

# Training Courses



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

# Training Courses

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# Arco Professional Safety Services

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



## Consultancy

### Consultancy

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



## Training

### Training

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

Specialist training is provided in:

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



## Services

### Services

#### Respiratory Protection Services

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

#### Fall Protection Services

Our highly experienced team can help you develop a comprehensive risk prevention plan for working at heights, façade access and rescue. From consultation right through to installation, our end-to-end fall protection service gives you the highest quality at every touchpoint.

#### Rescue Services

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



## Equipment

### Equipment

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

We offer:

- **Equipment sales** - A comprehensive range of equipment for you to purchase.
- **Equipment hire** - A full selection the most current technologies from leading specialist suppliers for you to hire on standard or long-term contracts.
- **Equipment maintenance** - Scheduled maintenance and calibrations of your equipment by our trained engineers.

# Training

When working in high-risk environments the consequences of an accident can be more severe or even fatal, therefore correct training is essential. In Great Britain during 2023/24, a total of 138 workers were killed while at work, with the most common kind of fatal accident being falls from height, accounting for almost 36% of all worker deaths over the year.<sup>1</sup>

Employers have a legal requirement to ensure their employees are trained, and a duty of care to ensure the training provided is appropriate for the work being undertaken. We can provide your business with the most relevant training for your needs and help you to keep your workers safe. Whether you're looking for off-the shelf or tailor-made, on or off-site safety training, we can help.

Our range of courses helps you train your people for high-risk environments, plugging skills and knowledge gaps through a relevant package of training that's easy to book and makes it simple to organise re-qualification of prior learning and knowledge.

Source:

1. <https://www.hse.gov.uk/statistics/fatals.htm>









## Training Delivery

We provide a comprehensive range of Health and Safety courses, which include both accredited and not accredited courses and tailor-made training courses, so you can stay fully and legally compliant. You can choose to undertake your training through open or closed courses, depending on which suits your need.

- **Open Courses**

Each week our training centres run several open courses for clients who are looking to book training for individuals. In this instance delegates will complete their training with people from other organisations.

- **Closed Courses**

We offer closed course options for customers who are interested in booking a separate course for their business. Closed course options are available at our training centres or at your site, providing the appropriate facilities are available.

## Account Management

For customers who have complex or frequent training requirements, our team of telephone or field based technical specialists and account managers are available to support and provide advice and guidance. Our technical team provide UK coverage.

For more information on the current open courses available, to arrange a closed course for your business, or to discuss your bespoke training requirements, contact our training team on **0330 390 0822**, email **training@arcoservices.co.uk** or visit our website **www.arcoservices.co.uk**.

## Training Methods

Our flexible training approach allows us to deliver training at customer sites, from one of our national specialist training facilities or online. Our training methods include classroom learning, experiential learning options or a mix of both depending on the training course selected. Choose the training method that works best for you and your employees.

### Classroom Learning

Training that requires classroom learning can take place at one of our specialist training facilities. All our classrooms offer the perfect environment for face-to-face learning and incorporate the latest IT equipment for a quality training experience.

- **Online Learning**

We have moved a range of our training courses to a virtual delivery option, whereby the courses are delivered remotely by a real trainer at a set time through an e-classroom, which allows for interaction between the training and individual(s).

### Experiential Learning

- **Practical**

Often our courses require a more hand-on approach. Our national specialist training centres provide delegates with state-of-the-art facilities to practice real-life activities and tasks applicable to their working environment, allowing them to fully understand the risks and experience specific hazards and environments. Details on our working at height and confined space facilities can be found on the next page.

- **Virtual Reality (VR) & 360° Imagery**

To support our training offer for confined space and working at height, we have developed a series of virtual reality immersive experiences and 360° imagery to allow learners to experience the dangers posed in different working environments, in a safe and engaging way. Using VR and the environments we've created, provides our learners with the benefit of unforgettable training and therefore increased knowledge retention.

## Blended Learning

In some instances, such as our Rooftop Safety & Access course, we can also offer a blended learning approach, mixing both classroom and experiential learning. This approach enables remote training to be undertaken for theoretical elements of courses and practical training being delivered through one of our training centres.

## Bespoke Training

Every business is different, we can work with you to tailor the content to meet your business needs. This can include mapping content from your own policies and procedures along with the practical application of documentation such as risk assessments and method statements within the training environment. This provides buy-in for those attending with relevant content.



## National Specialist Training Facilities

Designed to provide delegates with a realistic, practical training environment, our safety centres offer purpose-built training facilities for:

- Working at Height Training
- Confined Spaces Training
- Respiratory Training and Face Fit Testing
- Health and Safety Training

All our training centres feature classrooms which incorporate the latest IT equipment including 50" touch screen TVs, onsite car parking, shower facilities and a canteen area for delegates.

