



MARKONE TRAINING

TRAINING

PRICE LIST

TRAINING TEAM 01702 561818 • info@mark1training.co.uk

WHO ARE MARK ONE TRAINING?

Mark One Training are an Essex based company running training courses for many industries, including construction.

We have a team of qualified and experienced trainers who run over 20 training courses at our centres, as well as offering on-site training.

We have modern, fully equipped training centres in Southend and Chelmsford, Essex. We are able to offer courses Monday to Saturday and will do our utmost to try to accommodate our customers training requirements.



OUR ACCREDITATIONS



CONTENTS



IPAF COURSES

IPAF Operator Course • IPAF Demonstrator • IPAF PAL+ • IPAF MEWPS for Managers • IPAF Harness • IPAF PAV

03



PASMA COURSES

PASMA Towers for Users • PASMA Combined Towers for Users/Low Level Access • PASMA Towers for Managers • PASMA Towers on Stairs Advanced Module • PASMA Low Level Access • PASMA Cantilever

09



SPA HEALTH AND SAFETY COURSES

Health and Safety in a Construction Environment • Health and Safety Awareness SPA Core Day • SPA Petrol Retail - Forecourt Contractors • SPA Petrol Retail Refresher (Update, Improve and Renew Safety)

15



FIRST AID COURSES

Basic Life Support and AED - Half Day • Emergency First Aid at Work - One Day • First Aid at Work - Three Days

19



FORKLIFT 1:1 AND 1:3

22



CABLE AVOIDANCE (CAT & GENNY)

23



PORTABLE APPLIANCE TESTING (PAT)

24



CONFINED SPACE

25



ABRASIVE WHEELS

26



CHAINSAW

27



HARNESS

28



LADDER AND STEPLADDER

29



MANUAL HANDLING

30



TRAFFIC MARSHAL

31



WORKING AT HEIGHT

32





IPAF OPERATOR COURSE

The IPAF Operator Course is for users of Mobile Elevating Work Platforms (MEWPS), more commonly known as scissor lifts and cherry pickers. You can choose between one, two and three categories. This is a one day course; classroom and practical.

All delegates who successfully pass will be issued with a PAL card and certification, valid for 5 years.



Category 3a - Mobile Vertical

Scissor lifts, vertical personnel platforms (mobile)



Category 1b - Static Boom

Self-propelled booms (outriggers), trailers/push-around, vehicle mounted platforms



Category 3b - Mobile Boom

Self-propelled boom

COURSE CONTENT

- Regulations and guidance
- MEWP categories
- Structural parts
- Pre-use inspections
- Safe operating methods
- Hazards
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	One Category	Two Categories	Three Categories
1 - 2	£160.00	£190.00	£245.00
3 - 4	£150.00	£180.00	£235.00
5 - 6	£145.00	£175.00	£230.00
7 - 8	£140.00	£170.00	—
9	£135.00	£165.00	—
10	£130.00	£160.00	—
11 - 12	£125.00	£155.00	—

All prices are correct at the time of print

SATURDAY

No. of delegates	One Category	Two Categories	Three Categories
1 - 2	£190.00	£220.00	£275.00
3 - 4	£180.00	£210.00	£265.00
5 - 6	£175.00	£205.00	£260.00
7 - 8	£170.00	£200.00	—
9	£165.00	£195.00	—
10	£160.00	£190.00	—
11 - 12	£155.00	£185.00	—

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



IPAF DEMONSTRATOR

This course is for anyone who is required to familiarise MEWP operators with their responsibilities, demonstrate pre-operational and safe operating procedures.



Category 3a - Mobile Vertical

Scissor lifts, vertical personnel platforms (mobile)



Category 1b - Static Boom

Self-propelled booms (outriggers), trailers/ push-around, vehicle mounted platforms



Category 3b - Mobile Boom

Self-propelled boom

All delegates wishing to attend this course must have a prior working knowledge of MEWPs and hold a valid IPAF PAL Operator card in the category that they wish to undertake at Demonstrator level.

All delegates who successfully pass will be issued with the IPAF Demonstrator PAL Card.

This is a one day course; classroom and practical.

