

**Experts in Safety**

**arco**<sup>®</sup>



# Arco **TRAINING & CONSULTANCY**

- Consultancy
- Safety, Health and Environment Training
- Mobile Confined Space Training
- Specialist Respiratory Services



Arco is the UK's leading supplier of personal protective equipment, workwear and workplace safety products offering a world-class range of over 170,000 products.

As Experts in Safety we are widely recognised as a provider of specialist advice through our branch network and this is further supported by our training and consultancy division offering support on health, safety and environmental compliance.

We reach our customers through an extensive product catalogue, interactive website, local Sales Offices and a network of over 40 Trade Counters. We pride ourselves on providing customers with great availability, performance and price.

Founded in 1884 Arco has a heritage spanning four generations. With traditional family values at the heart of the business we pride ourselves on our core values; respect, hard work, enterprise and excellence in reputation.

We fully subscribe to the Ethical Trading Initiative (ETI) Nine Principles Base Code and have fully incorporated the internationally recognised code of labour practice into our own ethical policy. In 2007 Arco was the first distributor in our industry to become a member of the ETI and in 2010 we became a member of Sedex, the Supplier Ethical Data Exchange. We continually support local communities and charities donating in excess of 1% of pre tax profits annually.

As we're members of the BSIF Registered Safety Suppliers Scheme you can be confident that we'll supply safety equipment which is genuine and compliant with the relevant standards and regulations. The BSIF monitor and regulate members of the scheme by conducting regular standards audits.

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# Safety, Health and Environment

Arco Training and Consultancy is committed to achieving its vision of being a high quality consultancy, specialising in safety, health and environmental services.

Our experienced, chartered safety and health practitioners work with clients to understand what does safe looks like for their organisation. This can include brand, reputation, insurance, business continuity and financial wellbeing, all with the outlook that people are your greatest asset.

In 2012/13 the Health and Safety Executive (HSE) released their national statistics identifying the number of people who have been affected by an injury or ill health while at work in the UK.

## Injuries

- **148** workers were killed at work, a rate of 0.5 fatalities per 100,000 workers.
- **78,222** other injuries to employees were reported under RIDDOR, a rate of **311.6** per 100,000 employees.
- **175,000** reportable injuries (defined as over-7-day absence) occurred, according to the Labour Force Survey, a rate of **610** per 100,000 workers.

## Ill health

- **1.1 million** people who worked during the last year were suffering from an illness (long-standing as well as new cases) they believed was caused or made worse by their current or past work. **0.5 million** of these were new conditions which started during the year\*.
- A further **0.7 million** former workers (who last worked over 12 months ago) were suffering from an illness which was caused or made worse by their past work\*.
- There are approximately **13,000** deaths each year from work-related diseases\*\*.

## Environment

In England and Wales there were 694 serious pollution incidents in 2010, a 16.5 per cent decrease compared with 2009 figures\*\*\*.

Pollution incidents can have a significant adverse impact on local communities and wildlife. It may take several years for wildlife populations to recover following a serious pollution incident.

## Legislation

**The legislation states:**

### UK

The Health and Safety at Work etc. Act 1974, states that it is the employer's duty to ensure their employees, self-employed and general public are safe from harm while at work, and protect others from their work activities, as far as reasonably practicable, safe and without risks to health.

### Ireland

The Safety Health and Welfare at Work Act, 2005 (S.I. No 10 of 2005) requires the provision of a safe place of work; this applies to employees, employers and the self employed. Section 19 of the Safety, Health and Welfare at Work Act 2005, requires that employers and those who control workplaces to any extent must identify the hazards in the workplaces under their control and assess the risks to safety and health at work presented by these hazards.

Health and safety training is a requirement for any business to help to reduce accidents and ill health in the workplace. Providing health and safety training ensures employers, employees, the self-employed and contractors conduct their work in a way that reduces the risks to the health and safety of those concerned.

# Arco Training and Consultancy



Arco Training and Consultancy is a health and safety training provider, offering training management and delivery to companies across the UK and Ireland.

We offer support that's designed to help clients identify their training needs, to ensure continuous health and safety improvements are made.

Flexibility is one of our key strengths and we have a strong track record of developing bespoke training courses over a number of years. The combination of working with a client on their policies and procedures and then translating their needs into a training programme is what we specialise in.

