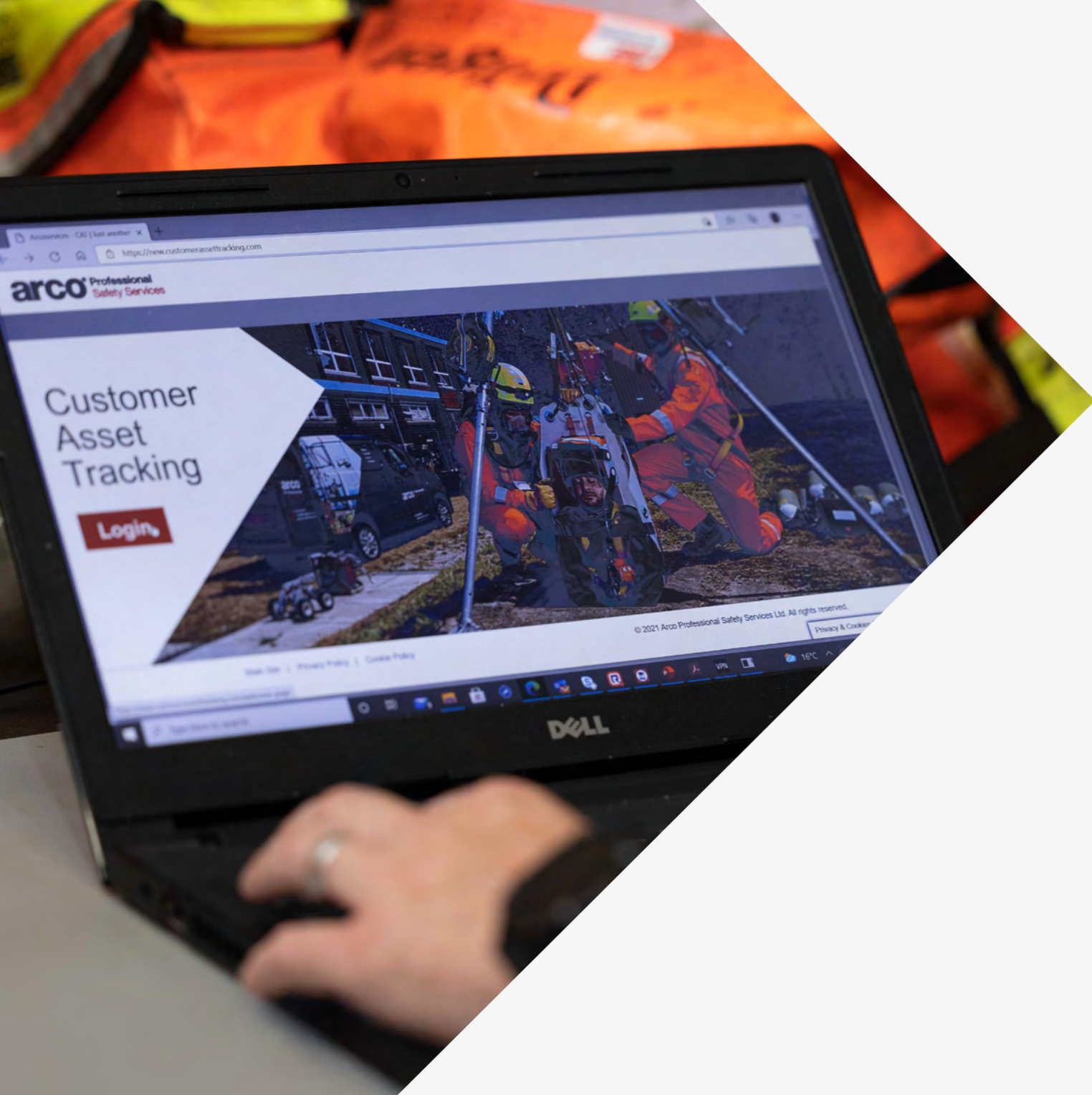
## Portable ladder inspections

It is recommended that portable ladders be inspected before each use to check for any damage and ensure the ladder is in good condition for use. More detailed inspections should also be carried out every 3, 6 or 12 months (depending on frequency of use) by a competent person and inspection records should be kept.