COURSE CONTENT

- Health and Safety legislation and regulations
- Safe operating procedures
- Limitations on use of MEWPs
- Ground and site conditions
- Emergency lowering procedures
- The use of fall protection equipment
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Two Categories	Three Categories
1+	£205.00	£235.00

All prices are correct at the time of print

SATURDAY

No. of delegates	Two Categories	Three Categories
1+	£235.00	£265.00

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



IPAF PAL+

The PAL+ course is for trained operators who work in higher risk or challenging environments, e.g. steel works, confined overhead spaces or areas with challenging terrains. PAL+ training is open to operators who hold an existing PAL Card qualification in the relevant category. All delegates who successfully pass will have the relevant categories added to their PAL card, e.g. 3b+, 3a+

PAL+ focuses on practical training and includes a short, compact theory session.



Category 3a - Mobile Vertical

Scissor lifts, vertical personnel platforms (mobile)



Category 3b - Mobile Boom

Self-propelled boom

COURSE CONTENT

- Compact theory session
- Emphasis on practical session
- Theory and practical test

PRICES

WEEKDAY

No. of delegates	Price per Person
1	£279.00
2	£269.00
3	£250.00
4	£230.00

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1	£309.00
2	£289.00
3	£270.00
4	£250.00

All prices shown exclude VAT



IPAF MEWPS FOR MANAGERS

This course is for managers and supervisors who have to prepare and safely co-ordinate the use of various types of MEWPs within their control.

There are no pre-requisites for this course, although a working knowledge of MEWPs would be an advantage.

Delegates will be issued with an IPAF MEWPs for Managers Certificate upon successful completion of the course.

This is a one day course; classroom and practical.

COURSE CONTENT

- Health and Safety legislation and regulations
- MEWP categories
- Pre-use inspection
- Identifying misuse and abuse of MEWPS
- Controls, safety devices and warning alarms
- Routine inspections and servicing
- Selecting correct PPE for the operator
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 3	£180.00
4	£175.00
5	£165.00
6	£155.00
7	£145.00
8	£135.00

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 3	£210.00
4	£185.00
5	£175.00
6	£165.00
7	£155.00
8	£150.00

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



IPAF HARNESS

This course is designed to enable a MEWP operator to select, inspect and use an appropriate harness and associated equipment safely.

This is a half day course; theory and practical.

All delegates who successfully pass will be issued with an IPAF Harness certificate which is valid for 5 years.

COURSE CONTENT

- Introduction
- Legislation, standards and guidance
- Hierarchy of fall protection measures
- IPAF harness statement
- Harness lanyard and fittings
- Pre-use checks (Includes practical exercise)
- Fitting and adjusting (Includes practical exercise)
- Usage and anchor points
- Storage and maintenance
- Hazards and precautions
- Rescue requirements and options
- Theory test pass or fail

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£115.00	£195.00
3	£110.00	£185.00
4	£105.00	£175.00
5	£100.00	£165.00
6 - 7	£95.00	£155.00
8 - 9	£90.00	£145.00
10	£80.00	£130.00

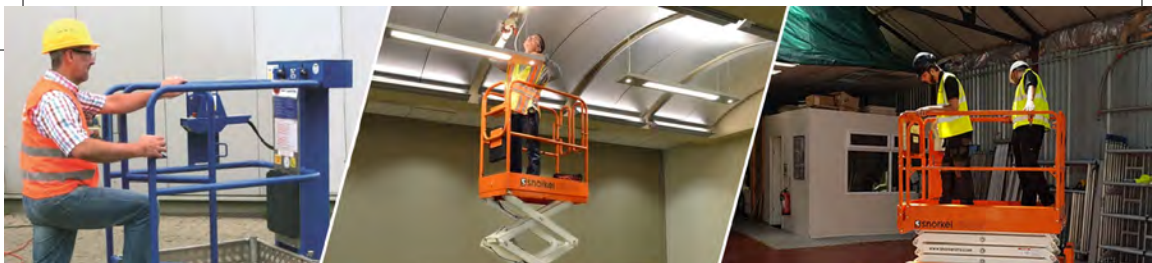
All prices are correct at the time of print

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£130.00	£225.00
3	£125.00	£215.00
4	£120.00	£200.00
5	£115.00	£185.00
6 - 7	£110.00	£175.00
8 - 9	£105.00	£165.00
10	£95.00	£150.00

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



IPAF PAV

IPAF PAV (Push Along Vertical) is a half day course for a maximum of 8 delegates, providing training to instruct the safe use of PAV units in the workplace.

These are small, static vertical machines with no mechanical drive, which are physically pushed around and are used for low level access work.

All delegates who successfully pass will be issued with a PAL card and certification, valid for 5 years.