We also provide proactive suggestions on health and safety issues and legislation to support our clients. For example, we may suggest a way of implementing a new safety standard that enables the business to achieve compliance at a lower cost; or guidance on the revision of a company health and safety policy, such as management of confined spaces.

Our approach to ensuring consistency and high quality client relationships begins with recruitment. Our senior trainers have a wealth of industry experience and teaching skills ensuring credibility with those on our courses. They are also able to share their practical knowledge to support clients when designing policies and training courses.

Our ethics are based on providing a bespoke approach to client management, ensuring that communication and client liaison remains as important as the training delivery.

Our teams' expertise enables us to supply a full range of training solutions, including:

- **Confined Space Training at all levels (including all C&G 6150 qualifications)**
- **IOSH /NEBOSH / CIEH Accreditations**
- **Environmental Spill Awareness and Spill Response Training**
- **PUWER Assessments**
- **COSHH Training**
- **Permit to Work Training**
- **Manual Handling Training**
- **Abrasive Wheel Training**
- **DSEAR Awareness / Risk Assessment Training**
- **Fire Training**
- **Mobile Plant - Slings and Lifting / Fork Truck / PASMA and IPAF Accredited Training**

Our offer is broken down into three key areas:

### Consultancy

We have a team of chartered safety and health practitioners who are all CMIOSH accredited and who specialise in providing dedicated support to help you stay compliant with the latest health, safety and environmental legislation.

### Safety, Health and Environment Training

We offer a range of safety, health and environment training courses which are delivered by our knowledgeable and experienced team. We provide accredited courses such as IOSH, NEBOSH, City & Guilds and Chartered Institute of Environmental Health we also offer bespoke training courses which are tailored around your specific requirements.

### Specialist Respiratory Services

With the largest technical Respiratory Protective Equipment team in the UK and Ireland, we can ensure that your team are appropriately trained on face fit testing, using the correct RPE for the environment, RPE inspection and RPE maintenance.

# Consultancy



We are fully aware that clients utilise consultancy services for many different reasons, this might include labour provision when required or when in-depth technical expertise is needed around a given subject area or project based.

The team has over 150 years of industrial safety experience, with an established reputation in all aspects of safety, health and environment.

With their breadth of knowledge, industrial and technical experience plus a sensible risk management approach they provide realistic and practical solutions to resolve problematic issues with clear and simple advice.

As Experts in Safety we help clients achieve best practice around the latest legislative requirements.

### Areas of expertise include:

- **Behavioural Safety**
- **Confined Space Registers**
- **Construction, Design and Management Services**
- **DSEAR Assessments**
- **Gap Analysis Audits: 18001 – 14001**
- **Occupational Noise and Hygiene Monitoring**
- **Slip Resistant Floor Surveys**
- **Specialist Respiratory Services**
- **Vibration Monitoring Programmes**

There may be occasions when you require additional specialist knowledge or short-term resource. Our consultants are available to carry out support on specific projects or provide additional cover when required. We can even back-fill work while your company safety officer undertakes other projects.

### We can help you to:

- **Identify your business needs**
- **Provide one-to-one safety advice specifically for your business**
- **Promote a positive health and safety culture**
- **Develop bespoke training and services to mirror the way you work**
- **Management services, risk assessments and auditing**

### Occupational Safety and Health Consultants Register

The aim of this register is to help businesses find advice on managing their general health and safety risks. The register is only open to those health and safety consultants who have met certain standards within their professional bodies, our team meets these standards.



# Safety, Health and Environment Training



We focus heavily on the learner experience and can create bespoke training programmes around our clients requirements.

Our approach to training is very much collaborative; people management is high on our agenda as we look to help organisations keep people safe in the workplace.

We feel that by spending time with clients and understanding their training requirements, systems, and procedures that our training packages can be aimed at the learner group(s) specifically, rather than relying on generic packages (if this is what our clients specify).

We understand at times it can be difficult to release employees for training; therefore our training programmes can be delivered through day release, block release or to fit in with shift patterns. Training can also take place at your site, removing the cost of hiring an external venue and possible downtime. The courses we provide are interactive and educational, drawing on our own consultants' experiences to bring realistic and relevant scenarios to life related to the employee's environment.

