



HFR
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Product Portfolio

*"Making the Humber region a safer
place to live and work"*



HFR SOLUTIONS CIC

 Training Centre, Fire Service HQ, Hull, HU4 7BB

 customer@hfrsolutions.co.uk

 01482 398521

 Find us on LinkedIn



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PLAN • PREPARE • RESPOND

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An Introduction to HFR Solutions

Who are HFR Solutions?

HFR Solutions are an award-winning Community Interest Company founded in 2012 who specialise in emergency response and workplace safety. We work closely with organisations, businesses and communities nationwide to help plan, prepare and respond in the event of an emergency, whilst complying with all legislation.



Our Team

The Solutions team is comprised of individuals from backgrounds including Fire Service, Police and Ambulance.

Our people are passionate and committed about helping individuals maintain their competency levels and high standards of health and safety.



We maintain a permanent presence at Saltend Chemicals Park, British Steel, and Humberside Airport, staffed with Emergency Responders and Fire Officers.

Our Training Centre is situated in Hessele, and we also utilise Immingham West Fire Station for training courses.



Why choose HFR Solutions?

With a wealth of experience across multiple sectors, HFR Solutions is your trusted partner for bespoke industrial emergency rescue and response solutions. We understand that each project has unique risks, and our team is equipped to deliver tailor-made solutions that ensure the safety of your workforce while minimising operational disruptions.

Our Services



Training

We deliver unrivalled workplace safety training and have a deep understanding and unparalleled knowledge in the area of emergency response and incident management.



Consultancy

We can provide your organisation with Rescue Plans, Risk Assessments, Method Statements, Medical Needs Assessments, Equipment, and more.



Emergency Response

We can manage your rescue provision and will provide emergency and medical intervention during high risk activities.



Community Return

As a Community Interest Company, we can support your corporate social responsibility by investing in projects and initiatives which align with our mission of strengthening communities for a brighter tomorrow.



Capability Statement

Core Competencies

- Bespoke end-to-end training packages
- On-site rescue teams and rescue planning
- Risk mitigation and site safety management
- Clinical governance and telemedicine
- Expert consultancy and documentation
- Fire response and fire risk assessments
- Risk and medical needs assessments
- Supply of industry-leading equipment
- Accredited training in height, confined space, medical, fire, health & safety, and rope rescue



Past Performance

Since 2012, HFR Solutions CIC has provided expert nationwide emergency response services to high-risk industries: enhancing safety and operational preparedness. We deliver reliable, comprehensive, practical support across sectors such as aviation, renewables, power generation, manufacturing, construction, and infrastructure.

Differentiators

- **Community Interest Company** - All profits reinvested into community projects and initiatives to support your CSR goals
- **Experienced Team** - Staffed by professionals from fire, police, NHS & ambulance services
- **CQC Registered** - The only provider delivering fire, medical, and rescue services
- **Industry Leading Facilities** - Home to the UK's tallest training tower 46m
- **Mobile Training Units** - In-situ tailored learning

Awards

- British Steel – Health, Safety and Environment Award
- Best Emergency Response & Workplace Safety Organisation – North East SME Community Impact Award 2023
- The Humber Renewables Awards – Engaging in the Community / Community Project 2020 & 2023 Winner

Accreditations

- **GWO** – Global Wind Organisation
- **IOSH** – Institution of Occupational Safety and Health (only training provider in the Humber region to achieve OUTSTANDING status)
- **CITB** – Construction Industry Training Board

Key Clients

- British Steel
- px Group | Saltend Chemicals Park
- Humberside Airport
- Howdens Joinery
- East Riding of Yorkshire Council
- RWE Renewables UK
- NAES Corporation
- Vivergo Fuels
- Tronox
- INEOS





Emergency Response

What is an Emergency Response Team?

An Emergency Rescue Team (ERT) plays a critical role in providing immediate, expert intervention during high-risk industrial activities. Whether responding to medical emergencies, managing fires, or conducting rescues, an ERT ensures compliance with safety legislation and minimises risk to personnel and equipment.

At HFR Solutions, our highly trained teams are equipped with the latest rescue tools and medical supplies, ready to respond to any emergency situation. All our team members have extensive operational experience in real-world emergencies, ensuring that you have access to the most competent and capable professionals in the industry.



Clients



Our Service Delivery Approach

- **Rescue Technicians include:** all rescue/medical equipment, RAMS, Rescue Plan, and a full capability for Confined Space Rescue, Work at Height Rescue and Medical Intervention/Enhanced First Aid (including pain relief etc).
- All of our Rescue Technicians are also qualified firefighters and/or paramedics, and all with **live operational experience**, dealing with real world emergency incidents.
- Our teams must complete the **National Occupational Standards EUSCS08** (work as a member of a rescue and recovery team in confined spaces) and EUSCS03 (work in high risk confined space) as a minimum requirement.
- The competence and capability of a rescue team to appropriately intervene in a crisis with the correct skills, knowledge and equipment is vital to safely and effectively deal with an emergency incident. Our experienced teams will deliver onsite response to control and mitigate risk to plant and personnel.
- Our rescue teams have experience dealing with fire, rescue and medical emergencies and carrying the latest rescue and medical equipment to resolve any emergency.



Shepley Engineers



"From having a very limited rescue capability, through HFR Solutions we have now got documented rescue plans, risk assessments, and a genuine capability to rescue from all areas of our projects. The rescue training and equipment provided was industry leading."





Projects



ECOTRICITY: RENEWABLES & WIND ENERGY

HFR Solutions have been the approved safety training provider for Ecotricity since 2015 and have built up a trusted working relationship which has assisted developing the medical intervention capability of the Ecotricity team, resulting in the delivery of Enhanced First Aid including clinical governance and tele-medicine. Ecotricity have gone on a journey from having only GWO Basic First Aid to a position where their technicians can now administer pain relief and life saving treatment in their field thanks to completing our ROAMER Standard training.



SUTTON BRIDGE: POWER GENERATION

HFR Solutions were approached by the Sutton Bridge Power Generation Management Team on short notice to provide emergency response cover with advanced rescue and enhanced medical response capabilities for the planned outage of their 850 MW gas-fired power station. We assisted the SBPG SAFE process by conducting proactive safety conversations and completing documented safety audits and inspections. Safety attendants were also assigned to work alongside the Sutton Bridge Management Team to ensure that site safety procedures were strictly adhered to at all times.



SHEPLEY GROUP: CONSTRUCTION & ENGINEERING

HFR Solutions were contacted in January 2021 to work collaboratively with Shepley Engineers on a large scale roof renovation project at the Palace of Westminster. HFR Solutions provided assistance by improving Shepley's work at height training, ensuring staff were equipped to treat a casualty and rescue individuals from height. Shepley now have competent rescue technicians and have improved their first aid capabilities to allow them to intervene should they have any incidents at height - both with employees and other contractors. Consultancy of emergency arrangements were provided, followed by a documented report.





AIR PRODUCTS: COLD BOX OUTAGE

In support of the Air Products Cold Box outage on the Saltend site in Hull, and their continued commitment to safety standards, HFR Solutions carried out a work at height exercise from the top of the Cold Box structure. The exercise tested the response of the Emergency Response Teams (ERT) and their capability to respond, treat, package and rescue an injured casualty from height. HFR Solutions were requested to provide 2 x Rescue Technicians, to ensure a suitable rescue plan was in place throughout the project on the 50 metre high structure; regardless of external weather conditions, this included high wind speeds where the crane man riding basket couldn't operate safely.