COURSE CONTENT

- Introduction
- Pre-theory assessment
- Legal requirements
- Pre-use inspection and handovers
- Safe operating methods and hazards
- Multiple choice theory assessment
- Practical training session and assessment

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 4	£135.00
5 - 6	£125.00
7 - 8	£110.00

All prices are correct at the time of print

All prices shown exclude VAT

*On-site training is available. Please contact us for further details

TRAINING 01702 561818 • info@mark1training.co.uk

08



PASMA TOWERS FOR USERS

The PASMA Towers for Users course is aimed at anyone who has to assemble, alter, dismantle, move, inspect and most importantly USE Alloy or Fibreglass Mobile Access Towers in the work place. This not only includes construction sites but all work places, such as schools, offices and factories, both internally and externally.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a PASMA card and certificate, valid for 5 years.

COURSE CONTENT

- Legal overview
- British and European standards
- Components
- Assemble and dismantle
- Tying in
- Hazards
- Your responsibilities
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 4	£110.00
5 - 8	£105.00
9 - 10	£100.00
11 - 12	£95.00

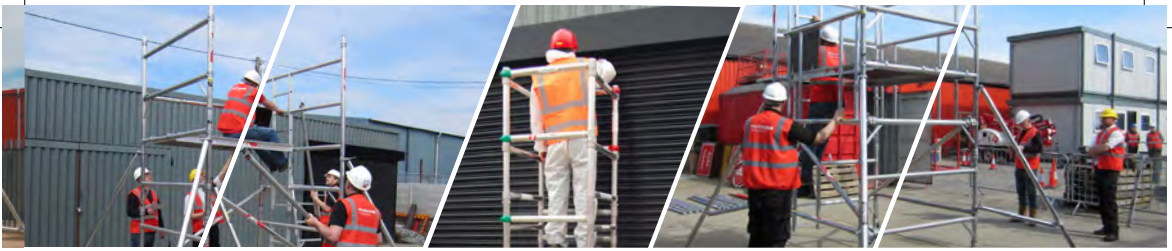
All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 4	£125.00
5 - 8	£120.00
9 - 10	£115.00
11 - 12	£100.00

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



PASMA COMBINED TOWERS FOR USERS / LOW LEVEL ACCESS

This course combines our Towers for Users and Low Level Access into one course. It is for anyone who works on low level access units and standard mobile access towers. It covers how to assemble, alter, dismantle, move, inspect and most importantly USE Alloy or Fibreglass Mobile Access Towers or low level access units. This not only includes construction sites but all work places, such as schools, offices and factories, both internally and externally.

This is a one day course; classroom and practical.

All delegates who successfully pass will be issued with a PASMA card and certificate, valid for 5 years.

COURSE CONTENT

- Legal overview
- British and European standards
- Components
- Assemble and dismantle
- Tying in
- Hazards
- Your responsibilities
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 3	£150.00
4 - 5	£140.00
6 - 7	£130.00
8	£125.00

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 3	£180.00
4 - 5	£160.00
6 - 7	£140.00
8	£135.00

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



PASMA TOWERS FOR MANAGERS

This course is for all supervisors, managers and business owners that control the work of others in the use of mobile access towers. There is no prerequisite for this course, although a working knowledge of health and safety legislations, regulations and mobile access towers is an advantage.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a PASMA certificate, valid for 5 years.

COURSE CONTENT

- Legislation
- Categories of use
- Guidance
- Tower components
- Hazards
- Risk assessments
- Rescue plans
- Inspection and reporting
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 4	£135.00
5 - 6	£130.00
7	£125.00
8	£120.00
9	£115.00
10	£110.00
11	£105.00
12	£100.00

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 3	£165.00
4	£155.00
5 - 6	£150.00
7	£135.00
8	£130.00
9	£125.00
10	£120.00
11	£115.00
12	£110.00

All prices shown exclude VAT

***On-site training is available. Please contact us for further details**



PASMA TOWERS ON STAIRS ADVANCED MODULE

This course is for people assembling, altering, dismantling and working on Mobile Access Towers assembled on stairways, escalators and stepped levels.

To attend this course you must have a current PASMA Towers for Users Card, which you must bring with you on the day of training.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a PASMA card and certificate, valid for 5 years.

COURSE CONTENT

- Legal overview
- Assemble and dismantle
- Your responsibilities
- British and European standards
- Tying in
- Theory and practical test
- Components
- Hazards

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 4	£135.00
5 - 6	£130.00
7 - 8	£120.00

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 4	£165.00
5 - 6	£160.00
7 - 8	£150.00

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



PASMA LOW LEVEL ACCESS

This course is aimed at anyone who works from prefabricated units under 2.5m of height, i.e. steps and podiums. It covers how to assemble, alter, dismantle and relocate low level access units without the risk of injury.