Our safety, health and environment training can be tailored to your needs, whether you need an accredited course such as IOSH, NEBOSH, City & Guilds, Chartered Institute of Environmental Health or Water Jetting Association, non-accredited or bespoke training. Our training courses are designed for different levels within the organisation and are tailored to the task/role.

# Mobile Confined Space Training



We offer expert training for working in confined spaces and take the time to understand your needs and develop courses, training and services to reflect the way your business works, enabling maximum benefit to you and your employees.

Our fleet of mobile confined space training units enable confined space training, face fit testing and breathing apparatus training, both theoretical and practical, to take place on site.



### Accredited

Designed to accommodate a variety of industry confined space standards, our training units incorporate advanced technology and can be used for accredited training including all levels of City and Guilds approved courses (6150 both Water and Non Water related modules).

Level 2 Award in Working in Low Risk Confined Spaces in the Water Industry	6150-01
Level 2 Award in Working in Medium Risk Confined Spaces in the Water Industry	6150-02
Level 2 Award in Working in High Risk Confined Spaces in the Water Industry	6150-03
Level 3 Award in Top Man / Person for High Risk Confined Space in the Water Industry	6150-14
Level 3 Award in Emergency Rescue and Recovery of Casualties for Confined Space in the Water Industry	6150-06
Level 2 Award in Working in Low Risk Confined Spaces - Non Water	6150-51
Level 2 Award in Working in Medium Risk Confined Spaces - Non Water	6150-52
Level 2 Award in Working in High Risk Confined Spaces - Non Water	6150-53
Level 3 Award in Top Man / Person for High Risk Confined Space - Non Water	6150-54
Level 3 Award in Emergency Rescue and Recovery of Casualties for Confined Spaces - Non Water	6150-55
Level 2 Award in Working in Medium Risk Confined Spaces (Top Person) (Non Entrant) - Non Water	6150-56

# Mobile Confined Space Training

## Non-accredited and Bespoke

Non-accredited courses are developed by working in partnership with clients across all industry types.

Throughout every course that we deliver a major focus is given to the practical exercises with realistic scenarios so that all delegates can practise their competency in every aspect of confined space entry along with the associated equipment.

This type of delivery enables clients' policies and procedures, risk assessments and safe systems of work to be brought to life so that all employees fully understand their existence and implementation.

Our state of the art mobile confined space units enable all of the team to be involved throughout the practical exercises. The mobile training units can be used to realistically simulate those confined spaces that are being entered by the delegates at work. We have great experience in this area working with organisations of all sizes across the UK and Ireland.



Working in Low Risk Confined Space	<b>1 Day Course</b>
Confined Space Self Rescue Course	<b>2 Day Course</b>
Confined Space complete with BA	<b>3 Day Course</b>
Confined Space Management Course	<b>1 Day Course</b>
Confined Space Permit to Work Course	<b>1/2 Day Course</b>
Emergency Rescue and Recovery of Casualties including Paramedic and Fire Services simulation interactions	<b>1 Day Course</b>
Confined Space Bespoke Course (Aligned to clients policies and procedures, risk assessments and SSOW)	<b>TBC in line with client</b>

## Face Fit Testing and Training

The mobile confined space training units are fully equipped to deliver on-site face fit testing and breathing apparatus training on sites such as oil refineries, petrochemical plants, power generation facilities and any other type of industry requiring this flexible, cost effective service.

## The Mobile Confined Space Unit provides:

- Cost saving and minimal disruption
- Rapid set up of the totally self-sufficient unit
- Live monitoring and videoing of training
- Realistic simulation of industrial environments
- Vertical entry, with over three metres vertical access
- Horizontal entry, 30 metres of internal tunnels
- Training equipment supplied

**For more information contact**  
**UK Tel +44 (0)1482 611769 or email [services@arco.co.uk](mailto:services@arco.co.uk)**  
**Ireland Tel 01409 5000 or email [services@arcosafety.ie](mailto:services@arcosafety.ie)**

# Authorised and Bespoke Training Courses

We also supply a wide range of health and safety courses to help you achieve compliance, best practice and continuous improvements by providing training solutions that are hazard focused and are designed to identify and reduce associated risks.

## Harness Wearer

This course is for personnel who need to wear safety harnesses for fall prevention or fall arrest as part of their work.