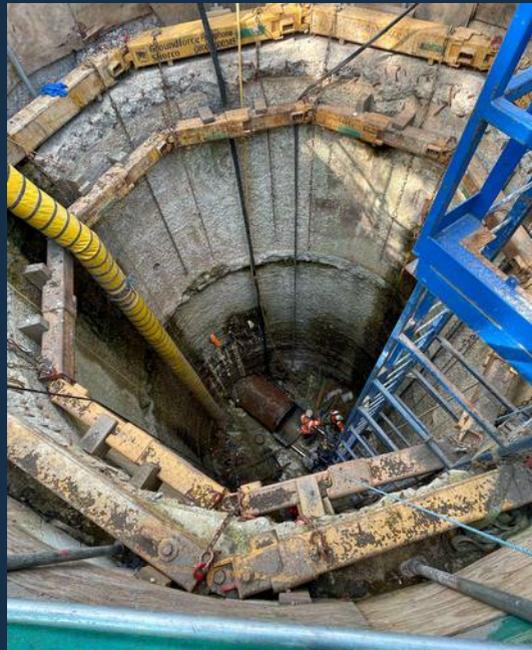
TORNNESS: NUCLEAR POWER STATION

HFR Solutions were selected to provide resilience to the Torness Nuclear Power Station onsite Fire Response Team during high-risk intervention work, or maintenance work on the sites fixed fire suppression and sprinkler systems, leaving the power station at increased risk from fire. Each task is evaluated on the ability to protect life and property from fire during higher risk construction, maintenance, or commissioning work on the nuclear power station, and appropriate fire mitigation applied. Liaising with the site management team, HFR Solutions were able to provide specialist fire response cover with a fully kitted fire engine and firefighting equipment including specialist firefighting foam.



HUMBER TUNNEL: CONFINED SPACE RESCUE TEAM

HFR Solutions were brought in to support the Humber Tunnel project after early assessments revealed gaps in emergency preparedness. Tasked with replacing an ageing gas pipeline, the joint venture (led by National Grid with Skanska, Porr, and a.hak) required specialist rescue expertise. With our proven track record in complex tunnelling operations, HFR Solutions were selected as the project's emergency response partner. HFR Solutions were commissioned due to our expertise around emergency planning and preparedness; including the ability to provide robust legislative documentation. Solutions assisted with emergency plan writing, confined space risk assessments and fire risk assessments for the tunnel and contractor village.



Consultancy

The safety of you and your employees is paramount and remains our main focus. We aim to equip your business and industry with the relevant skills, expertise and competence to implement safe systems of work and operate safely.



Risk Assessments

HFR Solutions specialise in identifying and evaluating potential risks within your workplace, offering tailored risk assessments accompanied by specific recommendations to mitigate these risks. Our services include comprehensive fire risk assessments, confined space risk assessments, and working at height risk assessments, ensuring a thorough approach to safety in your organisation.

Equipment

We proudly offer an extensive selection of high-quality equipment tailored to meet the essential needs of various safety sectors, including fire safety, medical and first aid, personal protection equipment (PPE), and rescue operations involving working at height and confined spaces with specialised breathing apparatus (BA). Our commitment to excellence ensures that your team is equipped with reliable products that enhance both their safety and efficiency.

Rescue Planning

Ensuring your rescue plan is appropriate, adequate, and efficient is crucial for the swift and safe retrieval of those in need, while also safeguarding others. Our Emergency Rescue Team will review your plans and evaluate potential changes in risk as the project evolves, assessing your organisation's capability to execute all stages of the rescue plan effectively.

Medical Needs Assessments

Our team is equipped to support your organisation in conducting a comprehensive medical needs assessment that will identify your requirements concerning Health and Safety Executive (HSE) legal obligations, first aid training, medical risk assessments, and essential equipment needs.



EMERGENCY PREPAREDNESS

Planning, Training and Testing



1 Plan

Take action to eliminate and reduce the impact of an incident. This includes the development of risk assessments and rescue plans, while also addressing your organisation's training requirements.

2 Prepare

Take steps to reduce the likelihood of an incident. This involves training for credible scenarios, the procurement of equipment, and conducting on-site exercises.

3 Respond

Contain, control, and minimise the impact of an incident or emergency. Our emergency response team are here to protect your people, environment, assets and reputation.



Community Return

As a Community Interest Company, our profits are reinvested into initiatives and projects that match our vision and make a real difference to local communities. We are proud to be able to give back and constantly strive towards strengthening communities for a brighter tomorrow.



Sponsored Humber Bridge Abseil

We were delighted to host a unique event that allowed local charity fundraiser Jason Liversidge and his wife Elizabeth to abseil off the Humber Bridge. Jason was diagnosed with Motor Neurone Disease, leaving him virtually paralysed. In-excess of £8,000 was raised for the Motor Neurone Disease Association.



The Goddards Sensory Garden

HFR Solutions have worked collaboratively with British Steel to fund and install a new sensory garden at The Goddards Care Home in Snaith, to be enjoyed by both the residents and the community. This garden will provide a sense of escapism for the residents after a turbulent couple of years stuck inside during lockdown.

Tilly Community Canal Boat

Tilly is a community canal boat that is funded by HFR Solutions CIC. Tilly provides an enjoyable and rewarding experience, creating some wonderful memories and opportunities to converse with others in a safe and relaxed environment. In 2025, HFR Solutions funded 149 trips for 1491 deserving community members.



Partnerships



Gold Partners Hull & East Yorkshire Children's University

Hull & East Yorkshire (HEY) Children's University is a local charity that raises aspirations by giving children unforgettable learning experiences outside the classroom. From trips to iconic cities to unique opportunities with local businesses like ours, they open doors to new possibilities and help young people dream bigger.

Captain of Industry Partners Sailors' Children's Society

Sailors' Children's Society, founded locally over 200 years ago, supports children of seafaring families through some of life's toughest challenges. By providing financial help, emotional support and respite breaks, the charity ensures these children have the stability and opportunities they need to thrive.

Experience Days

In collaboration with HEY Children's University, our Experience Days give Year 5 pupils the chance to explore a world of opportunities. These days are about more than just activities; they're about trying something new, pushing boundaries, testing fears, learning skills, and creating memories that last a lifetime.

Multiple hands-on workshops, including:

- **Working at Height:** Children were safely lifted and lowered on our third-floor platform
- **Fire Safety:** Putting out real flames to learn each type of fire extinguisher first-hand
- **Confined Space:** Timed problem-solving teamwork challenge in our internal crawl space
- **First Aid & CPR:** Practicing life-saving skills including how to use a defibrillator

Every child leaves with a certificate of achievement and a smile on their face. By supporting HFR Solutions CIC, you help us deliver experiences that inspire and empower the next generation, as we strengthen communities for a brighter tomorrow. Because at HFR Solutions, we believe every child deserves to dream.





Community Payback

- **Support your Corporate Social Responsibility:**
We can support and invest in a diverse range of community initiatives and projects including: emergency management and emergency response services, consultancy and workplace safety training.
- We believe in the power of collaboration and are eager to partner with local businesses and organisations. If you have any community projects or initiatives that could benefit from our expertise and involvement, we would love to hear from you. Please reach out to our team to discuss how we can work together to make a positive impact.

Working with HFR Solutions CIC



Complete your emergency response and workplace safety training with HFR Solutions CIC



Our profits are invested in community projects and initiatives



By choosing us as your training provider, local communities are made stronger



Training & Courses

What training does HFR Solutions provide?