### Training Centre Locations

Our training centres are located in Linlithgow, Warrington, Stafford, Manchester, Hull and Bracknell. The table below provides an overview of the facilities and course types available at each location.

Facilities / Course Types	Linlithgow	Warrington	Stafford	Manchester	Hull	Bracknell
Classrooms	4	4	5	3	2	6
External Mast	Yes	No	Yes	Yes	No	Yes
Working at Height (General)	Yes	No	Yes	Yes	Yes	Yes
Rooftop Safety	Yes	No	Yes	Yes	Yes	Yes
IRATA	Yes	No	Yes	Yes	No	Yes
MATS Accredited	Yes	No	Yes	Yes	Yes	Yes
Confined Space (including City & Guild)	Yes	Yes	Yes	Yes	Yes	Yes
Respiratory	Yes	Yes	Yes	Yes	Yes	Yes
Health & Safety Training	Yes	Yes	Yes	Yes	Yes	Yes





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Safety Services  
Training Centre



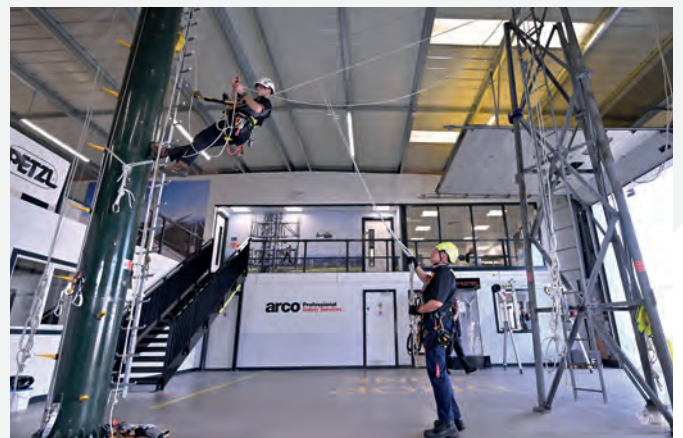


## Working at Height Facilities

Our centres offer both indoor and outdoor purpose-built facilities that have been specially designed to simulate real life working at height hazards in a controlled environment.

Facilities include:

- **External masts** for high risk working at height, fall arrest, evacuation and rescue training.
- **Exterior high-level flat rooftops**, with walkways and associated restraint and arrest systems.
- **Oil rig gantries** consisting of a steel frame platform with open edges, sharp edges, anchor points and an access hatch facility, enabling delegates to encounter hazards similar to those offshore. Used for rope access training, fall restraint training, fall arrest training, ladder rescue and practicing below gantry aid climbing for IRATA training.
- **Indoor monopoles** provide access and rescue training on telecoms monopoles with various access and fall arrest systems.
- **Indoor masts** allow for training to take place in all weathers. Can be used to train in the basics of fixed ladder climbing, open structure climbing, fixed ladder rescue and IRATA rigging.
- **Indoor pitched roof systems** provides safe access training for temporary fall arrest systems, predominantly used in the construction industry, satellite industry and businesses undertaking roofing repairs.



## Confined Space Facilities

Our centres have purpose-built labyrinths to enable the delivery of immersive experiences in a controlled and safe environment. Our confined space labyrinths all have in excess of 30 metres of traverse capability, greater than 3 metres vertical access into multiple chambers and feature relevant confined space hazards.

Facilities include:

- **Vertical entry points** including the use of entry equipment such as davit arm and tripod.
- **Horizontal and side entry points** with a range of access covers.
- **Practical assignments** and real-world activities frequently undertaken in confined spaces.
- **Simulated environments** for real-life business-specific environments to be practiced.
- **Realistic scenarios** including atmospheric and non-atmospheric rescue scenarios and different extraction techniques using a variety of equipment.
- **Monitoring** and reviewing of training activities on CCTV.



## Mobile Confined Space Units

In addition to our fixed training locations, we have a fleet of mobile confined space units to enable confined space training and breathing apparatus training to take place at your site. Our mobile confined space units incorporate state of the art technologies throughout to simulate different industrial settings in a safe environment. The flexible and controlled environment ensures trainees are immersed in a highly realistic and effective learning experience. The units are completely customisable to create a wide variety of industrial settings and to deliver training suitable to any level of experience.