### Learning Outcomes

- Harness selection
- Lanyard selection
- Fixing point selection
- Harness/lanyard/equipment personal inspection
- Harness wearing, including fitting, adjustments and connecting lanyards etc.
- Theoretical and practical for each delegate

## Working At Height - Equipment

The course is designed for personnel who are required to use Personal Fall Protection Equipment (PFPE) in order to work safely at height.

### Learning Outcomes

- Overview of the Work at Height Regulations
- Fall prevention equipment
- Fall arrest equipment
- Lanyards – fixed length and adjustable
- Karabiners
- Anchor and fixing points EN795-A1
- Overhead wire systems EN795-C

## Rescue Climber

A course designed to instruct personnel in the fundamental skills required to access open structures (advanced climber skills) and recover a fallen climber from these situations.

### Learning Outcomes

- Fall protection equipment legislation, standards and guidelines
- Selection and application of fall protection equipment
- Hazard identification at height
- Personal Fall Protection Equipment user inspection, care and maintenance requirements
- Access to safe work areas
- Structural climbing techniques away from safe work areas
- Rescue equipment and systems
- Practical rescue and evacuation training
- Worker recovery

## Ladder and Step Awareness

Designed for supervisors and all employees who have to use ladders and steps

### Learning Outcomes

- Have an understanding of the hazards and faults associated with ladder and step use
- Be able to identify the correct ladders and steps for the task in hand
- Understand the limitations of the use of short term access equipment
- Be able to inspect and identify faults prior to using ladders or steps
- Understand the safe way to use ladders and steps

## IOSH Safety for Senior Executives

Provides owners, directors and senior managers, with an understanding of the moral, legal and business case for proactive health and safety management and to give guidance on effective risk management.

### Learning Outcomes

- Understand the importance of strategic health and safety management and its integration into other business management systems
- Understand directors' and employees' statutory duties
- Identify accident causes and plan for prevention through hazard identification, risk assessment and control strategies
- Appreciate the consequences of failing to manage health and safety effectively
- Understand the importance of employee selection and the effect of human factors on health and safety
- Recognise the importance of consultation and communication with employees on health and safety issues
- Appreciate the significance of performance monitoring for continual improvement of health and safety management.



## IOSH Managing Safely

The course is aimed at managers and supervisors in any sector and any organisation. It is designed to get managers to recognise and understand the practical actions they need to take to handle health and safety in their teams.

### Learning Outcomes

- Gain the knowledge and tools to tackle the health and safety issues they are responsible and accountable for
- Understand why health and safety is an essential part of their management duties
- Manage health and safety more effectively and efficiently bringing additional business benefits and cost reduction



## IOSH Working Safely

IOSH Working Safely training course is designed for people at any level in any sector, and meets the government's guidelines for introductory health and safety training.

### Learning Outcomes

- A grounding in the essentials of health and safety
- An understanding of why we must work safely
- The importance of assessing risks
- The understanding of personal responsibility for health and safety
- An understanding of reducing environmental impact



## NEBOSH Health and Safety at Work Award

This introductory qualification will help improve the safety culture in your organisation, by equipping your workforce with the knowledge to identify and deal with hazards at work helping to reduce accidents and achieving cost savings for the business.

### Learning Outcomes

- Health and safety foundations and responsibilities
- Risk assessment and control measures
- Hazard association



## National General Certificate in Occupational Health & Safety

The course is aimed at managers, supervisors and staff from all types of organisations who need a broad understanding of health and safety issues. The certificate course helps them manage risks effectively.

### Learning Outcomes

- The management of health and safety
- Understanding of the principles of risk management and build an effective safety culture in the organisation
- Controlling workplace hazards

# Training Courses

## Arco Supervisor 1 Day 'Putting People First' Health and Safety Course

This exciting course leads delegates to an understanding of key principles, taking personal responsibility and identifying situations which may need to be improved in line with health and safety.

### Learning Outcomes

- Gain the knowledge and tools to tackle the health and safety issues they are responsible for
- Understand why health and safety is such an essential part of their job
- Manage health and safety more effectively and efficiently bringing additional business benefits and cost reduction

## CIEH Level 2 Health and Safety in the Workplace

Designed to ensure that all employees are aware of their own safety and the safety of customers, contractors and the public.