Our team are qualified to Ladder Association standards and can inspect all your portable ladders.

For more information contact us on [services@arcoservices.co.uk](mailto:services@arcoservices.co.uk) or call 0330 390 0822.





## Asset Tracking

Managing an employee's safety training, medicals and equipment inspections can be time consuming and costly. Using our extensive experience, we have developed an online customer asset tracking (CAT) platform that captures all your safety critical information – all in one place, 24/7.

This innovative digital solution offers you the ability to view and download:

- Employee safety training and medical records, including certificates and dates.
- Inspection and servicing history of safety critical equipment and inspection due dates.

The platform also automatically identifies upcoming records that require your attention and allows you to centralise and simplify much of the administration associated with managing safety critical equipment and assets.

## Managed Services

If you wish to outsource the administration and management of safety critical equipment, assets and certificates, our Managed Services team can take care of it for you.

This includes all relevant certification, giving you peace of mind that:

- Employee training requirements are managed.
- Equipment inspections are scheduled.
- Compliance records are fully up to date with legislation.

There are differing levels of service available with various features and benefits, depending on the level of control you wish to have and giving you a choice based on your individual needs.

For more detailed information on all the features and benefits of each level and to determine which one is right for you visit [www.arcoservices.co.uk/services/managed-services](http://www.arcoservices.co.uk/services/managed-services).



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# Working at Height Training

Employers have a legal duty to provide appropriate training for employees working at height. We offer tailored solutions to keep your workforce safe – whether off-the-shelf or bespoke, delivered on-site, at our centres, or via e-learning.

Our courses prepare your people for high-risk environments, close skills gaps, and simplify requalification. Training is flexible and delivered by expert instructors with industry experience, ensuring relevance to real-world hazards.

## Purpose-built facilities

Our centres feature indoor and outdoor environments designed to replicate real-life risks, including:

- **External masts:** for high-risk working at height, fall arrest, evacuation and rescue training.
- **Exterior high-level flat rooftops:** with walkways and associated restraint and arrest systems.
- **Oil rig gantries:** consisting of a steel frame platform with open edges, sharp edges, anchor points and an access hatch facility, enabling delegates to encounter hazards similar to those offshore.
- **Monopoles:** providing access and rescue training on telecoms monopoles with various access and fall arrest systems.
- **Indoor masts:** allowing for training to take place in all weathers.
- **Indoor pitched roof systems:** providing safe access training for temporary fall arrest systems.

## Expert instructors

All trainers hold industry recognised teaching and assessor qualifications, plus hazard-specific accreditations. They deliver consistent, high-quality training nationwide and share best practice across sectors.

## Accreditations offered

Stay fully compliant with our wide range of training courses associated with different awarding bodies. The working at height training course accreditations we offer include:





## Training Courses

Choose from our comprehensive range of courses designed to keep your people safe and compliant, including work at height for managers, PPE inspection training and various bespoke options. You'll find our training options grouped under:

- Rooftop Safety
- Telecoms Climber
- Warehouse Safety
- Rescue from Height
- Oil & Gas
- Fall Protection
- Rope Access
- Ladder Safety
- Equipment Operator & Safety.

### Video Conference, Blended Learning and Virtual Reality

We can also offer some working at height training as video conference or blended learning courses. Plus, we can include virtual reality elements in some courses too.

Look for these icons alongside the individual courses.



Video Conference



Blended Learning



Virtual Reality

Not sure which course is right for your team?

For advice contact our experts on **0330 390 0822** or email [training@arcoservices.co.uk](mailto:training@arcoservices.co.uk).

For more information, visit [www.arcoservices.co.uk/training](http://www.arcoservices.co.uk/training).



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## Rooftop Safety Training Courses

### Rooftop Awareness

#### Course Overview

Training provides delegates with the knowledge to enable them to work on flat roofs in protected areas. This course is classroom based only and is not approved by Arqiva.