We provide training in Working at Height, Confined Space, Fire Safety, Emergency Response, First Aid & Medical, Health & Safety, and more. HFR Solutions' workplace safety training helps improve the competencies of your team and ensures your business is compliant. We are passionate about making the Humber region a safer place to both live and work; we can help achieve this by serving as your training provider.



Bespoke Training

We provide tailored safety training programs meticulously designed to address the specific needs and challenges of your organisation.

Our experienced instructors utilise engaging and interactive methods, incorporating real-world scenarios relevant to your sector, ensuring that your workforce is not only informed but also proficient in implementing safety practices.



Mobile Training

Our mobile training units are fully equipped and ideal for meeting the training needs of our clients.

With a quick set up time and a versatile layout, training is able to begin promptly. We are able to accommodate various training and rescue scenarios.



Delivering Unrivalled Safety Training

We have a deep understanding and unparalleled knowledge in the area of emergency response and incident management.



WORKING AT HEIGHT



CONFINED SPACE



FIRE SAFETY



HEALTH & SAFETY



GWO



EMERGENCY RESPONSE



MEDICAL & FIRST AID

ROPE RESCUE OPERATOR



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OVERVIEW

The 5 day Rope Rescue Operator course is for emergency personnel and personnel from organisations involved with working at height and rope rescue at an operational level. The course is comprised of theoretical and practical learning.

LEGISLATION

- Work at Height Regulations 2005
- PUWER (Provision and Use of Work Equipment Regulations 1998)
- LOLER (Lifting Operations & Lifting Equipment Regulations 1998)
- General Health & Safety Legalisation

LEARNING OUTCOMES

- Best practice for using a safety harness when undertaking work at height or in a confined space
- Correctly check, fit and use of a safety harness
- Undertake buddy checks
- Equipment familiarisation and best practice use
- How a safety harness can help in the event of a fall
- Carry out a range of technical rescues as part of a team, analysing static system safety factors

SYLLABUS

- Delegates will meet the required competencies for working at height and manual handling in a renewable environment
- Our instructors are specialists in working at height and rescue operations
- Delegates will be able to implement Safe Systems of Work in their environments
- Mobile training units - we are able to deliver training at your site
- Purpose built training facilities - dedicated safety harness area
- Increased confidence - your delegates will be trained in best practice processes for working at height and rescue

DURATION

5 days



ROPE RESCUE SUPERVISOR



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OVERVIEW

The 5 day Rope Rescue Supervisor course is for emergency services personnel and personnel from organisations who are required to supervise operational work at height and rope rescue situations. It is recommended that all SWAH and Rope Rescue Operators have a supervisor present when operational.

LEARNING OUTCOMES

On successful completion of the course, the student will have the knowledge and skills to:

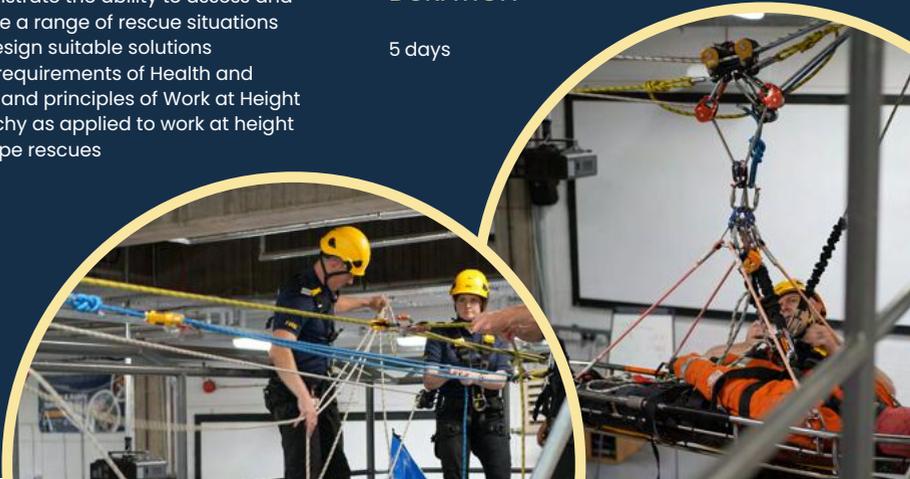
- Apply knowledge of rescue equipment: use, care, application and maintenance
- Apply advanced knowledge of a range of rescue equipment, its use, care and application
- Write and use Risk Assessments and Rescue Plans
- Supervise a range of technical rescues and analyse a range of rescue situations and design suitable solutions
- Demonstrate the ability to assess and analyse a range of rescue situations and design suitable solutions
- Apply requirements of Health and Safety and principles of Work at Height Hierarchy as applied to work at height and rope rescues

SYLLABUS

- An awareness of the legislation that applies for rope rescue and working at height operations
- Potential Supervisors will prepare a risk assessment and a rescue plan along with a lesson plan for both a practical and a theoretical session under guidance
- Potential supervisors will act as the supervisor for various scenarios during the course, a non exhaustive list is below:
- Selection and inspection of PPE and associated equipment for WAH
- Selection of anchor points and construction of anchor systems
- Safe systems of work for various scenarios
- Short climbs, passing knots, rope to rope transfers
- Mechanical advantage systems, self-built and pre-rigged
- Power lifting systems
- Pick rescues

DURATION

5 days



MISSING PERSONS SEARCH TECHNICIAN



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OVERVIEW

This course equips Search Volunteer Professionals with essential skills in missing persons behaviour, tactics, and techniques. Delivered by Police-approved instructors, it ensures training meets National Policing Search Standards and prepares attendees to operate confidently in Search & Rescue.

SCHEME OF WORKS

The course has been written in line with the Police Concept of Operations, delivered and designed for the Volunteer Professional Search & Emergency Services communities. The course is currently awaiting imminent Skills for Justice accreditation.

This course is broken down into individual lesson categories, with both theory and practical assessments. The individual lessons are:

- Water Awareness & Rescue Techniques
- Search Techniques
- Missing Person Behaviour
- Map Reading & Navigation
- Radio & Communication Skills
- Point of Find – actions on
- Crime Scene Awareness
- First Aid & Safeguarding
- Road Safety
- Health & Safety

SYLLABUS

Practical Assessments:

- Missing Person Behaviour – Applying GRAMPIAN, iFind, Koester and other profiling datasets, including use of 'SCENARIO' as a framework to build effective search strategies.
- Search Techniques – Practical use of critical spacing, assurance levels, and 360° search awareness, recognising the difference between simply 'looking' and actively 'searching'.
- Scenario Exercise – A full, scenario-based assessment demonstrating understanding of search and rescue techniques, safeguarding, and safe operational practice during a missing person deployment.

DURATION

5 days *Flexible scheduling to suit volunteer shifts and weekend availability.



INTRODUCTION TO INCIDENT COMMAND



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OVERVIEW

To provide delegates with an introduction to understanding the role and hierarchy of Incident command that can be applied to an effective integrated resolution of both spontaneous incidents and planned operations. Achieving and delivering an effective resolution by way of Operational (Bronze) command at the scene. Tactical (Silver) management of the incident and a Strategic (Gold) overview to protect life, property and the environment by understanding the site/business's Emergency Plans (Emergency Response Plan) and overall response framework for an incident.