### Learning Outcomes

- Health and safety requirements placed on employers and employees
- Hazards and risks and the main causes of harm to workers
- Health, safety and welfare provisions in the workplace
- The importance of following safe systems of work, procedures and rules
- Hazards and controls in respect to both safety and occupational health risks
- How their own actions can reduce risks to health and safety



## Health and Safety Awareness

Provides awareness of health and safety and how it affects the individual role

### Learning Outcomes

- Have an understanding of their responsibilities to health and safety
- Be able to identify hazards
- Understand the importance of risk assessment
- Be able to work safely

## Risk Assessment / Dynamic Risk Assessment

Provides an understanding on how to identify hazards, understand risk, develop a risk assessment, apply suitable control measures both during the planning and point of work stages of a task. Includes desk top and workplace exercises.

### Learning Outcomes

- Have an understanding of the legal requirements covering risk assessment
- Be able to carry out risk assessments/dynamic risk assessments
- Be able to identify hazards
- Be able to evaluate risk levels
- Select and apply control measures

## Construction, Design and Management (CDM) Awareness

The course is suitable for managers, senior managers and those working in all industry sectors that could be undertaking work that comes within CDM.

### Learning Outcomes

- Have an understanding of each duty holders responsibility
- Be able to identify 'construction' work
- Be able to identify when a project is notifiable, and what action is required



## Permit to Work

The course is aimed at persons either undertaking work requiring the production of a safe system of work, and those who use or plan to use permit systems as part of their safe systems of work.

### Learning Outcomes

- Have an understanding of development of a safe system of work and its components
- Be able to manage and input into the production of a safe system of work
- Have an understanding of permit to work systems and know in what situations a permit will be required
- Be able to act as issuing authority within their sphere of expertise

## Manual Handling

The course is aimed at all employees working in all industry sectors that have a manual handling risk.

### Learning Outcomes

- Have an understanding of the legal requirements for safe manual handling
- Be able to identify manual handling tasks that could cause injury
- Be able to assess manual handling risk
- Be able to identify suitable control measures to reduce the likelihood of injury
- Understand kinetic lifting techniques

## CIEH Level 2 Award in Manual Handling - Principles and Practice

Aimed at those who carry out manual handling at work, provides essential information about manual handling hazards and their control.

### Learning Outcomes

- Identify and understand the risks associated with manual handling
- Learn the value of risk assessments and how to apply them
- Make recommendations to manage risks
- Apply the principles of safer handling to a range of everyday manual handling tasks



## Manual Handling – Train the Trainer

The course is aimed at people who will be required to deliver manual handling awareness training within their organisation.

### Learning Outcomes

- Be able to equip participants with training skills necessary to instruct others on risk associated with manual handling techniques
- Have an understanding of human physiology and risk factors for injury
- Have a clear understanding of legal and other requirements governing manual handling operations
- Be able to conduct suitable and sufficient risk assessments of manual handling tasks

## Abrasive Wheels

Aimed at individuals who use abrasive wheels as part of their job, or for operatives who need to know how to select, fit and mount the correct abrasive wheel or disc onto portable equipment.

### Learning Outcomes

- Have an understanding of their legal obligations
- Be able to use abrasive wheels safely
- Be able to select, fit and mount the correct abrasive wheel or disc
- Be able to carry out physical checks on equipment
- Know how to store equipment properly

# Training Courses



## PUWER Risk Assessment

Designed for Engineers and Supervisors who have responsibility for the production, use and ongoing maintenance of machinery; ensuring legal compliance.

### Learning Outcomes

- Have an understanding of PUWER 98
- Be able to identify common machinery hazards against PUWER
- Be able to identify work equipment control techniques within multi skilled teams
- Be able to apply company safety management systems

## CIEH Level 2 Award in Environmental Principles and Best Practice

Awareness of key environmental concepts and an introduction to environmental management systems.

### Learning Outcomes

- Have an understanding of environmental management systems
- A greater awareness of resource efficiency and energy management
- Have a basic understanding of environmental law
- Have an improved understanding of their business' environmental aspects and impact



## Spillage Response Awareness

The course is aimed at managers, supervisors and spill response teams and anyone with health, safety and environmental responsibilities.

### Learning Outcomes

- Knowledge of the requirements for setting up spill response procedures
- Knowledge of the requirements for setting up spill response teams
- Knowledge of the correct spill equipment to use

## Spillage Response Training

The course is aimed at managers, supervisors with responsibility of spill control and all spill response teams.