Duration	Locations	Max Delegates
0.5 Day	Linlithgow, Stafford, Manchester, Hull, Bracknell, Client Site	12

### Rooftop Safety & Access

#### Course Overview

This course will provide delegates with the knowledge and practical experience to enable them to work on flat roofs in protected and unprotected areas and to work safely in a variety of exposed locations. The course will involve elements of classroom and practical tuition. The course includes EUSR accreditation which is a mandatory requirement to work on BT and Arqiva sites.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Stafford, Manchester, Hull, Bracknell, Client Site	4

### CITB Rooftop Safety & Access

#### Course Overview

Training provides delegates with the ability to access a range of different rooftops and the knowledge to select the most appropriate fall protection equipment for the task. Course offers guidance on selecting the safest and most appropriate route and access methods, an overview of legal responsibilities and risk management.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Stafford, Manchester, Bracknell, Client Site	6

## Telecoms Climber Training Courses

### MATS Basic Tower Climber & Rescue

#### Course Overview

Training for those working on masts and towers in telecoms and utilities industries. Course offers an introduction to basic climbing and rescue techniques with practical experience of open structure climbing on masts. Including how to rescue a fellow climber, suspended by a fall arrest lanyard, from a tower, mast or pylon.

MATS Climbing & Tower Rescue Refresher course is available (1 day)

Duration	Locations	Max Delegates
3 Days	Linlithgow, Stafford, Manchester, Bracknell	6

### Pole Top Climber & Pole Top Rescue

#### Course Overview

To provide delegates with the knowledge and practical experience to enable them to climb and perform rescues on wood poles.

Duration	Locations	Max Delegates
2 Days	Stafford	6

### Radio Frequency Awareness

#### Course Overview

Providing a good practical understanding of Radio Frequency (RF) Radiation issues for those working on or near buildings, structures or masts. This course will enable correct and informed decisions to be made regarding personal RF safety.

Duration	Locations	Max Delegates
0.5 Day	Stafford, Client Site	12

### Rigging of Light Lifting Equipment

#### Course Overview

This course will provide delegates with the knowledge and practical experience to lift telecoms equipment into position on towers and structures using pulley systems and industry recognised equipment.

Duration	Locations	Max Delegates
2 Days	Stafford, Linlithgow, Bracknell	6

## Warehouse Safety Training Courses

### Crane Access & Egress

#### Course Overview

To provide delegates with the knowledge and techniques to work safely at height and gain access to aisle cranes for maintenance purposes.

Duration	Locations	Max Delegates
1 Day	Client Site	6

### High Bay Rack Access

#### Course Overview

To provide the delegates with the knowledge and techniques to work safely at height in racking.

Duration	Locations	Max Delegates
1 Day	Client Site	6

### S-Cape Instructor

#### Course Overview

This course will provide the ability for in-house trainers to cascade the safe use of the S-Cape system to man-up forklift truck drivers. This course must be carried out at the client's site where an aisle and VNA truck are available. (Certified Instructors are subject to audit)

Duration	Locations	Max Delegates
2 Days Training & 1 Day Assessment (1 Week Later)	Client Site	3

### S-Cape User

#### Course Overview

Providing delegates with the knowledge and practical experience to enable them to evacuate from the raised cab of a mechanical handling vehicle. Training will take place on a man-up forklift truck at the client's site.

Duration	Locations	Max Delegates
1 Day	Client Site	8

## Rescue From Height Training Courses

### Rescue from Height – Co-Worker Rescue

#### Course Overview

Practical elements utilising specified rescue equipment in order to carry out the rescue of an incapacitated co-worker suspended by fall arrest equipment. The different specified equipment courses offered are detailed below.

Rescue Genie | No Shock Rescue | Controlled Rate Descender (CRD) Rescue | Revac | Milan | Other type/manufacturer rescue kit options (Casualty 'stretcher' packaging can also be added)

Duration	Locations	Max Delegates
1 Day	Linlithgow, Stafford, Manchester, Hull, Bracknell Client Site	6

### Fixed Ladder Rescue

#### Course Overview

To provide delegates with the knowledge and practical experience to enable them to climb protected and unprotected fixed ladders utilising double lanyard techniques and to safely carry out a rescue of a suspended climber.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Stafford, Manchester, Hull, Bracknell	6

### Tower Crane Rescue

#### Course Overview

To provide delegates with the knowledge and practical experience to enable them to rescue a co-worker who is incapacitated at height or suspended by a fall arrest lanyard from a tower crane.