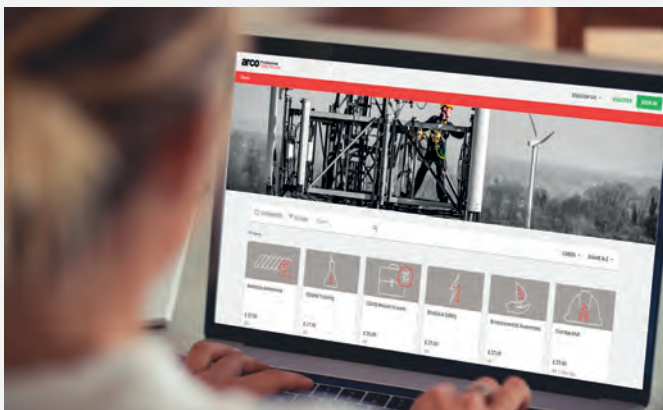


## Learning Management System (LMS)

Our customer LMS platform not only has e-learning modules for customers to be able to self-serve over 50 health and safety courses, but also allows for learning pathways to be created for individuals, roles or companies. These pathways can be developed to link to a comprehensive educational offer including bespoke learning modules, videos, documentation, course booking options for assessing or practical application of knowledge and assessments.

The e-learning courses are available online from £20. See below a list of the options available.

- Accident Reporting
- Banksman Essentials
- Abrasive Wheels Safety
- Asbestos Awareness
- CDM Regulations
- Coronavirus Awareness
- COSHH
- Display Screen Equipment
- Display Screen Equipment (Refresher)
- Driver Awareness
- Drug & Alcohol Awareness
- Electrical Safety
- Emergency First Aid at Work Refresher (EFAW)
- Environmental Awareness
- Eye Protection
- Fire Awareness
- Fire Awareness (Construction)
- Fire Awareness (Refresher)
- Fire Extinguisher Use
- Fire Warden
- Fire Warden (Construction)
- First Aid Appointed Person
- First Aid at Work Refresher (FAW)
- First Aid Requirements & RIDDOR
- Food Safety & Hygiene (Level 1)
- Food Safety & Hygiene (Level 2)
- Food Safety & Hygiene (Level 3)
- General Workshop Safety
- HACCP Level 2
- Hand/Arm Vibration Awareness
- Health & Safety for Homeworkers
- Health & Safety for Managers & Supervisors
- Health and Safety Essentials
- Ladder Safety
- Ladder Safety (International)
- Legionella Awareness
- Lift Equipment and Lifting Operations (International)
- LOLER
- Lone Working IN the Workplace
- Lone Working OUT OF the Workplace
- Managing Anxiety
- Manual Handling
- Manual Handling (Refresher)
- Mental Health Awareness
- Mental Health Awareness for Management
- Noise Awareness
- New & Expectant Mothers at Work
- Personal Protective Equipment
- POWER
- Radio Frequency Awareness
- Risk Assessment
- Sharps Training
- Slips, Trips & Falls
- Spill Kit Training - Body Fluids
- Spill Kit Training - Chemicals and Oils
- Stress Awareness
- Working at Height
- Working in Confined Spaces



To view and book our e-learning courses, visit <https://academy.arcoservices.co.uk/learn>.

If you would like to develop bespoke learning content for your company or employees contact us on **0330 390 0822** or email [info@arcoservices.co.uk](mailto:info@arcoservices.co.uk).

# Our Experts

Our specialist instructors have a wealth of industry experience and ensure the learning content delivered is relevant to an individual business's specific needs. This provides delegates with relevant training to deal with real-life scenarios and specific hazards which can be applied within their work environment.

All our instructors hold the relevant industry teaching and assessor qualifications required for their specialist areas of work, as well as additional hazard specific accreditations, making them specialists in their field. Qualified to support senior executives and middle management through to operatives, we're able to meet all your health and safety training needs.

In addition, our highly skilled specialists operate nationally, which ensures consistency of training across multiple sites. Clients benefit from their experience, advice and willingness to share best practice.



# Accreditations Offered

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

## Confined space solutions



## Respiratory solutions



## Working at height solutions



## Health and safety solutions





[illegible]





# Working at Height Training Courses

With falls from height being the most common workplace injury, it is essential your people receive suitable and sufficient training using the right equipment before undertaking any work at height.

Select from our comprehensive range of work at height courses to ensure your employees receive the right training to keep them safe. Find our working at height courses listed over the next few pages under the headings of:

- Rooftop Safety Training Courses
- Telecoms Climber Training Courses
- Warehouse Safety Training Courses
- Rescue From Height Training Courses
- Oil and Gas Training Courses
- Fall Protection Training Courses
- Rope Access Training Courses
- Renewable Energy Training Courses
- Ladder Safety Training Courses

If you need advice on the right courses for your employees, we will be happy to guide you.