### Learning Outcomes

- Be able to respond safely and effectively to spillage situations
- Have an understanding of each team members duties
- Practical knowledge of the limitations of spill response materials and equipment

**N.B.** This course may require a pre-course visit to establish the local procedures and systems.

## COSHH Awareness

Covering the legal aspects of substances hazardous to health, including the definition of hazardous substance, risk assessment, controlling the risk, exposure limits, precautions and health surveillance.

### Learning Outcomes

- Have an understanding of the term 'hazardous to health'
- Be able to review current procedures
- Understand COSHH assessments and apply the controls outlined in them

## COSHH Assessment

An assessment of the risks from activities involving hazardous substances which includes the different exposures during the use, handling, storage and disposal. Including how to assess and monitor the risk.

### Learning Outcomes

- Have an understanding of the term 'hazardous to health'
- Be able to identify substances hazardous to health in the workplace
- Understand and undertake COSHH assessments and apply the controls outlined in them
- Understand the principles of good practice

## Qualitative Face Fit Training

Aimed towards individuals wishing to attain the competence level and carry out face fit testing for half mask and filtering facepieces, as stipulated in document OC 282/28 Para 24.

**This will assist in Fit2Fit accreditation**

### Learning Outcomes

- Understand the importance of HSE 282/28
- Understand the theory of qualitative testing
- Be able to set up a qualitative test kit in accordance with manufacturer's instructions
- Be able to complete sensitivity test
- Be able to record details of tester and results of sensitivity test
- Be able to instruct the candidate in the requirements of the test
- Complete a fit test in accordance with HSE282/28
- Be able to identify poorly and correctly fitting face pieces
- Interpret the results and rectify any failures
- Troubleshoot certain problems within the qualitative test equipment
- Unassemble, store and maintain qualitative kit in accordance with manufacturer's instructions

## Quantitative Face Fit Training

Aimed towards individuals wishing to attain the competence level and carry out face fit testing and maintenance according to the manufacturers instructions as stipulated in document OC 282/28 Para 24.

**This will assist in Fit2Fit accreditation**

### Learning Outcomes

- Understand the importance of HSE 282/28
- Understand the theory of quantitative testing
- Be able to set up a Portacount in accordance with manufacturer's instructions
- Be able to complete daily checks of equipment
- Be able to input data into required fields of TSI software
- Be able to instruct the candidate in the requirements of the test
- Complete a fit test in accordance with HSE282/28
- Be able to identify poorly and correctly fitting face pieces
- Interpret the results and rectify any failures
- Trouble shoot certain problems within the Portacount system
- Unassemble, store and maintain Portacount 8020 in accordance with manufacturer's instructions

# Training Courses



## DSEAR Awareness

This course is aimed at all employees working in environments with potential DSEAR situations.

## Learning Outcomes

- Have an understanding of DSEAR 2002
- Have an understanding of hazardous area classification
- Understand the need for competence when selecting and or maintaining suitable apparatus for explosive atmospheres
- Be able to identify the contents of an explosion protection document that forms part of a suitable and sufficient risk assessment

## Fire Warden with Practical Application

Aimed towards individuals asked to undertake a fire warden role, or managers/supervisors requiring more information

## Learning Outcomes

- Have an understanding of the roles and responsibilities of fire wardens
- Understand how fire spreads and how best to evacuate a workplace
- Understand how and why people behave as they do in emergencies
- Review current procedures
- Competent users of fire extinguishers

## PPE Selection and Awareness

The course is aimed at anyone involved in the selection and use of PPE. The course content identifies when the equipment needs to be used, how it should be used, repaired or replaced and if there are any limitations.

## Learning Outcomes

- Have knowledge of the legislation
- Have an understanding of the various types of PPE and their correct uses
- Be able to select the correct type of PPE for the task
- Be able to fit and use relevant PPE
- Be able to maintain and store PPE

Contact us if you wish to have a course tailored around your needs on  
UK Tel +44 (0)1482 611769 or email [services@arco.co.uk](mailto:services@arco.co.uk)  
Ireland Tel 01409 5000 or email [services@arcosafety.ie](mailto:services@arcosafety.ie)

# Respiratory Protection Equipment (RPE)



The laws governing the control of harmful substances in the workplace, state that you should only use Respiratory Protection Equipment (RPE) after you have taken all other reasonably practicable measures to prevent or control exposure. COSHH stipulates that a risk assessment must be conducted if working with hazardous materials and an assessment will determine whether the use of RPE is necessary in your workplace.