Duration	Locations	Max Delegates
1 Day	Client Site (Linlithgow or Stafford on request)	6

## Oil and Gas Training Courses

### Off-Shore S-Cape Instructor

#### Course Overview

Training to provide the ability for in-house trainers to cascade the safe use of the Offshore S-Cape evacuation system to platform workers.

Duration	Locations	Max Delegates
2 Days	Lowestoft College	4

### Off-Shore S-Cape User

#### Course Overview

Training to provide the ability for platform-based personnel to evacuate to safety using the Offshore S-Cape evacuation equipment.

Duration	Locations	Max Delegates
0.5 Days	Linlithgow, Stafford, Bracknell	4

### Monopole Access & Rescue

#### Course Overview

To provide delegates with the knowledge and practical skills to enable the safe access and rescue from monopole structures.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Stafford, Bracknell	6

### Basic Abseil

#### Course Overview

To provide delegates with the knowledge and practical experience to enable them to safely access telecoms equipment by ascending and descending on straight drops with no intermediate anchor points.

Duration	Locations	Max Delegates
3 Days	Linlithgow, Stafford, Manchester, Bracknell	6

### Capstan Winch User Training

#### Course Overview

Giving delegates the knowledge and understanding to install and use a capstan winch safely and correctly.

Duration	Locations	Max Delegates
0.5 Day	Stafford	6

### Telecoms Packages

#### Course Overview

Providing delegates with the knowledge and practical experience to enable them to access telecom sites e.g. Arqiva. This will include MATS accredited Basic Tower Climber and Rescue, Rooftop Safety, Radio Frequency Awareness and First Aid.

Ask us for details of our bespoke telecoms new starter packages which combine the various basic safety training into the telecoms industry.

Duration	Locations	Max Delegates
5 Days	Linlithgow, Stafford, Manchester, Bracknell	6



## Fall Protection Training Courses

### Working at Height Awareness

#### Course Overview

Enables delegates to develop knowledge and skills to ensure they are aware of the risks and dangers associated with working at height and be able to initiate a fall protection plan to protect themselves and others using fall protection/fall arrest equipment.

Duration	Locations	Max Delegates
0.5 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site, Video Conference	12

### Working Safely at Height

#### Course Overview

This course aims to teach candidates the correct and safe use of harnesses and associated fall protection equipment to access their workplace. This will include legal requirements, associated risks when working at height and practical exercises.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Stafford, Manchester, Hull, Bracknell, Client Site	6

### Fall Protection Equipment Inspection Training

#### Course Overview

The classroom-based course will provide sufficient information and hands on practical experience to allow delegates to form judgement on the state/condition of an item of fall protection equipment and whether to keep it in service (up to a max. of four items of category 3 PPE e.g. Harness, Helmet, Fall Arrest Lanyard and Work Positioning Lanyard).

Duration	Locations	Max Delegates
1 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	6

### Harness & Lanyard User

#### Course Overview

Training to familiarise candidates with the correct and safe use of harnesses and a specified piece of associated fall protection equipment.

Duration	Locations	Max Delegates
0.5 Day	Linlithgow, Stafford, Manchester, Hull, Bracknell, Client Site	10

### Access for Theatre Technicians Level 1

#### Course Overview

Providing delegates with the knowledge and practical experience to enable them to climb and rescue from a wide range of areas in the theatre using restraint or fall arrest techniques.

Duration	Locations	Max Delegates
2 Days	Client Site	6

### IOSH Managing Work at Height

#### Course Overview

This IOSH approved course will provide delegates with the knowledge to enable them to manage staff, contractors and sub-contractors who must carry out work at height. Course will enable them to review method statements and risk assessments in order to control work at height activities.

Duration	Locations	Max Delegates
2 Days	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site, Video Conference	10

### IOSH Fall Protection Equipment Inspection

#### Course Overview

The IOSH approved course will provide sufficient information and hands on practical experience to allow the delegates to form a judgement on the state/condition of an item of fall protection equipment and whether to keep it in service.