This is a half day course; classroom and practical.

All delegates who successfully pass will be issued with a PASMA card and certificate, valid for 5 years.

COURSE CONTENT

- Current legislation
- Regulations and guidance
- PASMA Code of Practice
- Assemble and dismantle
- Hazards
- Your responsibilities
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 3	£105.00
4	£100.00
5	£90.00
6	£90.00
7	£85.00
8	£80.00
9	£75.00
10	£72.00
11	£70.00
12	£67.50

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 3	£135.00
4	£120.00
5	£110.00
6	£100.00
7	£95.00
8	£90.00
9	£85.00
10	£82.50
11	£80.00
12	£77.50

All prices shown exclude VAT

***On-site training is available. Please contact us for further details**



PASMA TOWERS WITH CANTILEVERS ADVANCED MODULE

This course is for people assembling, altering, dismantling and working on Mobile Access Towers with cantilevers.

To attend this course you must have a current PASMA Towers for Users Card, which you must bring with you on the day of training.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a PASMA card and certificate, valid for 5 years.

COURSE CONTENT

- Legal overview
- British and European standards
- Components
- Assemble and dismantle
- Tying in
- Hazards
- Your responsibilities
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 3	£160.00
4 - 5	£150.00
6 - 7	£140.00
8	£135.00

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 2	£190.00
3	£185.00
4 - 5	£170.00
6	£165.00
7	£150.00
8	£145.00

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



HEALTH AND SAFETY IN A CONSTRUCTION ENVIRONMENT SPA CORE CONSTRUCTION CSCS

To apply for a CSCS Green Labourers card, you must first complete a Health and Safety in a Construction Environment course. This training is designed to address any health and safety requirements of those working in construction.

This course is accredited by the Safety Pass Alliance (S.P.A.).

This is a full day theory based course and will be conducted in a classroom environment.

All delegates who successfully complete the course will receive a SPA Safety Passport photo ID card which is valid for 5 years, along with a Certificate of Completion, which will be required as evidence when booking their online CSCS test.

COURSE CONTENT

- Legal responsibilities
- The role of enforcing authorities
- Hazard identification and control
- Safe workplaces
- Safe working at height
- Identifying confined spaces
- Powered and non-powered equipment
- Workplace transport and risk
- Health risks
- Procedures
- Environmental requirement planning

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 15	£130.00

All prices shown exclude VAT

All prices are correct at the time of print

*On-site training is available. Please contact us for further details



HEALTH AND SAFETY AWARENESS SPA CORE DAY

This course is designed to provide delegates with basic areas of responsibility for health, safety and the environment. Delegates will be trained to understand the implications of hazard recognition/risk assessment and effects on individuals and the employer. This course will demonstrate how individual behaviour can help reduce accidents.

This course is accredited by the Safety Pass Alliance (S.P.A.).

This is a full day theory based course and will be conducted in a classroom environment.

The Core Day is available as a one day stand-alone course or forms the first part of any two day industry specific passport scheme.

All delegates who successfully complete the course will receive a SPA Safety Passport photo ID card which is valid for 3 years.

COURSE CONTENT

- Legal responsibilities
- What makes a vulnerable worker
- Hazard identification and control
- Safe workplaces
- Workplace transport and risk
- Health risks
- Procedures
- Emergency planning

PRICES *

WEEKDAY

No. of delegates	Price per Person
1 - 15	£130.00

All prices shown exclude VAT

All prices are correct at the time of print

*On-site training is available. Please contact us for further details



SPA PETROL RETAIL - FORECOURT CONTRACTORS

This course is designed for all contractors and site personnel who work on petrol retail forecourts. This training is designed to enable delegates to recognise hazards, utilise control measures and safe working practices, whilst maintaining a safe working environment.

This course is accredited by the Safety Pass Alliance (S.P.A).

This is offered as a two day course, with the first day being the SPA Core Day. It is a theory based course and will be conducted in a classroom environment.

All delegates who successfully complete the course will receive a SPA Safety Passport photo ID card which is valid for 3 years.