RPE is a control measure which must reduce exposure to as low as reasonably practicable and to an acceptable level. The RPE must be suitable for the task involved, environment and wearer.

To ensure that the selected RPE has the potential to provide adequate protection for individual wearers, the Approved Code of Practices (ACoPs) supporting COSHH, CAR and CLAW stipulate that tight-fitting RPE must be fit tested as part of the selection process. This will ensure that inadequately fitting face pieces are not selected for use. Ill fitting face pieces can create inward leakages of airborne contaminants.

When supplying the RPE, it is the duty of the employer to select the correct RPE, ensure it is suitable for the task, provide training on the equipment and ensure the equipment is stored, cleaned and maintained correctly. Regular inspection is also a requirement to make sure it is fit for purpose.

Anyone using RPE will need to be informed why they need the equipment, when and how it should be used, repaired or replaced and if there are any limitations, as well as face fit testing to ensure it is suitable for the individual.

Source: HSE: Respiratory Protective Equipment at Work: A Practical Guide HSG53 - <http://www.hse.gov.uk/pubns/priced/hsg53.pdf> HSA: A Guide to Respiratory Protective Equipment - [http://www.hsa.ie/eng/Publications\\_and\\_Forms/Publications/Chemical\\_and\\_Hazardous\\_Substances/Respiratory%20Protective%20Equipment.pdf](http://www.hsa.ie/eng/Publications_and_Forms/Publications/Chemical_and_Hazardous_Substances/Respiratory%20Protective%20Equipment.pdf)  
Health and Safety Executive: Fit Testing of Respiratory Protective Equipment Facepieces, Version 6, 30/04/2013

# Specialist Respiratory Services



We have the largest number of Fit2Fit accredited face fit technicians in the UK. We also offer face fit testing in Ireland and offshore industries enabling us to carry out face fit testing on site to ensure the RPE selected is adequate, suitable for the environment and protects the wearer.

## RPE Training

It is the duty of the employer to ensure that your employees are trained and understand why they need the equipment and when it should be used. Our individually structured training courses ensure that your employees have the knowledge they need to work safely in a hazardous environment. Our RPE team will certify that your employees are confident and competent to use the equipment correctly.

We can provide Fit2Fit accredited face fit testing or teach your workforce to use the following equipment:

- Face fit testing on disposable, half masks and full face masks
- Self-contained breathing apparatus – Scotts, Sundstrom, MSA and 3M
- Gas tight suits
- Positive pressure respiratory protection equipment
- Negative pressure respiratory protection equipment



## RPE Management

The regulations stipulate that all respiratory protective equipment must be maintained in good working order and ensure the maintenance records are documented. Maintaining the RPE equipment is crucial to ensure the user's safety is not compromised by limitations with the equipment.

We can help you comply with these requirements by providing the following services:

- Inspection and maintenance of self-contained breathing apparatus and reusable RPE (half masks and full face masks)
- All positive pressure respiratory equipment
- All negative pressure respiratory equipment
- Annual services and diagnostic checks – Sundström, Scott, MSA and 3M RPE
- Calibration and repair on MSA gas detectors
- Monthly air purity analysis tests for breathing airline systems
- Qualitative and quantitative face fit testing services
- Full site surveys of RPE requirements

## Dedicated Breathing Apparatus Workshop

Our expert technicians provide a wide range of inspection, maintenance and repair services. These include:

- Refill and re-certification of breathable compressed air cylinders
- Self-contained breathing apparatus
- All positive and negative pressure respiratory equipment
- Calibration and repair on MSA gas detectors
- Fall arrest equipment
- Life jackets



# Arco Training Locations

Scotland	Telephone
Aberdeen	01224 249 494
Linlithgow	01506 841 510

North of England	Telephone
Blaydon-on-Tyne	0191 499 1555

North West England	Telephone
Trafford Park	0161 869 5807

Yorkshire and the Humber	Telephone
Hull	01482 611 611

East Midlands	Telephone
Nottingham	0115 938 0456

West Midlands	Telephone
West Bromwich	0121 500 6060

South of England	Telephone
Avonmouth	0117 982 3751
Watford	01923 204 141

Republic of Ireland	Telephone
Dublin	(+353) 1 409 5000

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