Duration	Locations	Max Delegates
3 Days	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	10

### Managing Work at Height (including permit writing)

#### Course Overview

Providing delegates with the knowledge to enable them to plan and manage staff, contractors and sub-contractors who must carry out work at height. Course will enable them to review method statements and risk assessments in order to control work at height activities.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site, Video Conference	10

### PASMA Towers for Users

#### Course Overview

Providing delegates with the correct skills, knowledge and understanding to be able to safely and effectively use a Mobile Access Scaffold Tower.

Duration	Locations	Max Delegates
1 Day	Stafford, Manchester, Client Site	12

### PASMA Low-Level Access Training

#### Course Overview

To provide delegate/s with the correct skills, knowledge and understanding to be able to safely and effectively use low level access units below 2.5mtrs.

Duration	Locations	Max Delegates
0.5 Day	Stafford, Manchester, Client Site	12

### PASMA Combined Low-Level Access and Towers for Users

#### Course Overview

To provide delegate/s with the correct skills, knowledge and understanding to be able to safely and effectively use low level access units and standard mobile access towers.

Duration	Locations	Max Delegates
1 Day	Stafford, Manchester, Client Site	8

## Rope Access Training Courses

### IRATA Levels 1, 2 or 3

#### Course Overview

**Level 1** is for personnel with no current Industrial Rope Access experience and is designed to ensure that candidates are fully competent in all L1 industrial rope access techniques currently used, including simple rescue techniques.

**Level 2** is for personnel who hold the Industrial Rope Access technician level one qualification, with a minimum of 1,000 logged hours and 12 months experience and wish to proceed to level 2. The level 2 syllabus includes various rope rescues, hauling and lowering systems, climbing rescues and advanced rigging techniques.

**Level 3** is for personnel who hold the Industrial Rope Access technician level two qualification, with a further 1,000 logged hours and 12 months experience at level 2 and wish to proceed to level 3. The level 3 syllabus consists of advanced rigging, rescue and hauling/lowering techniques, inspection of equipment and job planning exercises, with the emphasis on planning and facilitating safe access and rescue of a rope access team.

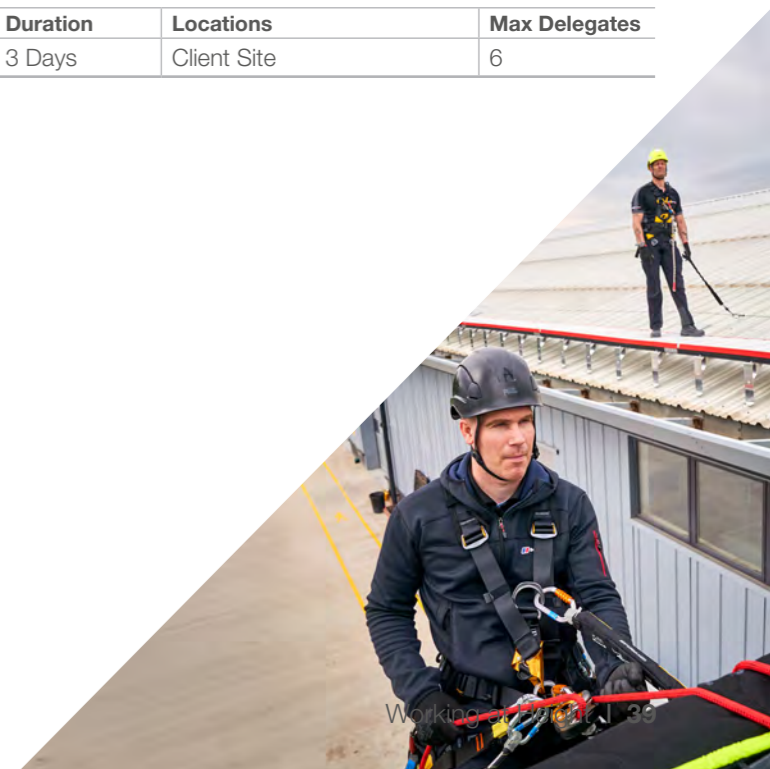
Duration	Locations	Max Delegates
5 Days	Linlithgow, Stafford, Manchester, Bracknell	6

### Access for Theatre Technicians Level 2

#### Course Overview

To provide delegates with the knowledge and practical experience to enable them to use basic personal suspension techniques within the theatre environment.