COURSE CONTENT

- Legal responsibilities
- The role of enforcing authorities
- Hazard identification and control
- Safe workplaces
- Safe working at height
- Identifying confined spaces
- Powered and non-powered equipment
- Workplace transport and risk
- Health risks
- Procedures
- Environmental requirement planning

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 2	£220.00
3 - 4	£215.00
5 - 7	£210.00
Group Price	
8 - 10	£1,575.00
ADDITIONAL PLACES 11+	£157.50 each

All prices shown exclude VAT
All prices are correct at the time of print

*On-site training is available. Please contact us for further details



SPA PETROL RETAIL REFRESHER (UPDATE, IMPROVE AND RENEW SAFETY)

This course is designed as a refresher training course for contractors working on petrol station forecourts who have an existing Safety Passport nearing expiration. This must be completed within a 6 month window prior to the expiry date of their Safety Passport.

This course is accredited by the Safety Pass Alliance (S.P.A).

This is a full day theory based course and will be conducted in a classroom environment.

All delegates who successfully complete the course will receive a SPA Safety Passport photo ID card which is valid for 3 years.

COURSE CONTENT

This refresher day has been designed to follow "A Safe Day in your Life in the Petrol Industry".

- Start of day preparation
- Drive, arrive, take 5, stay alive
- Booking in
- Communication (two way)
- Task and site hazards
- Doing the job safely
- Environment and waste
- Completing the correct paperwork
- Task execution (group exercise – 360° hazard spotting)
- Completing and handback

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 15	£130.00

All prices shown exclude VAT
All prices are correct at the time of print

*On-site training is available. Please contact us for further details



BASIC LIFE SUPPORT AND AED - HALF DAY

This course is suitable for all workplaces, subject to their risk assessment. It is designed to give confidence in the use of basic life support using defibrillators and AEDs.

This is a half day course; theory and practical.

All delegates who successfully pass will be issued with a NUCO Training card and certificate, valid for 3 years.

COURSE CONTENT

- Responsibilities and reporting
- Dealing with unresponsive casualties
- Resuscitation
- AED procedures
- Assessment of situation
- Infection control
- AED functions
- Safety measures

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 2	£90.00
3	£85.00
4	£80.00
5	£75.00
6	£70.00
Group Price	
7 - 10	£475.00
ADDITIONAL PLACES 11+	£47.50 each

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 2	£105.00
3	£100.00
4	£95.00
5	£85.00
6	£80.00
Group Price	
7 - 10	£525.00
ADDITIONAL PLACES 11+	£52.50 each

All prices shown exclude VAT



*On-site training is available. Please contact us for further details



EMERGENCY FIRST AID AT WORK - ONE DAY

This one day course is designed to train people to become Emergency First Aid at Work practitioners. If your organisation's risk assessment of First Aid identifies that there is need for this, then this national award will satisfy this need.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a NUCO training card and certificate, valid for 3 years.

COURSE CONTENT

- Responsibilities and reporting
- Dealing with unresponsive casualties
- Burns
- Resuscitation
- Defibrillators and AEDs
- Minor injuries
- Choking
- Assessment of situation
- Basic hygiene in first aid
- Epilepsy
- Anatomy
- Bleeding control
- Shock

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 2	£105.00
3	£85.00
4	£80.00
5	£75.00
6	£70.00
Group Price	
7 - 10	£650.00
ADDITIONAL PLACES 11+	£65.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 4	£125.00
5 - 6	£115.00
Group Price	
7 - 10	£750.00
ADDITIONAL PLACES 11+	£75.00 each

All prices shown exclude VAT



*On-site training is available. Please contact us for further details



FIRST AID AT WORK - THREE DAYS

It is a requirement of the Health & Safety at Work Act that employers provide a safe and healthy environment to work in. If your assessment of First Aid highlights the need for qualified First Aiders, then this Level 3 qualification will provide you with suitable, highly trained personnel.

This course will give the participants a qualification to the highest level of first aid, meeting the statutory requirement of the Health & Safety First Aid Regulations 1981.

This is an 18 hour course, run over 3 days; theory and practical.

All delegates who successfully pass will be issued with a NUCO Training card and certificate, valid for 3 years.

COURSE CONTENT

- Legalities, responsibilities and reporting
- Dealing with an unresponsive casualty
- Fractures and spinal injuries
- Control of bleeding
- Assessment of the situation
- Shock (including anaphylaxis)
- Head injuries
- Sprains and strains
- Burns
- Resuscitation
- Heart attacks
- Defibrillators and AEDs
- Eye injuries
- Choking
- Chest injuries
- Diabetes
- Asthma
- Poisoning
- Stroke
- Epilepsy
- Bandaging

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 4	£270.00
5 - 6	£260.00
7 - 8	£250.00
9 - 10	£230.00
11 - 12	£220.00

All prices shown exclude VAT
All prices are correct at the time of print



*On-site training is available. Please contact us for further details



FORKLIFT 1:1 AND 1:3

This course is designed to improve both theory and practical knowledge of using Forklifts.