## Video Conference, Blended Learning and Virtual Reality

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

Look for these icons alongside the individual courses.



Video Conference



Blended Learning



Virtual Reality

For more information contact call us on **0330 390 0822** or email **training@arcoservices.co.uk**.

## Rooftop Safety Training Courses

### Rooftop Awareness

#### Course Overview

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

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

### Rooftop Safety & Access

#### Course Overview

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

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



### CITB Rooftop Safety & Access

#### Course Overview

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

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

## Telecoms Climber Training Courses

### MATS Basic Tower Climber & Rescue

#### Course Overview

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

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

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

### Pole Top Climber & Pole Top Rescue

#### Course Overview

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

Duration	Locations	Max Delegates
2 Days	Stafford	6

### Radio Frequency Awareness

#### Course Overview

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

Duration	Locations	Max Delegates
0.5 Day	Stafford, Client Site	12

### Rigging of Light Lifting Equipment

#### Course Overview

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

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



## Warehouse Safety Training Courses

### Monopole Access & Rescue

#### Course Overview

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

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

### Basic Abseil

#### Course Overview

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

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

### Capstan Winch User Training

#### Course Overview

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

Duration	Locations	Max Delegates
0.5 Day	Stafford	6

### Telecoms Packages

#### Course Overview

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

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

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

### Crane Access & Egress

#### Course Overview

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

Duration	Locations	Max Delegates
1 Day	Client Site	6

### High Bay Rack Access

#### Course Overview

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

Duration	Locations	Max Delegates
1 Day	Client Site	6

### S-Cape Instructor

#### Course Overview

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

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

### S-Cape User

#### Course Overview

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

Duration	Locations	Max Delegates
1 Day	Client Site	8

## Rescue From Height Training Courses

### Rescue from Height – Co-Worker Rescue

#### Course Overview

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

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

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

### Fixed Ladder Rescue

#### Course Overview

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

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

### Tower Crane Rescue

#### Course Overview

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

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

## Oil and Gas Training Courses

### Off-Shore S-Cape Instructor

#### Course Overview

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

Duration	Locations	Max Delegates
2 Days	Lowestoft College	4

### Off-Shore S-Cape User

#### Course Overview

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

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



# Fall Protection Training Courses

## Working at Height Awareness



### Course Overview

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

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

## Working Safely at Height

### Course Overview

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

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

## Fall Protection Equipment Inspection Training

### Course Overview

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

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

## Harness & Lanyard User

### Course Overview

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

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

## Access for Theatre Technicians Level 1

### Course Overview

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

Duration	Locations	Max Delegates
2 Days	Client Site	6

## IOSH Managing Work at Height



### Course Overview

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

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

## IOSH Fall Protection Equipment Inspection

### Course Overview

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

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



## Rope Access Training Courses

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



#### Course Overview

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

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

### PASMA Towers for Users

#### Course Overview

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

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

### PASMA Low-Level Access Training

#### Course Overview

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

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

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

#### Course Overview

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

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

### IRATA Levels 1, 2 or 3

#### Course Overview

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

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

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

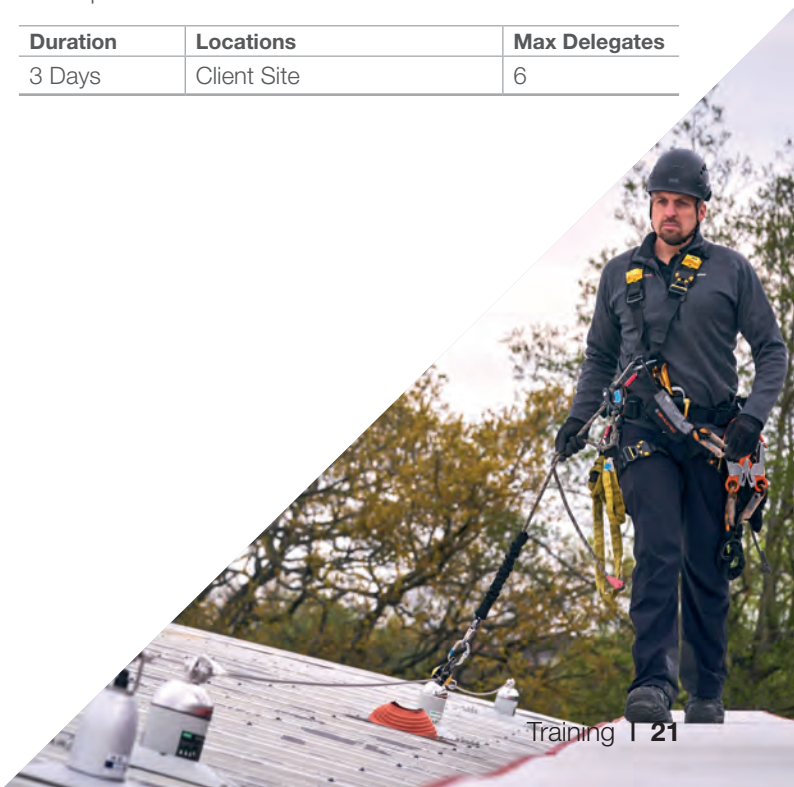
Duration	Locations	Max Delegates
5 Days	Linlithgow, Stafford, Manchester, Bracknell	6