Duration	Locations	Max Delegates
3 Days	Client Site	6



## Ladder Safety Training Courses

### Ladder Association - Ladder & Stepladder User

#### Course Overview

Training to assess and determine when it's appropriate to use ladders and stepladders. To conduct a pre use examination of ladders and stepladders in line with current legislation.

Duration	Locations	Max Delegates
6 Hours	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	8

### Ladder Association - Ladder User & Inspector

#### Course Overview

Training to assess and determine when it's appropriate to use ladders and stepladders, conduct a pre use examination, accurately inspect all aspects of ladders and stepladders, identify safety critical faults and record the findings in accordance with statutory requirements.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	8

### Ladder Association - Ladders & Stepladders for Managers

#### Course Overview

Specifically designed for managers, this course covers current legislation, regulations and guidance affecting work at height with ladders, step ladders and step stools.

Duration	Locations	Max Delegates
1 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	12

## Equipment Operator & Safety Training

We offer a diverse selection of essential workplace training courses. The courses listed below are just a few examples. Contact us to discuss how we can support your specific training needs.

- IPAF – MEWPS
- Forklift Truck Training
- Cranes (inc. cab controlled, overhead pendant or remote & lorry mounted)
- Mobile Plant (inc. dozer, dumper truck, excavators & mini digger)

For more information contact call us on **0330 390 0822** or email [training@arcoservices.co.uk](mailto:training@arcoservices.co.uk).



## Working at Height Equipment

When your people are working in high-risk environments, you need to feel confident they've got the right kit for the job. We'll help you find the right combination of technical products for your specific risks and train your people how to use them correctly. We're not tied to any brand, so our advice is always impartial and based upon providing you with the most suitable products.

### Sales

We offer a comprehensive range of items, including:

- Harnesses
- Lanyards
- Fall arrest blocks
- Ropes and cords
- Ascenders, descenders, back-up devices, pulleys and connectors
- Rescue systems
- Stretchers
- Edge protection
- Helmets
- Accessories (e.g., footloops, lighting, bags, knives, tool tethers, and signs).

### Hire

The technicians at our hire and service centres offer expert advice, helping you to choose the best kit for your operatives and environment.

We offer:

- **A comprehensive range:** Including the most current technologies from leading suppliers, so you have the best kit specific to your requirements.
- **Flexible and standard hire contracts:** Based on a minimum hire period of one week and extendable up to five years.
- **Contract hire:** Offered for longer terms of up to five years, and including servicing and maintenance of equipment.

## Service and maintenance

To ensure your safety equipment continues to provide the right level of protection for your employees, it must be subject to thorough inspection and maintenance.

### Recommended inspection schedules

Safety equipment should be inspected and have a function test carried out by the user immediately prior to each use. In addition, the following inspections are required/recommended to be undertaken by a competent person, under the relevant standards and legislation.

- **Lifting equipment** (tripods, winches, recovery blocks)  
Manufacturers state that lifting equipment should be serviced\* annually and under LOLER (Lifting Operations and Lifting Equipment Regulations 1998). Lifting equipment used for man riding should be inspected on a six-monthly basis by an independent competent person. \*Typically carried out by an authorised service centre and not to be confused with an insurance inspection.
- **Fall arrest equipment** (fall arrest blocks, harnesses, lanyards)  
This type of equipment is typically formally inspected on a six-monthly basis.

### Recommended maintenance and calibrations

Scheduled inspections and maintenance should be undertaken to ensure your kit is in full working order with the correct, current inspection documentation. Trained and certified by major manufacturers to the highest level, our engineers follow a regulated equipment issue and inspection process in order to maintain all equipment to safe and legal standards.

### Equipment service centres

Our equipment service centres are accredited to deliver inspection, maintenance and servicing for the majority of leading PPE manufacturers.