LEARNING OUTCOMES

- Understand roles & responsibilities for managing incidents
- How to implement site response plans effectively to mitigate risk to life & property
- Understand the impact of safety-critical command skills, leadership, situational awareness, decision making, interpersonal communication, personal resilience and teamwork
- Benefits of aligning to effective integrated multi-agency operational response under the Joint Emergency Services Interoperability Principles (JESIP)
- Understanding the role of the scribe/loggist, media liaison/press officer

SYLLABUS

- Introduction to the roles & responsibilities of a site Incident Commander or as part of the onsite Incident Management Team.
- Enables those in charge of an incident to effectively understand the impact of safety-critical command skills; leadership, situational awareness, decision making, interpersonal communication, personal resilience, teamwork.
- Understand the roles and responsibilities required within the command structure to successfully record and resolve the situation with direction and action.
- Understanding of legal requirements; HSW act, Civil Contingencies and Corporate responsibilities.
- Understand importance of putting into place Emergency Plans and escalating critical information to implement Business Continuity Plans and Consequence Management.

DURATION

1 day



BREATHING APPARATUS TRAINING



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OVERVIEW

This course provides essential skills for effective use of Breathing Apparatus (BA) in hazardous environments. Participants will learn the duties of a BA wearer, perform general and pre-entry checks, and develop communication techniques. Key topics include working and moving in restricted vision and darkness, and the use of BA in inert entry.

SESSION AIM

- BA Wear
- Duties of a BA wearer
- Equipment check procedures
- Communications
- Gauge interpretation
- Familiarise with ancillary equipment related to the BA set including TIC
- BA survival/entrapment procedures/use of EASE Pack.
- BA set failure procedure
- Navigate confined space – set removal
- Carry out the correct procedures in the event of becoming entangled in cable
- Working and moving in restricted vision and darkness

LEARNING OUTCOMES

- Understand the effects of Heat and Humidity
- Have a basic understanding of Physiology and Respiration
- Understand the basic principles of operation of the ACS & Interspiro CABA
- Communicate via radio when wearing BA
- Define the procedures to be followed and control measures applied when BA is in use
- State the duties of the Supervisor, BA Wearers and Team Leaders
- State when a critical wear may be considered
- State the procedures to be followed during a critical wear
- Know the correct actions to take in the event of a BA Emergency
- Know the correct actions to take in the event of an entanglement
- Know how to move safely wearing BA in restricted vision and darkness

DURATION

1 day



INERT ENTRY TRAINING & FAMILIARISATION



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OVERVIEW

In this course, learners will be introduced to a life support system, focusing on its operational concept, key safety features, and essential working practices. By the end of the course, students will be equipped to demonstrate a thorough understanding of the cycle of operations related to the life support system, including its capabilities and limitations for practical use, ensuring they can operate the system safely and effectively in various scenarios. Anyone attending this course must be face fit tested.

SCHEME OF WORKS

This course is broken down into individual lesson categories, with both theory and practical assessments.

The individual lessons are:

- Life support system introduction and technical description
- System assembly and safe positioning
- Recommended working practices
- Rescue Procedures
- Module operator basics
- Admin and record keeping
- Harness wearing

LEARNING OUTCOMES

Scheme of Works Practical Assessments:

- Wearer/user assessment – demonstrating safe practice and communication skills – demonstrate ability to overcome claustrophobic tendencies
- Rescue assessment – demonstrating rescuer and self-rescue techniques

DURATION

1.5 days



LOW RISK CONFINED SPACE



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OVERVIEW

The Working in Low Risk Confined Spaces course is valid for 3 years and allows individuals to be competent to test the atmosphere in a confined space, select appropriate work equipment, and ensure emergency plans are in a place before work commences. The comprehensive 1-Day course is predominantly theoretical. Personnel will gain the knowledge to work in low risk confined spaces, operate a Safe System of Work, and carry out basic self and assisted rescue, including use of Escape Breathing Apparatus in a hazardous environment.

LEARNING OUTCOMES

- Better prepared - delegates will be able to identify low risk confined space entry points and respond in the event of an incident or emergency
- Meeting compliance - better insight into legislation and responsibilities that affect your organisation, as well as help to make your organisation compliant
- Able to apply safe systems of work - implement best practice procedures
- Increased capabilities - qualified employees and contractors
- Legislation - hold a better insight into legislation associated with confined space working

SYLLABUS

- Current confined space legislation
- Dangers associated with these areas
- Use of multi-gas monitors
- Human respiratory system
- Permits to work
- Methods of communication
- Use of correct PPE in confined spaces
- Using and testing confined space equipment under LOLER
- Recognition of confined spaces
- Hazardous atmospheres
- Risk assessments
- Safe systems of work for entry into confined spaces
- Disease and personal hygiene associated with confined spaces
- Emergency procedures
- Course assessment and feedback

DURATION

1 day



MEDIUM RISK CONFINED SPACE



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OVERVIEW

The Working in Medium Risk Confined Spaces course is valid for 3 years and provides an understanding of the various dangers of working in a Medium Risk Confined Space environment through both theoretical and practical learning. The comprehensive 2-Day course will upskill your employees and provide them with the skills and knowledge to work in a medium risk confined space. Personnel will gain the knowledge to work in medium risk confined spaces, operate a Safe System of Work, and carry out basic self and assisted rescue, including use of Escape Breathing Apparatus in a hazardous environment.

LEARNING OUTCOMES

- Better prepared - delegates will be able to identify medium risk confined space entry points and response in the event of an incident or emergency
- Meeting compliance - better insight into legislation and responsibilities that affect your organisation as well as help to make your organisation compliant
- Able to apply safe systems of work - implement best practice procedures
- Increased capabilities - qualified employees and contractors
- Legislation - hold a better insight into legislation associated with confined space working

SYLLABUS

- Current confined space legislation
- Dangers associated with these areas
- Use of multi-gas monitors
- Human respiratory system
- Permits to work
- Methods of communication
- Use of self-contained escape breathing apparatus
- Rescue and recovery of casualties
- Recognition of confined spaces
- Hazardous atmospheres
- Risk assessments
- Safe systems of work for entry into confined spaces
- Disease and personal hygiene associated with confined spaces
- Emergency procedures
- Course assessment and feedback

DURATION

2 days



HIGH RISK CONFINED SPACE



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OVERVIEW

The Working in High Risk Confined Spaces course is valid for 3 years and provides an understanding of the various dangers of working in a high risk confined space environment through both theoretical and practical learning. The comprehensive 3-Day course will upskill your employees and provide them with the skills and knowledge to work in high risk confined spaces, operate safe systems of work, be able to deliver a self-assisted rescue in a hazardous environment.

LEARNING OUTCOMES

- Better prepared - delegates will be able to identify high risk confined space entry points and response in the event of an incident or emergency
- Meeting compliance - better insight into legislation and responsibilities that affect your organisation as well as help to make your organisation compliant
- Able to apply safe systems of work - implement best practice procedures.
- Increased capabilities - qualified employees and contractors
- Legislation - hold a better insight into legislation associated with confined space working

SYLLABUS

- Current confined space legislation
- Dangers associated with these areas
- Use of multi-gas monitors
- Human respiratory system
- Permits to work
- Methods of communication
- Use of open circuit, self-contained breathing apparatus
- Use of safety lines
- Rescue and recovery of casualties
- Recognition of confined spaces
- Hazardous atmospheres
- ATEX, intrinsically safe equipment
- Risk assessments
- Safe systems of work for entry into confined spaces
- Hygiene associated with confined spaces
- Use of self-contained escape breathing apparatus
- Emergency procedures
- Course assessment and feedback

DURATION

3 days



MANAGEMENT OF CONFINED SPACES



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OVERVIEW

The Management of Confined Spaces course is valid for 3 years and provides individuals with the skills and knowledge for managing work in a confined space environment and the ability to operate Safe Systems of Work under the Confined Space Regulations 1997.