### Access for Theatre Technicians Level 2

#### Course Overview

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

Duration	Locations	Max Delegates
3 Days	Client Site	6



## Ladder Safety Training Courses

### Ladder Association - Ladder & Stepladder User

#### Course Overview

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

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

### Ladder Association - Ladder User & Inspector

#### Course Overview

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

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

### Ladder Association - Ladders & Stepladders for Managers

#### Course Overview

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

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

## Equipment Operator & Safety Training

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

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

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





# Confined Space Training Courses

Working in confined spaces can expose employees to a number of life-threatening hazards and environments, therefore correct training in appropriate surroundings is essential.

Find our confined space courses listed over the next few pages under the headings of:

- Confined Space Awareness Training Course
- Confined Space Entry Training Courses
- Management of Confined Space Training Courses
- Confined Space Rescue and Resuscitation Training Courses

If you need advice on the right courses for your employees, we will be happy to guide you.

## Video Conference Courses

We can also offer confined space awareness as a video conference course. Plus, we can include virtual reality elements in some courses too.

Look for these icons alongside individual courses.



Video Conference



Virtual Reality





# Confined Space Awareness Training Courses

## Confined Space Awareness



### Course Overview

Providing delegates with the knowledge to enable them to safely recognise a confined space and appreciate the implications.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
1 Day	Awareness based	-	Linlithgow, Warrington, Stafford, Manchester, Bracknell, Client Site, Hull, Video Conference, E-Learning	-	10

## Confined Space Awareness with Permit to Work

### Course Overview

Training on issuing permits to work to control entry into confined spaces, including responsibilities and carrying out risk assessments. Also includes interpretation, supervision, coordination and accountability for the team and the work being undertaken in the confined space, in both planned work and emergency situations.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
1 Day	Awareness based	-	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	-	10

# Confined Space Entry Training Courses

## Working in Low Risk Confined Spaces

### Course Overview

Training for anyone working in a low-risk environment and includes preparing to enter and work safely, entering and exiting confined spaces safely, using equipment and tools, following procedures and dealing with emergencies.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
1 Day (6 Hours)	Competence based	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	City and Guilds, NOS EUSCS01 Level 2	6/10** **max 8 delegates for mobile confined space unit

## Entrant and Entry Controller for Medium Risk Confined Spaces

### Course Overview

Training for the entry controller / top person who controls entry and arrangements for medium risk confined spaces and works within them. It will require the use of escape breathing apparatus (EBA).

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
2 Days (16 Hours)	Competence based	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	City and Guilds, NOS EUSCS04 and NOS EUSCS02	6/10** **max 8 delegates for mobile confined space unit

## Working in High Risk Confined Spaces

### Course Overview

Training for anyone working in a confined space when there is a specified risk that cannot be controlled or eliminated. It may involve complex entry procedures and there will be work-specific controls and rescue arrangements. It will require the use of appropriate respiratory protective equipment (RPE) such as self-contained breathing apparatus (SCBA), specialist detection equipment and resuscitation equipment.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
3 Days (24 Hours)	Competence based	3 Years	Linlithgow, Warrington, Stafford, Manchester, Bracknell, Client Site	City and Guilds, NOS EUSCS03 Level 2	6/8

## Control Entry and Arrangements for Confined Spaces

### Course Overview

Training for people who control entry and arrangements for confined spaces without entering them. It includes the duties of an entry controller, pre-entry procedures, entry into and exit from a confined space, maintaining communications and initiating and controlling emergency procedures.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
3 Days (24 Hours)	Competence based	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	City and Guilds, NOS EUSCS04 Level 3	6/10**  **max 8 delegates for mobile confined space unit

Refresher courses and requalification's are available for the majority of courses.