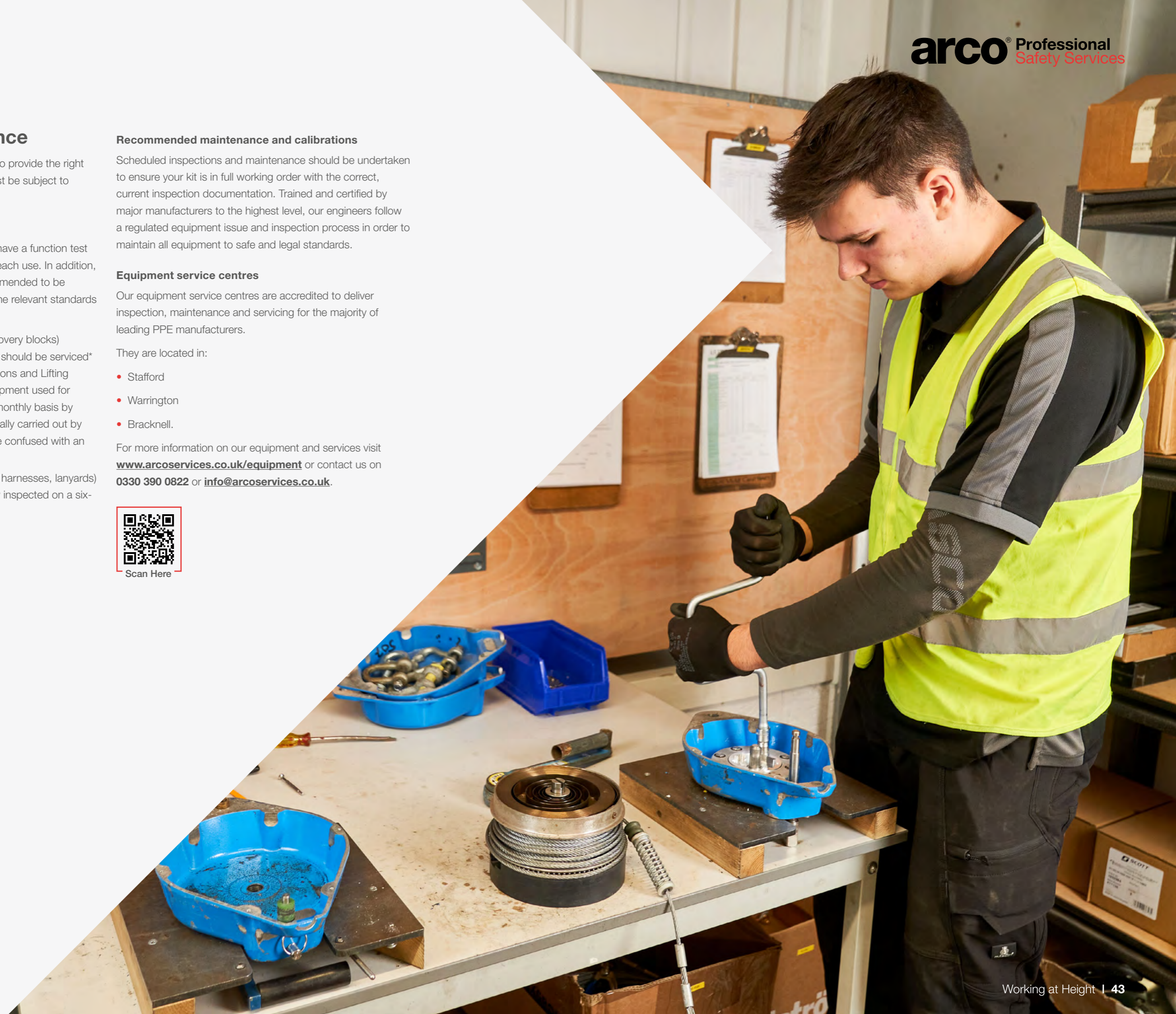
They are located in:

- Stafford
- Warrington
- Bracknell.

For more information on our equipment and services visit [www.arcoservices.co.uk/equipment](http://www.arcoservices.co.uk/equipment) or contact us on **0330 390 0822** or [info@arcoservices.co.uk](mailto:info@arcoservices.co.uk).




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