1:3 Counterbalance Forklift training is for experienced delegates.

1:1 Counterbalance Forklift training is for novice delegates.

It is recommended that delegates hold a full valid driving licence.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 5 years.

COURSE CONTENT

- Legislation
- Guidance
- Basic Functions
- Approved Code of Practice (ACOP)
- Stability
- Safe working loads
- Battery charging and maintenance
- Refuelling diesel and gas
- Safety guidance, including hazards
- Pre-use inspections
- Loading/unloading procedure
- Theory and practical test

1:1 PRICES

WEEKDAY

No. of delegates	Price per Person
1	£350.00

SATURDAY

No. of delegates	Price per Person
1	£440.00

1:3 PRICES

*

WEEKDAY

No. of delegates	Price per Person
1	£205.00
2	£185.00
3	£160.00

SATURDAY

No. of delegates	Price per Person
1 - 2	£235.00
3	£200.00

All prices shown exclude VAT

All prices are correct at the time of print

*On-site training is available for the course highlighted with an asterisk. Contact us for further details



CABLE AVOIDANCE (CAT & GENNY)

This is a one day training course for Cable Avoidance Tools and using Radio Detection equipment (CAT - Genny - Sonde) including CAT4+ and RD8100.

This is a full day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 5 years.

COURSE CONTENT

- Regulations
- Hazards and precautions
- Identification of types of CAT's and signal generators
- Implications of damage, handling and transporting of equipment
- Inspection of equipment
- How to carry out a function check
- CAT limitations
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per person
1 - 2	£135.00
3	£130.00
4	£120.00
5	£115.00
Group Price	
6 - 10	£660.00
ADDITIONAL PLACES 11+	£66.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per person
1 - 2	£170.00
3	£155.00
4	£145.00
5	£130.00
Group Price	
6 - 10	£770.00
ADDITIONAL PLACES 11+	£77.00 each

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



PORTABLE APPLIANCE TESTING (PAT)

You do not have to be a qualified electrician to carry out PAT Testing and this training course will provide certification that the delegate is competent to undertake such work. This course is designed to suit mixed abilities. Safety boots required.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 5 years.

COURSE CONTENT

- Regulations
- Reasons for electrical testing
- Hazards
- Advice on which PAT tester to purchase
- How to use a PAT tester
- How to inspect, test and record the results for an appliance
- Understanding the readings
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	Price per Person
1 - 2	£135.00
3	£130.00
4	£120.00
5	£115.00
Group Price	
6 - 10	£660.00
ADDITIONAL PLACES 11+	£66.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	Price per Person
1 - 2	£170.00
3	£155.00
4	£145.00
5	£130.00
Group Price	
6 - 10	£770.00
ADDITIONAL PLACES 11+	£77.00 each

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



CONFINED SPACE

A comprehensive one day, low/medium risk course suitable for people working in the construction industry (rail, asbestos, hospitals, ventilation, cleaning and maintenance) in confined space areas. Delegates will be trained on how to safely enter and exit a confined space. All delegates must have a good understanding/communication of the English language in order to give/receive information.

This is a one day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 3 years.

COURSE CONTENT

- Legislation
- National categories
- Risk assessment
- Safe systems of work
- Recognition of confined spaces
- Safe working in confined spaces
- Hazards and hazardous atmospheres
- The use of gas detection equipment
- The use of compressed air breathing apparatus
- Maintenance of PPR/daily checks
- The role of the Top Man
- Communication equipment and procedures
- Emergency procedures
- Theory and practical test

PRICES

WEEKDAY

No. of delegates	Price per Person
1 - 2	£135.00
3	£130.00
4	£120.00
5	£115.00
Group Price	
6 - 10	£660.00
ADDITIONAL PLACES 11+	£66.00 each

SATURDAY

No. of delegates	Price per Person
1 - 2	£170.00
3	£155.00
4	£145.00
5	£130.00
Group Price	
6 - 10	£770.00
ADDITIONAL PLACES 11+	£77.00 each

All prices are correct at the time of print

All prices shown exclude VAT



ABRASIVE WHEELS

A basic course covering safe operating practices for using abrasive wheels.

This is a half day course; theory and practical.