# Management of Confined Space Training Courses

## Confined Space Managing Safely



### Course Overview

This course provides the delegates with a complete understanding of the dangers involved with confined space works. The course will enable delegates to understand the principals of confined space work and be able to plan, manage or supervise confined space entries. Arco Certificate on successful completion.

Duration	Course Type	Validity	Location	Accreditations	Min/Max Delegates
2 Days	Competence based	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	-	4/10

## Supervising Teams Undertaking Work in Confined Spaces



### Course Overview

This course is for managers, supervisors or other persons who will have responsibilities for personnel working in confined spaces. It will provide the background knowledge to enable the effective supervision or management of confined space operations and ensure that all personnel involved have appropriate levels of training. Successful completion of this course would allow authorisation of confined space entries; however, does not make the learner competent to enter/work in a confined space.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
2 Days (14 Hours)	Competence based. Course pre-requisite – must have completed the 6160-02 or 03 course. Dependant on entries to be managed.	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	City and Guilds, NOS EUSCS05 Level 3	4/8

## Plan, Manage and Review Legislative and Safety Compliance for Work in Confined Spaces



### Course Overview

This course is for managers that are responsible for organising, planning and managing work in confined spaces. The manager may or may not supervise the actual job. It involves managing the work of others in, or at confined spaces; reviewing legal requirements; ensuring safety compliance; preparing procedures and appropriate documentation; and making suitable arrangements for dealing with emergencies.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
5 Days* (47 Hours)	Portfolio of workplace evidence. Course prerequisite - H&S qualification i.e. NEBOSH. Relevant knowledge and experience.	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	City and Guilds, NOS EUSCS06 Level 4	6/10

Refresher courses and requalification's are available for the majority of courses.



## Confined Space Rescue and Resuscitation Training Courses

### Direct Emergency Rescue and Recovery of Casualties from Confined Spaces

#### Course Overview

This course is for anyone who directs the activities of a team for rescue or recovery in confined spaces. This may include rescue team leader, coordinator, entry controller/top person or supervisor in relation to rescue and recovery of casualties, planning and preparing of emergency operations, mobilising rescue teams, directing and monitoring rescue activities, reporting and securing sites after incidents or emergencies.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
1 Day (8 Hours)	Competence based. Pre-course requisite of completing the 6160-08 course	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	City and Guilds, NOS EUSCS07 Level 3	6/10**  **max 8 delegates for mobile confined space unit

### Working as a Member of a Rescue and Recovery Team in Confined Spaces

#### Course Overview

This course is for anyone who works as part of a rescue and recovery team in confined spaces. It includes preparing to carry out emergency activities, entering and exiting confined spaces safely, using emergency equipment, casualty recovery and handling devices, rescuing, and recovering casualties, and the use of appropriate breathing apparatus.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
2-3 Days (24 Hours)	Competence based. Pre-course requisite of completing the 6160-03 course	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	City and Guilds, NOS EUSCS08 Level 3	5/8

### Confined Space Casualty Extraction for Non-atmospheric Situations

#### Course Overview

Designed for those involved in the extraction of a casualty from a non-atmospheric related incident or who form part of the rescue team. The training will prepare the learner to enter and exit confined spaces safely; use rescue equipment; and follow procedures when dealing with emergencies.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
1 Day (8 Hours)	Competence based	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	-	5/8

### NCFE Level 3 Emergency Rescue Training (ERT) in Confined Spaces

#### Course Overview

This course is aimed at people who will be entering confined spaces to undertake emergency rescue of casualties. The training provides an understanding and practical knowledge to carry out safe entry into a confined space, deal with the risks and carry out the required work.

Duration (GLH)	Course Type	Validity	Location	Accreditations	Min/Max Delegates
2-3 Days* (16-24 Hours)	Competence based *course duration based on recognised prior learning	3 Years	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	NCFE	4/8



# Respiratory Training Courses

With the long latency of work-related respiratory illnesses, it's more important than ever that your people are properly trained.

Alongside respiratory training, our technicians also help customers implement an effective Respiratory Management Programme which includes careful product selection, face fit testing, equipment storage, servicing, maintenance and record keeping. This detailed knowledge and understanding ideally places them to offer the best training experience possible.

Our expert trainers can work with you to understand your training needs and create a tailor-made learning package, or you can choose from our range of off-the-shelf courses.

## Half Face Mask User Training

### Course Overview

This course provides training for people involved in the selection, wearing and storage of half mask respirators.

Duration	Locations	Max Delegates
2 Hours	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	10

## Full Face Mask User Training

### Course Overview

This course provides training for people involved in the selection, wearing, storage and maintenance of full face mask respirators.

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

## Powered Respiratory Training

### Course Overview

This course provides delegates with the knowledge and training required in the selection, wearing, storage and maintenance of powered respirators.