LEARNING OUTCOMES

- Upskill employees and contractors - better knowledge and confidence for working in confined space environments
- Better prepared - delegates will be able to identify and classify confined spaces
- Entry points can be identified and the response in the event of an incident or emergency can be prepared
- Meeting compliance - better insight into legislation and responsibilities that affect your organisation as well as help to make your organisation compliant
- Able to apply safe systems of work - implement best practice procedures
- Hazard identification - have an understanding of the hazards associated with confined space environments
- Legislation - hold a better insight into legislation associated with confined space working

SYLLABUS

- Current confined space legislation
- Dangers associated with these areas
- Use of multi-gas monitors
- Human respiratory system
- Permits to work
- Methods of communication
- Use of correct PPE in confined spaces
- Recognition of confined spaces
- Hazardous atmospheres
- Risk assessments
- Safe systems of work for entry into confined spaces
- Disease and personal hygiene associated with confined spaces
- Emergency procedures
- Course assessment and feedback

DURATION

2 days



EMERGENCY RESCUE AND RECOVERY



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OVERVIEW

The Emergency Rescue and Recovery course is valid for 3 years and provides delegates with a thorough understanding and insight into being a member of a confined space rescue team. This course develops delegates into competent personnel, who will be able to deliver advanced confined space rescues and adapt their rescue skills in a dynamic situation.

LEARNING OUTCOMES

- Upskilled employees and contractors – better knowledge and confidence for working in high risk confined space environments
- Specialist knowledge – such as how to operate escape breathing apparatus and undertake self and assisted rescue plans
- Rescue techniques – will be able to undertake self and assisted rescue techniques
- Equipment use – understand how to operate a multi-gas detector
- Able to apply safe systems of work – implement best practice procedures
- Increased capabilities – qualified employees and contractors
- Legislation – hold a better insight into legalisation associated with confined space working

SYLLABUS

- Identify and work in high risk confined spaces
- Understand emergency decision-making model (dynamic situations)
- Work safely and effectively as a rescue team member
- Use gas detection equipment in hazardous atmospheres
- Use safe systems of work for entry into confined spaces
- Initiate basic life support procedures (CPR)
- Diseases and personal hygiene associated with confined spaces
- Course assessment
- Identify dangers associated with confined spaces
- Plan and implement rescue team operations
- Understand the human respiratory system
- Use personal protective equipment
- Utilise various methods of communication
- Practical exercises to National Occupational Standard
- Awareness of the need for periodic examinations of equipment

DURATION

1 day



CRANE RESCUE



HFR
SOLUTIONS
CIC

OVERVIEW

This course is aimed at providing crane workers the training and practical experience required for self-evacuation and the rescue of a casualty from a crane, or other tall structures e.g. cab, crane structure, ladder, walkway or a casualty suspended from a lanyard after a fall.

LEARNING OUTCOMES

- Identification of suitable anchor points for rescue equipment
- Correct fitting of harness
- Safe transition from cab/jib
- Different methods of using rescue equipment
- Self-rescue
- Casualty rescue
- Packaging of casualty in a stretcher

SYLLABUS

- Anchor point selection
- Identification of safe decent paths
- Self-evacuation
- crane rescue kits
- Rescue from crane cab
- Rescue from crane Jib
- Care of a casualty
- Handling casualty who is suspended in a harness
- Risks associated with harness suspension
- Fitting of full body harness
- Use of fall protection lanyards
- Use of casualty harness and stretcher fitting
- Use of extension pole

DURATION

0.5 days



GWO ADVANCED RESCUE TRAINING (ART)



HFR
SOLUTIONS
CIC

OVERVIEW

The GWO Advanced Rescue Training (ART) course is valid for 2 years and provides delegates with the competency, skills and theoretical and practical knowledge to access and rescue an injured person. Within the 3 day course, delegates will learn best practice skills for delivering advanced rescue capabilities in a renewables environment.

LEARNING OUTCOMES

- Understand the importance of carrying out basic and enhanced first aid in a safe manner
- Act as a leader in first aid circumstances
- Administer safe, effective and immediate lifesaving and enhanced first aid measures to save lives and provide assistance in remote areas using advanced emergency equipment and medical tele-consultation
- Prepare the casualty for transfer to a nominated evacuation/rescue point at the location
- Request medical/rescue assistance by providing a concise and relevant report of the casualty's condition
- The delivery of immediate enhanced first aid to stabilise a casualty

SYLLABUS

The GWO ART training combined modules aim to mitigate and control the risk associated with rescue operations undertaken in and from wind turbines to facilitate better emergency preparedness and response within the renewables industry. This course syllabus has been developed around risk assessments, industry-related accident and incident statistics during the installation phase as well as during the operations, service and maintenance for on wind turbine generators and wind power plants.

- Rescue from blade
- Rescue from spinner
- Rescue from hub
- Rescue up
- Rescue down
- Advanced stretch work
- Advanced use of CRD's
- Power-driven devices
- Mechanical advantage systems
- Hub spinner and inside blade rescue (HSIBR)
- Nacelle, tower and basement rescue (NTBR)

DURATION

3 days



GWO WORKING AT HEIGHT & MANUAL HANDLING



HFR
SOLUTIONS
CIC

OVERVIEW

The GWO Working at Height and Manual Handling Combined course is valid for 2 years and has been designed to meet the basic training and competency requirements for all personnel, contractors and employers undertaking work at height and perform safe lifting techniques on wind farms within the renewables sector. This course ensures that delegates are competent to perform safe work at height, undertake a comprehensive basic rescue from height and encourage best practice manual handling behaviour and perform manual handling tasks safely to meet expected industry standards.

LEARNING OUTCOMES

- Safe working at height procedures
- Able to identify unsafe working at height practices
- Improving the safety of your employees who work at heights
- Increased competence - greater insight and ability to implement best practice
- A greater understanding of rescue techniques
- Using correct manual handling techniques
- Correct use of the evacuation and rescue devices
- Using correct rescue techniques

SYLLABUS

- Legislation and behavioural safety
- Fall prevention
- Vertical fall arrest systems
- Dropped objects
- Control measures to prevent injury during training
- Emergency procedure
- PPE review
- Harness
- Fall arrest lanyards
- Self-retracting lifelines
- Practical exercises
- Risks and hazards - suspension trauma
- Rescue devices and rigging set up
- Rescue exercises

DURATION

2 days



WORKING AT HEIGHT – BASIC SAFETY HARNESS



HFR
SOLUTIONS
CIC

OVERVIEW

The Working at Height – Basic Safety Harness course is valid for 3 years and is designed to provide delegates with the knowledge and understanding to work safely at height. They will gain the skills to enable the safe use of a full-body harness, energy-absorbing lanyards and work postponing lanyards. This Basic Safety Harness course outlines the uses and limitations of work at height equipment whilst giving individuals an appreciation of the implications of an emergency situation.