All delegates who successfully pass will be issued with a BAF certificate, valid for 3 years.

COURSE CONTENT

- Regulations
- Hazards and types of accidents
- Types of wheels
- Wheel markings
- British Standard Marking System
- Storage, handling and transportation
- Methods of testing
- Wheel dressing
- PPE
- Machine Inspections
- Diamond blades
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£90.00	£170.00
3	£85.00	£160.00
4	£80.00	£150.00
5	£75.00	£140.00
6	£70.00	£130.00
Group Price		
7 - 10	£475.00	£850.00
ADDITIONAL PLACES 11+	£47.50 each	£85.00 each

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£105.00	£200.00
3	£100.00	£190.00
4	£95.00	£180.00
5	£85.00	£160.00
6	£80.00	£150.00
Group Price		
7 - 10	£525.00	£950.00
ADDITIONAL PLACES 11+	£52.50 each	£95.00 each

All prices are correct at the time of print

All prices shown exclude VAT

BAF
BRITISH ABRASIVES FEDERATION
SAFETY | INFORMATION | REPRESENTATION
Accredited Trainer

*On-site training is available. Please contact us for further details



CHAINSAW

In this half day course you will gain the skills and knowledge needed to achieve the standards of competency required to use a chainsaw safely and correctly. This course is aimed at people who use a chainsaw for occasional felling (cutting down small trees), limbing (removing branches) or bucking (cutting a felled tree into logs).

This is a half day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 5 years.

COURSE CONTENT

- Health and Safety legislation
- Safety features of a chainsaw
- Appropriate PPE
- Correct starting and stopping procedure
- Chain sharpening
- Maintenance
- Hazards
- Safe transportation and handling
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£90.00	£170.00
3	£85.00	£160.00
4	£80.00	£150.00
5	£75.00	£140.00
6	£70.00	£130.00
Group Price		
7 - 10	£475.00	£850.00
ADDITIONAL PLACES 11+	£47.50 each	£85.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£105.00	£200.00
3	£100.00	£190.00
4	£95.00	£180.00
5	£85.00	£160.00
6	£80.00	£150.00
Group Price		
7 - 10	£525.00	£950.00
ADDITIONAL PLACES 11+	£52.50 each	£95.00 each

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



HARNESS

This course covers the safe use and inspection of harnesses.

This is a half day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One card and certificate, valid for 5 years.

If you require IPAF Harness training, please speak to one of our Training team.

COURSE CONTENT

- Harnesses, lanyards and connectors
- Inspection including practical
- Categories of work
- Legislation and guidance
- Fitting and practical
- Hazards and Rescue
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£90.00	£170.00
3	£85.00	£160.00
4	£80.00	£150.00
5	£75.00	£140.00
6	£70.00	£130.00
Group Price		
7 - 10	£475.00	£850.00
ADDITIONAL PLACES 11+	£47.50 each	£85.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£105.00	£200.00
3	£100.00	£190.00
4	£95.00	£180.00
5	£85.00	£160.00
6	£80.00	£150.00
Group Price		
7 - 10	£525.00	£950.00
ADDITIONAL PLACES 11+	£52.50 each	£95.00 each

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



LADDER AND STEPLADDER

This half day course is designed to give training to employers and employees with regards to the use of ladders and stepladders. It will give the delegate a working knowledge of regulations, how to assess the risks and the inspection of ladders and ladder defects.

This is a half day theory course.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 5 years.

COURSE CONTENT

- Ladders and component parts
- Overview of legislation and regulations
- Work at Height regulations
- Standards and classifications
- Planning and organising, selecting and using – STEP
- Assessing risks
- Inspection and records
- Storage, handling and maintenance
- Theory based course

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£90.00	£170.00
3	£85.00	£160.00
4	£80.00	£150.00
5	£75.00	£140.00
6	£70.00	£130.00
Group Price		
7 - 10	£475.00	£850.00
ADDITIONAL PLACES 11+	£47.50 each	£85.00 each

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£105.00	£200.00
3	£100.00	£190.00
4	£95.00	£180.00
5	£85.00	£160.00
6	£80.00	£150.00
Group Price		
7 - 10	£525.00	£950.00
ADDITIONAL PLACES 11+	£52.50 each	£95.00 each

All prices are correct at the time of print

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



MANUAL HANDLING

This course will enable the delegate to understand more about the risks associated with manual handling, how to undergo a risk assessment and how to ensure appropriate control measures are put in place.

This is a half day course; theory and practical

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 5 years.