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

## Airline Respirator Training

### Course Overview

Aimed at all people involved in the selection, wearing, storage and maintenance of airline respirators this training delivers the knowledge, understanding and skills to work with this equipment.

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

## Escape Breathing Apparatus Training

### Course Overview

Aimed at all people involved in the selection, wearing, storage and maintenance of escape respirators this training delivers the knowledge, understanding and skills to work with this equipment.

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

## Self Contained Breathing Apparatus User

### Course Overview

This specialist breathing apparatus training will equip those entering potentially toxic atmospheres with an understanding of the necessary skills and competencies to work safely where these hazards are prevalent. It provides training in the use of the equipment in line with the relevant manufacturer's instructions.

Duration	Locations	Min/Max Delegates
1 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	2/8

## Qualitative Face Fit Test Training

### Course Overview

This course provides delegates with the knowledge and training required to perform and carry out Qualitative Face Fit Testing of disposable and half face masks.

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

## Quantitative Face Fit Training

### Course Overview

This course provides delegates with the knowledge and training required to carry out Quantitative Face Fit Testing for all tight-fitting respirators, including full face masks, using a Portacount machine.

Quantitative Refresher course is available (1 day)

Duration	Locations	Max Delegates
2 Days	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	4





# Health & Safety Training Courses

We offer a broad range of health and safety training courses, from accredited first aid and occupational health courses to more focused workplace training options, to keep your people and business safe in all areas of health and safety.

Select from our comprehensive range of health and safety courses to ensure your employees receive the right training to keep them safe. Find our health and safety courses listed over the next few pages under the headings of:

- First Aid, Mental Health & Wellbeing Training Courses
- Hazard Awareness Training Courses
- Workplace Safety Training Courses
- Environmental Training Courses

If you need advice on the right courses for your employees, we will be happy to guide you.

## Video Conference Courses



We can also offer some health and safety courses by video conference. Look for the video icon alongside this individual course.

## First Aid, Mental Health & Wellbeing Training Courses

### Emergency First Aid at Work

#### Course Overview

This course provides a basic first aid qualification for any person who may have to deal with an emergency situation. It should enable them to be able to assess and control a situation until more qualified help arrives, including how to preserve life, prevent the condition worsening and promote the casualties recovery.

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

### First Aider at Work

#### Course Overview

This course provides the necessary training to enable delegates to become the designated 'First-Aider at Work'. Training provides the knowledge and understanding, and more importantly the confidence and skills to be able to carry out first aid in the workplace.

First Aider at Work requalification course is available.

Duration	Locations	Max Delegates
3 Days	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site	12

### First Aid at Height

#### Course Overview

Training provides delegates with the knowledge and practical experience to provide emergency first aid in the workplace. This course meets the requirements for Emergency First Aid at Work.

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

### Mental Health First Aid



#### Course Overview

The Mental Health First Aid (MHFA) training course teaches people to spot the symptoms of mental health issues, offer initial help and guide a person towards support.

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

### Mental Wellbeing Awareness for Employees



#### Course Overview

This training course provides an understanding of mental wellbeing and how it can affect people. It will enable delegates to recognise the symptoms of mental ill-health and awareness of how to seek help and help themselves.

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

### Stress and Mental Wellbeing Management



#### Course Overview

This course provides a thorough understanding of mental wellbeing, stress and mental illnesses and how business managers can understand and improve them.

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

# Hazard Awareness Training Courses

## Asbestos Awareness (Non-Accredited)

### Course Overview

Course provides training to help protect people from the health risks presented by asbestos in the workplace, including what asbestos is, how you might be exposed to it, and the steps to take if you encounter suspected asbestos-containing materials (ACMs).

Duration	Locations	Max Delegates
0.5 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site, E-learning	12

## Abrasive Wheels

### Course Overview

The course provides delegates with the skills and knowledge needed to select and mount abrasive wheels safely and in accordance with the correct regulations.

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

## Fire Marshal (including practical)

### Course Overview

Training aimed at any person that has been allocated fire safety responsibilities for the prevention of fires and implementing fire evacuations. Practical includes fire extinguisher session with live fire on a training rig.

Duration	Locations	Max Delegates
0.5 Day	Client Site	12

## Fire Marshal / Warden

### Course Overview

Training course provides the knowledge required to become a fire marshal / warden.

Duration	Locations	Max Delegates
0.5 Day	Client Site, E-learning	12

## Fire Extinguisher

### Course Overview

Training provides delegates with an understanding of what to do in the event of a fire and be able to use basic portable firefighting equipment.