LEARNING OUTCOMES

- Best practice for using a safety harness when undertaking work at height or in a confined space
- Correctly check, fit and use of safety harness
- Undertake buddy checks
- Equipment familiarisation and best practice use
- How a safety harness can help in the event of a fall

SYLLABUS

- Legislation
- Types of access using personal fall protection equipment
- Care, maintenance, inspection and disposal of personal fall protection equipment
- Fitting and adjustment of personal fall protection equipment before climbing
- Rescue and considerations for incidents involving harness suspension
- Types of protection against falls from height
- Selection and types of personal fall protection equipment to fall arrest
- Pre-use checks
- Climbing and moving around structures

DURATION

4 hours



WORKING AT HEIGHT COMPETENT WORKER



HFR
SOLUTIONS
CIC

OVERVIEW

The Working at Height Competent Worker course is valid for 3 years and is designed to provide delegates with the knowledge and skills to work safely at height. Delegates will understand how to use and select appropriate working at height equipment and perform periodic inspections of PPE in order to meet the requirements of a competent worker. Our Competent Worker course teaches specialist knowledge of safe working practices, rescue plans and techniques.

LEARNING OUTCOMES

- Delegates will meet the required competencies for working at height
- Our instructors are specialists in working at height
- Increased confidence - your delegates will be trained in best practice processes for working at height
- Delegates will be able to implement Safe Systems of Work in their environments
- Mobile training units - we are able to deliver training at your site
- Purpose built training facilities

SYLLABUS

- Best practice for understanding safe working at height methods and implementing safe systems of work
- Identify unsafe working at height methods
- Better insight into legislation and responsibilities that affect your organisation
- Delegates learn how rescue plans and techniques can affect employees working at height
- Equipment familiarisation - rescue kits and equipment such as Arrestor Systems, Safety Harness and Attachment Points
- Working at height principles - a greater understanding of working at height rescue techniques, plans and rescue kits
- Individuals will be better prepared for potential incidents and emergencies encountered whilst working at height

DURATION

1 day



MANAGEMENT OF WORK AT HEIGHTS



HFR
SOLUTIONS
CIC

OVERVIEW

The Management of Work at Heights course is valid for 3 years and provides individuals with the skills and knowledge for planning, supervising and managing work at height activities to ensure compliance under The Work at Height Regulations 2005.

LEARNING OUTCOMES

- Have a good awareness of the requirements against Work at Height Regulations 2005 to safely manage operations at height, and be able to demonstrate competency against the relevant standards.
- Be able to recognise work at height tasks and be able to identify the appropriate Safe Systems of Work to meet legislation standards.
- Understand the hazards associated with working at height and how to mitigate against these.
- Knowledge of how to ensure employees, contractors, and any other personnel, are trained, competent and safe to work at height on your site.
- Awareness of appropriate rescue provisions to deal with incidents at height and comply with legislative requirements.

SYLLABUS

- To enable supervisors, managers and anyone else, who has responsibility to put individuals to work at height, to have the correct knowledge and understanding to ensure safe and effective standards are in place.
- An awareness of the WAH legislation and industry guidance relating to managing work at height activities.
- Knowledge of how to plan, organise, and manage work at height tasks safely.
- How to apply effective safe systems of work at height.
- Develop robust risk assessments and rescue plans for work at height tasks.
- Knowledge of effective incident response, on-site rescue provisions, and implementation of work at height rescue plans.

DURATION

1 day



FIRE EXTINGUISHER



HFR
SOLUTIONS
CIC

OVERVIEW

The Fire Extinguisher course is valid for 3 years and is designed to provide individuals with the skills, knowledge and understanding required to safely operate fire extinguishers in the event of a fire incident or emergency. This course is a mixture of theory and practical learning; allowing delegates to use a fire extinguishers during a live-fire demonstration.

LEARNING OUTCOMES

- Increased competence using different fire extinguishers
- Meeting workplace safety
- Specialist knowledge – correct selection, limitations and capabilities of fire extinguishers
- Hands on module – practical use of fire extinguisher using a live-fire demonstration
- Improved knowledge – basic principles of fire hazards
- Legislation – responsibilities and compliance
- better prepared for handling potential fire incidents in the workplace
- Safer workplace – safer employees and reduced chance of personal injury
- Upskilled employees – improved knowledge and confidence
- Ability to apply best practice procedures when implementing fire prevention measures

SYLLABUS

- Legislative responsibilities
- Fire spread/development
- A worked through case study example
- Classes of fire
- Practical use of fire extinguishers utilising live-fire demonstration unit
- Fire triangle (reactive)
- Fire actions (general and site-specific)
- Fire extinguisher types
- Selection, capability and limitations of fire extinguishers

DURATION

6 hours



FIRE MARSHAL



HFR
SOLUTIONS
CIC

OVERVIEW

The Fire Marshal course is valid for 2 years and is designed to equip Fire Marshals and Wardens with the skills, knowledge and understanding to safely perform both their proactive and reactive role in the workplace. As a result of attending this course, delegates will increase their competence levels, knowledge and skills in numerous fire safety related topics.

LEARNING OUTCOMES

- Legislative responsibilities and compliance
- Duties of a fire marshal (general and site-specific)
- Science of fire
- The elements of the fire triangle (reactive and proactive)
- How fire spreads
- Fire prevention measures
- Fire actions (general and site-specific)
- Common and site-specific safety hazards
- Case study example
- Site-specific roles and responsibilities
- Classes of fire
- Different types of fire extinguishers
- Selection, capability and limitations of fire extinguishers
- Practical use of fire extinguishers utilising live-fire demonstration unit
- Practical exercises

SYLLABUS

- Legislative responsibilities
- Science of fire
- Fire spread/development
- Fire actions (general and site-specific)
- Case study examples
- Fire extinguisher types
- Selection, capability and limitations of fire extinguishers
- Fire marshal duties (general and site-specific)
- Fire triangle (reactive and proactive)
- Fire prevention
- Common/site specific safety hazards
- Site-specific roles and responsibilities
- Classes of fire
- Practical use of fire extinguishers utilising the live-fire demonstration unit

DURATION

6 hours



GWO FIRE AWARENESS



HFR
SOLUTIONS
CIC

OVERVIEW

The GWO Fire Awareness course is valid for 2 years and outlines the basic safety training and competence recommended by Global Wind Organisation (GWO) industry association for personnel involved with work on wind turbines and any associated site or project infrastructure. The course syllabus outlines the general health and safety duties of employers to their employees in terms of fire safety and prevention.

LEARNING OUTCOMES

- Knowledge - competence to meet the GWO fire awareness standards
- Correct techniques - use best practice fire safety techniques
- Best response - trained delegates will be able to handle small fires
- Safer workplaces - safer employees and reduced chance of personal injury
- Increased competence - greater insight and ability to implement best practice
- Upskilled employees and contractors
- Better prepared for handling potential incidents encountered at an offshore location and wind turbine
- Ability to apply best practice procedures for implementing fire prevention, manual handling, working at height, first aid and marine survival best practice techniques

SYLLABUS

- Personal responsibilities of employees and the self-employed
- Overview of relevant legislation
- Overview of relevant standards and guidance
- Fire combustion and fire spread
- Hazards and risks relating to fires within the wind industry
- Fire prevention
- Fire extinguishing
- Risk assessments and control measures for fire awareness
- Firefighting equipment used within the wind industry
- Emergency procedures and safety instructions
- Appreciate the relevance of different company/site-specific health and safety procedures and rules

DURATION

4 hours



FIRE SAFETY AWARENESS – THEORY ONLY



HFR
SOLUTIONS
CIC

OVERVIEW

The Fire Safety Awareness – Theory Only course is valid for 2 years and is designed to provide delegates with a basic overview of the principle hazards presented by fire and how they can contribute towards a proactive safety solution. Delegates will also receive input on the selection and practical application of fire extinguishers.