COURSE CONTENT

- Manual handling statistics
- Principles of safe lifting – techniques
- Mechanical aids/PPE
- Legislation
- Risk assessment guidelines
- Accident prevention and control
- Musculoskeletal problems
- Team lifting
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£90.00	£170.00
3	£85.00	£160.00
4	£80.00	£150.00
5	£75.00	£140.00
6	£70.00	£130.00
Group Price		
7 - 10	£475.00	£850.00
ADDITIONAL PLACES 11+	£47.50 each	£85.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£105.00	£200.00
3	£100.00	£190.00
4	£95.00	£180.00
5	£85.00	£160.00
6	£80.00	£150.00
Group Price		
7 - 10	£525.00	£950.00
ADDITIONAL PLACES 11+	£52.50 each	£95.00 each

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



TRAFFIC MARSHAL

This training course is for anyone responsible for assisting in the manoeuvring, loading and unloading of vehicles. The course covers reversing of vehicles on a site – not on the public highway. All delegates must have a good understanding/communication of the English language in order to give/receive information to the instructor and driver on the course.

This is a half day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 3 years.

COURSE CONTENT

- Health and safety legislation
- Traffic management
- Traffic routes
- Hazards
- Reversing
- Signals
- Traffic marshal (Banksman)
- Assessment
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£90.00	£170.00
3	£85.00	£160.00
4	£80.00	£150.00
5	£75.00	£140.00
6	£70.00	£130.00
Group Price		
7 - 10	£475.00	£850.00
ADDITIONAL PLACES 11+	£47.50 each	£85.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£105.00	£200.00
3	£100.00	£190.00
4	£95.00	£180.00
5	£85.00	£160.00
6	£80.00	£150.00
Group Price		
7 - 10	£525.00	£950.00
ADDITIONAL PLACES 11+	£52.50 each	£95.00 each

All prices shown exclude VAT

*On-site training is available. Please contact us for further details



WORKING AT HEIGHT

This half day course is designed to help employers and employees comply with the latest Working at Height Regulations [2005]. It will give the delegate a working knowledge of regulations, how to assess the risks and select the correct equipment for safe working.

This is a half day course; theory and practical.

All delegates who successfully pass will be issued with a Mark One Training card and certificate, valid for 5 years.

COURSE CONTENT

- Health and safety regulations
- Working at Height regulations
- Risk assessment
- Selecting equipment
- Ladders awareness
- Mobile tower awareness
- MEWP awareness
- Inspection maintenance and record
- Theory and practical test

PRICES

*

WEEKDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£90.00	£170.00
3	£85.00	£160.00
4	£80.00	£150.00
5	£75.00	£140.00
6	£70.00	£130.00
Group Price		
7 - 10	£475.00	£850.00
ADDITIONAL PLACES 11+	£47.50 each	£85.00 each

All prices are correct at the time of print

SATURDAY

No. of delegates	One Course	Two courses in one day
1 - 2	£105.00	£200.00
3	£100.00	£190.00
4	£95.00	£180.00
5	£85.00	£160.00
6	£80.00	£150.00
Group Price		
7 - 10	£525.00	£950.00
ADDITIONAL PLACES 11+	£52.50 each	£95.00 each

All prices shown exclude VAT

*On-site training is available. Please contact us for further details

MARK ONE TRAINING

MARK ONE TRAINING LOCATIONS

Southend Training Centre

16 Purdeys Way • Purdeys Ind.
Estate • Rochford • Essex
SS4 1ND



Chelmsford Training Centre

Dukes Park Industrial Estate
5 Argyll Road • Springfield
Chelmsford • Essex • CM2 6PY





MARK ONE TRAINING

- Modern training facilities and centres in Southend and Chelmsford, Essex
- The majority of our courses can be carried out on site
- Accredited training by our team of experienced and knowledgeable instructors
- As a CITB approved training organisation most of our courses are listed on the construction training register



MARK ONE TRAINING
CALL: 01702 561818

BOOK ONLINE: www.mark1training.co.uk

E-MAIL: info@mark1training.co.uk





Southend Training Centre

16 Purdeys Way • Purdeys Ind. Estate
Rochford • Essex • SS4 1ND

Chelmsford Training Centre

Dukes Park Industrial Estate
5 Argyll Road • Springfield
Chelmsford • Essex • CM2 6PY

Mark One Training

Tel: **01702 561818**

E-mail: info@mark1training.co.uk

Website: mark1training.co.uk

TRAINING TEAM **01702 561818** • info@mark1training.co.uk