LEARNING OUTCOMES

- Competence – delegates will meet the required competencies for workplace fire safety
- Improved knowledge – understanding of basic principles of fire hazards and theory
- Correct techniques – implement best practice fire safety techniques
- Specialist knowledge – comprehensive insight into fire extinguishers selection
- Better prepared for handling potential fire incidents

SYLLABUS

- Legislative responsibilities
- Fire spread/development
- Case study examples
- Class of fire
- Fire triangle (reactive)
- Fire actions (general and site-specific)
- Fire extinguisher types
- Selection, capability and limitations of fire extinguishers

DURATION

3 hours



EVACUATION CHAIR TRAINING



HFR
SOLUTIONS
CIC

OVERVIEW

The Fire Safety Awareness – Theory Only course is valid for 2 years and is designed to provide delegates with a basic overview of the principle hazards presented by fire and how they can contribute towards a proactive safety solution. Delegates will also receive input on the selection and practical application of fire extinguishers.

LEARNING OUTCOMES

- Recognise the situations in which it is appropriate to use a casualty evacuation chair
- Recognise the manual handling hazards associated with using the chair
- Successfully move an individual from various positions into the chair
- Safely use the chair to move an individual downstairs
- Recognise the limitation of the chair
- Safe manoeuvring of a casualty between different floors
- Safe way of moving a casualty
- Supports effective communication skills

SYLLABUS

- Recognise the situations in which it is appropriate to use a casualty evacuation chair
- Successfully move an individual from various positions into the chair
- Recognise the limitations of the chair
- Recognise the manual handling hazards associated with using the chair
- Safely use the chair to move an individual downstairs
- Best practice evacuation working principles

DURATION

1 day



IOSH MANAGING SAFELY



HFR
SOLUTIONS
CIC

OVERVIEW

The IOSH Managing Safely course brings managers up to speed on the practical actions they need to take to handle health and safety for their teams. The flexible course content makes it suitable for managers and supervisors in any business sector and organisation. Delegates are converted into health and safety experts; giving them the knowledge and tools to tackle the health and safety issue they're responsible for.

LEARNING OUTCOMES

- Upskilled employees and contractors - confidently able to identify risks
- Increased capabilities - for supervisors and managers who undertake risk assessments in your workplace
- Investment in your employees and business - risk identification can help to mitigate future costs to your business
- Progression - delegates successfully completing the IOSH course can progress onto NEBOSH accredited health and safety training courses
- Able to apply best practice procedures in your own environment

SYLLABUS

- Introducing managing safely
- Controlling risks
- Identifying hazards
- Measuring performance
- Assessing risks
- Understanding your responsibilities
- Investigating accidents and incidents
- Risk assessment based projects
- End of course assessment - 22 question multiple-format paper

DURATION

3 days



IOSH WORKING SAFELY



HFR
SOLUTIONS
CIC

OVERVIEW

The IOSH Working Safely course is an accredited 1 day course for individuals of any skillset, in any sector, requiring a good grounding in the importance of health and safety within the workforce. This course focuses on why health and safety is important and how you can make a real difference to the wellbeing of yourself and others through changing your behaviour. The focus of the Working Safely course is on best practice, rather than legislation.

LEARNING OUTCOMES

- Delegates trained in best practice processes
- Upskilled employees and contractors - confidently able to identify risks
- Increased capabilities - for employees and any other members of staff who undertakes risk assessments in your workplace
- Investment in your employees and business - risk identification can help to mitigate future costs to your business
- Progression - delegates successfully completing the IOSH course can progress onto NEBOSH accredited health and safety training courses
- Able to apply best practice procedures in your own environment

SYLLABUS

- Introducing working safely
- Realities of the human suffering
- Importance of personal responsibility
- Defining hazard and risk
- Identifying common hazards
- Work traffic, fire, chemicals, electricity, physical and verbal abuse, bullying, stress, noise, slips, trips, falls and manual handling
- Improving safely performance

DURATION

1 day



SAFE MOVING AND HANDLING



HFR
SOLUTIONS
CIC

OVERVIEW

The Safe Moving and Handling course is valid for 3 years and is designed for organisations who are responsible for assisting with their own movements. Delegates will be provided with the essential knowledge and understanding of safe moving techniques to prevent personal injury to the patient and to the person who is being moved. The syllabus will also cover the industries' legal requirements relevant to the handling of people.

LEARNING OUTCOMES

- Making the process of moving and handling patients as safe as possible
- Move and handle people in a way that provides dignity and greater comfort to the patient
- Individuals will be taught best practice techniques for moving and handling people with the least amount of effort
- Familiarisation and usage of specialist equipment
- Improved team competence levels

SYLLABUS

- Introducing working safely
- The reality of human suffering
- Importance of personal responsibility
- Defining hazard and risk
- Identifying common hazards
- Work traffic, fire, chemicals, electricity, physical and verbal abuse, bullying, stress, noise, slips, trips, falls and manual handling
- Improving safety performance

DURATION

5 hours



GWO FIRST AID



HFR
SOLUTIONS
CIC

OVERVIEW

The GWO First Aid course is valid for 2 years and provides delegates with the confidence to deliver first aid. This course covers the key elements of first aid including the use of first aid equipment, risk assessments and control measures for first aid and an overview of relevant health and safety legislation.

LEARNING OUTCOMES

- Knowledge – competence to meet the GWO First Aid standards
- Correct techniques – use best practice first aid and basic life support techniques
- Best response – trained delegates will be able to administer basic first aid
- Safer workplaces – safer employees and reduced chance of personal injury
- Increased competence – greater insight and ability to implement best practice
- Up-skilled employees and contractors – Improved knowledge and confidence covering basic fire safety, safe lifting, working at height practices, basic lifesaving and sea survival techniques within a wind turbine and offshore locations
- Better prepared – For handling potential incidents encountered at an offshore location and wind turbine

SYLLABUS

- Health and safety duties of employers and employees
- Overview of relevant legislation, standard and guidance
- Incident/injury detecting and reporting
- Injuries and illnesses of the human body (signs, symptoms and remedies)
- Hazards and risks in the workplace
- Correct use of techniques for first aid and lifesaving
- Risk assessments and control measures for first aid
- Equipment used to initiate first aid
- Emergency procedure and safety instructions
- Environment factors and site-specific health and safety procedures
- ABC technique
- AED technique
- Rice method
- CPR method

DURATION

1 day



GWO ENHANCED FIRST AID



HFR
SOLUTIONS
CIC

OVERVIEW

Increase your first aid capabilities with our GWO EFA course. The GWO Enhanced First Aid (EFA) course is valid for 2 years and covers a vast array of advanced first aid and medical competencies. Within the 3 day course, delegates will learn how to safely display and administer enhanced first aid techniques in a renewables environment. This course is supported by scenario-based training.

LEARNING OUTCOMES

- Understand the importance of carrying out basic and enhanced first aid in a safe manner
- Act as a leader in first aid circumstances
- Administer safe, effective and immediate lifesaving and enhanced first aid measures to save lives
- Provide assistance in remote areas using advanced emergency equipment and medical tele-consultation
- Prepare the casualty for transfer to a nominated evacuation and rescue point at the location
- Request medical and rescue assistance by providing a concise and relevant report of the casualty's condition
- The delivery of immediate enhanced first aid to stabilise a casualty

SYLLABUS

- Advanced Airway Management
- Burns
- Oxygen Therapy
- Resuscitation
- Introduction to Trauma
- Casualty Vital Signs
- Practical Packaging Skills
- Bleeds and Wounds
- Body Temperature Extremes
- Medical Emergencies
- Pain Relief and Management
- Trauma Management
- Various Practical First Aid Scenarios

DURATION

3 days



TIER 1 FIRST AID



HFR
SOLUTIONS
CIC

OVERVIEW

The Automated External Defibrillator and CPR Tier 1 First Aid course is valid for 2 years and is aimed at any workers within your business and will provide individuals with the essential basic skills of resuscitation capability and best practice CPR skills and AED usage. This training course will provide delegates with the simple, but necessary skills to attempt resuscitation in an emergency situation as well as highlighting the importance of first aiders maintaining safety measures.

LEARNING OUTCOMES

By completing the half day Tier 1 AED and CPR training course, delegates will increase their skills, knowledge and capabilities to administer first aid in the workplace and benefit from the following learner outcomes;

- A better understanding of when to use CPR
- Insights into survival rates
- How this life skill can help for first aid incidents at home
- Safe use of an AED
- Deliver basic life support skills

SYLLABUS

- Abnormal heart rhythms
- AED accessories
- Angina
- Basic life support (CPR)
- Chain of survival
- Choking
- CPR - Adult, child and infant or baby including using an AED
- Heart attacks
- Hygiene during CPR
- Initial management of catastrophic bleeds
- Post-Traumatic stress
- Recovery position
- Reporting AED usage
- AED safety
- Survival rates
- Unconscious patients

This training course is supported by a Tier 1 medical personal pouch which includes essential first aid equipment such as gloves, CPR mask and dressings.

DURATION

4 hours



TIER 2 FIRST AID



HFR
SOLUTIONS
CIC

OVERVIEW

The Emergency First Aid at Work Tier 2 First Aid course is valid for 3 years and is aimed at first aiders. The course syllabus covers basic first aid skills to handle an emergency medical incident and sustaining life within the workplace such as choking, CPR, heart attack and the recovery position. This course covers a comprehensive insight into emergency first aid principles and the administration of best practice techniques to help maintain a safer working environment.

LEARNING OUTCOMES

By completing the 1 day Emergency First Aid training course, delegates will increase their skills, and competencies to safely administer emergency first aid in the workplace and benefit from the following learner outcomes:

- Confidence to treat a patient promptly
- Better prepared to handle first aid incidents
- Ability to safely administer first aid at work
- Greater capability to deal with first aid incidents

SYLLABUS

Delegates will be reminded of how to safely and effectively recognise common illnesses and injuries and be able to use simple management techniques.

- AED
- Angina
- Children
- Choking
- CPR
- Heart attack
- Heart rhythms
- Hygiene
- Post-traumatic stress
- Recovery position
- Resuscitation
- Safety
- Survival rates
- Unconsciousness

DURATION

1 day



TIER 3 FIRST AID



HFR
SOLUTIONS
CIC

OVERVIEW

The Tier 3 First Aid course is valid for 3 years and is the recognised industry standard for workplace First Aid training and satisfies all the recommendations of the HSE's guidance. Delegates will learn a range of skills and competencies which include; how to safely and effectively recognise a variety of illnesses and injuries and the use of simple techniques to aid in their management.

LEARNING OUTCOMES

By completing the 2 day First Aid course, delegates will increase their skills, knowledge and capabilities to administer first aid in the workplace and benefit from the following learner outcomes;

- Treat a patient promptly
- Ability to safely administer first aid at work
- Greater capability to deal with first aid incidents

SYLLABUS

This course will use a variety of blended learning methods including first aid theory and practical scenarios to cater for differing learning styles.

- AED Plus
- Amputation
- Anaphylaxis
- Angina
- Asthma
- Bleeding
- Burns
- Chest injury
- Choking
- CPR
- Croup
- Crush injury
- Diabetes
- Drowning
- Epilepsy
- Seizures
- Eye injury
- Fainting
- Febrile convulsions
- Fractures
- Frostbite
- Head injuries
- Heart attack
- Heat exhaustion
- Heatstroke
- Hyper ventilation
- Internal bleeding
- Poisoning
- Recovery position
- Shock
- Spinal injuries
- Sprains / strains
- Unconsciousness

DURATION

2 days



TIER 4 FIRST AID



HFR
SOLUTIONS
CIC

OVERVIEW

The First Responder On Scene – Tier 4 first Aid course is valid for 2 years and focuses on first responders and the delivery of an advanced level of medical care. The purpose of the course is to provide advanced trauma response and immediate life support to the patient pending the arrival of definitive pre-hospital care.

LEARNING OUTCOMES

- Up-skilled employees and contractors
- Increased capabilities
- Investment in your employees and business
- Able to apply best practice procedures in your own environment

Individuals are more equipped to deal with major incidents such as:

- Major bleeds
- Burns
- Trauma incidents
- Broken Limbs
- Resuscitation

DURATION

3 days

SYLLABUS

- Scene management (including dynamic risk assessment)
- Kinematics
- Mechanisms of injury
- Catastrophic bleeding including use of advanced wound dressings and tourniquets
- Airway management including suction and oropharyngeal airways
- Ventilation with bag valve mask
- Taking observations including blood pressure/sugar levels
- Extremity trauma including SAM and vacuum splints
- Burns – using advanced burns treatments including airways burns
- Suspension intolerance including rescue techniques
- Crush injuries
- Casualty packaging techniques inc vacuum mattress, scoop stretcher and cervical collar
- Special circumstances inc drowning, poisoning, paediatrics
- Heat-related conditions – hyper/hypothermia



ROAMER STANDARD



HFR
SOLUTIONS
CIC

OVERVIEW

The Remote Operational Advanced Medical Emergency Response (ROAMER) course is amongst the most advanced three day medical courses offered to non-healthcare professionals on the market today. The course leaves delegates confident to deliver high quality care in cases of both serious illness and traumatic injury including the use of airway management devices, pain relief, medications and trauma management. If there is a potential for traumatic injury on your site then it is vital that appropriate care is delivered in a timely fashion, this course will ensure your response personnel can deliver that care. Each ROAMER course is bespoke to your industry be that emergency services, maritime, energy or heavy industry.

LEGISLATION

- The Health and Safety (First-Aid) Regulations 1981 General Health & Safety Legislation Health and Safety at Work Act 1974
- Management of Health and Safety at Work Regulations 1999
- Resuscitation and First Aid Guidelines 2021

DURATION

3 days

SYLLABUS

- Resuscitation and AED
- Airway Management including the use of suction and supraglottic airways
- Oxygen Therapy
- Medical emergencies including recognition and intervention
- Extremes of Body Temperature
- Scene Safety and Initial Assessment
- Wounds and bleeding including catastrophic
- Trauma Management
- Burns
- Pain Relief including Entonox and Pentrox
- Medicines including EpiPens, aspirin, glucose and more dependent upon industry

The Tier 5 course is supported by a unique and bespoke advanced first responder kit bag which contains advanced equipment to support the role of a first responder to deliver advanced trauma, immediate emergency care and definitive pre-hospital care.





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Training Centre, Fire Brigade HQ, Hull, HU4 7BB 

customer@hfrsolutions.co.uk 

01482 398521 

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