Duration	Locations	Max Delegates
0.5 Day	Client Site	10

## COSHH Awareness



### Course Overview

Training provides delegates with an understanding of the legal responsibilities surrounding the control of substances hazardous to health, the risks posed by hazardous substances, the potential harm they may cause and what to do in the event of exposure.

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

## COSHH Assessment

### Course Overview

Training concentrates on the assessment of substances hazardous to health and is ideal for those who have already attended half day COSHH awareness or as a standalone course for those with a basic understanding of the subject already.

Duration	Locations	Max Delegates
1 Day	Client Site	12



## DSEAR Awareness

### Course Overview

Training covers the legal aspects of The Dangerous Substances and Explosive Atmosphere Regulations (DSEAR) 2002 and how these apply to attendees, enabling them to understand their legal obligations and help their employer comply with their legal duty.

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

## Hot Works

### Course Overview

This course provides guidance to those completing hot work permits and gives a basic understanding of legal requirements and fire prevention.

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

## Legionella Awareness



### Course Overview

The course provides delegates with an understanding of Legionnaires disease including the health effects, legislation and codes of practice and how to control the risks of Legionella bacteria.

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

## Lock Out Tag Out (LOTO) Awareness

### Course Overview

Training provides delegates with an awareness of the legal requirements and best practice of Lock Out Tag Out, particularly in relation to machinery safety.

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

## Manual Handling

### Course Overview

Aimed at all employees who may undertake manual handling operations, this course covers manual handling identification and control methods and legal obligations and how to comply with them.

Duration	Locations	Max Delegates
0.5 Day	Linlithgow, Warrington, Stafford, Manchester, Hull, Bracknell, Client Site, E-learning	12

## Slings & Lifting

### Course Overview

This course is aimed for individuals who have the responsibilities of planning and carrying lifting of loads using mechanical means. It aims to make employees aware of hazards associated with slinging and lifting and to demonstrate best practices and techniques.

Duration	Locations	Max Delegates
1 Day	Client Site	6

## Vehicle Banksman Training

### Course Overview

This course is AITT accredited and is designed to train delegates in banksman vehicle control duties, including the moving, loading/unloading of vehicles, along with the skills and knowledge needed to help reduce the risk of accidents occurring onsite.

Duration	Locations	Max Delegates
0.5 Day	Client Site	4

# Workplace Safety Training Courses

## Root Cause Analysis



### Course Overview

This course aims to provide a good understanding of root cause analysis (RCA) through informative and involved discussion, case studies and group exercises utilising and practicing the key methods and tools involved in RCA.

Duration	Locations	Max Delegates
1 Day	Client Site	12

## Permit to Work

### Course Overview

Training provides delegates with an understanding of permit to work systems and the situations they are required, enabling them to manage work being undertaken during both planned and emergency situations.

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

## Risk Assessment Principals and Practice

### Course Overview

Suitable for people who are required to carry out risk assessments, this training course delivers the knowledge required for delegates to understand their legal duties, undertake risk assessments and review procedures within their own company.

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

## IOSH Leading Safely



### Course Overview

Aimed at those with leadership responsibilities, training delivers practical knowledge and solutions to understand safety and health responsibilities and plan the overall direction for safety and health in your organisation.

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

## IOSH Safety for Executives and Directors



### Course Overview

For those with overall operational or strategic accountability, training provides an understanding of the moral, legal and business case for proactive safety, health and risk management and its integration into holistic business management systems and procedures.

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

## IOSH Managing Safely



### Course Overview

Training provides managers and supervisors with an understanding of safety and health responsibilities in the workplace and enables them to recognise how they can influence, control and monitor risk to improve safety and health issues.

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

## IOSH Working Safely



### Course Overview

The course provides a grounding in the essentials of health and safety including an understanding of working safely, the importance of assessing risks and personal responsibility.

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

## Environmental Training Courses

### Spillage Awareness Training

#### Course Overview

This training provides an awareness of the requirements for organisations to identify potential spillage situations and how to deal with them effectively to limit on site and off site damage.

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

### Spillage Response Training

#### Course Overview

This training provides the information required to be able to respond safely and effectively to spillage situations, understand each team members duties and know of the limitations of spill response materials and equipment. Note: course may require a pre-course visit to establish local procedures and systems.

Duration	Locations	Max Delegates
1 Day	Client Site	12

### EUSR SHEA Water Passport

#### Course Overview

Provides delegates with an appropriate level of awareness, knowledge and understanding of the health, safety and environmental issues relating to Water Network Operations. On successful completion delegates receive the Utility SHEA (Water) passport which is valid for three years.

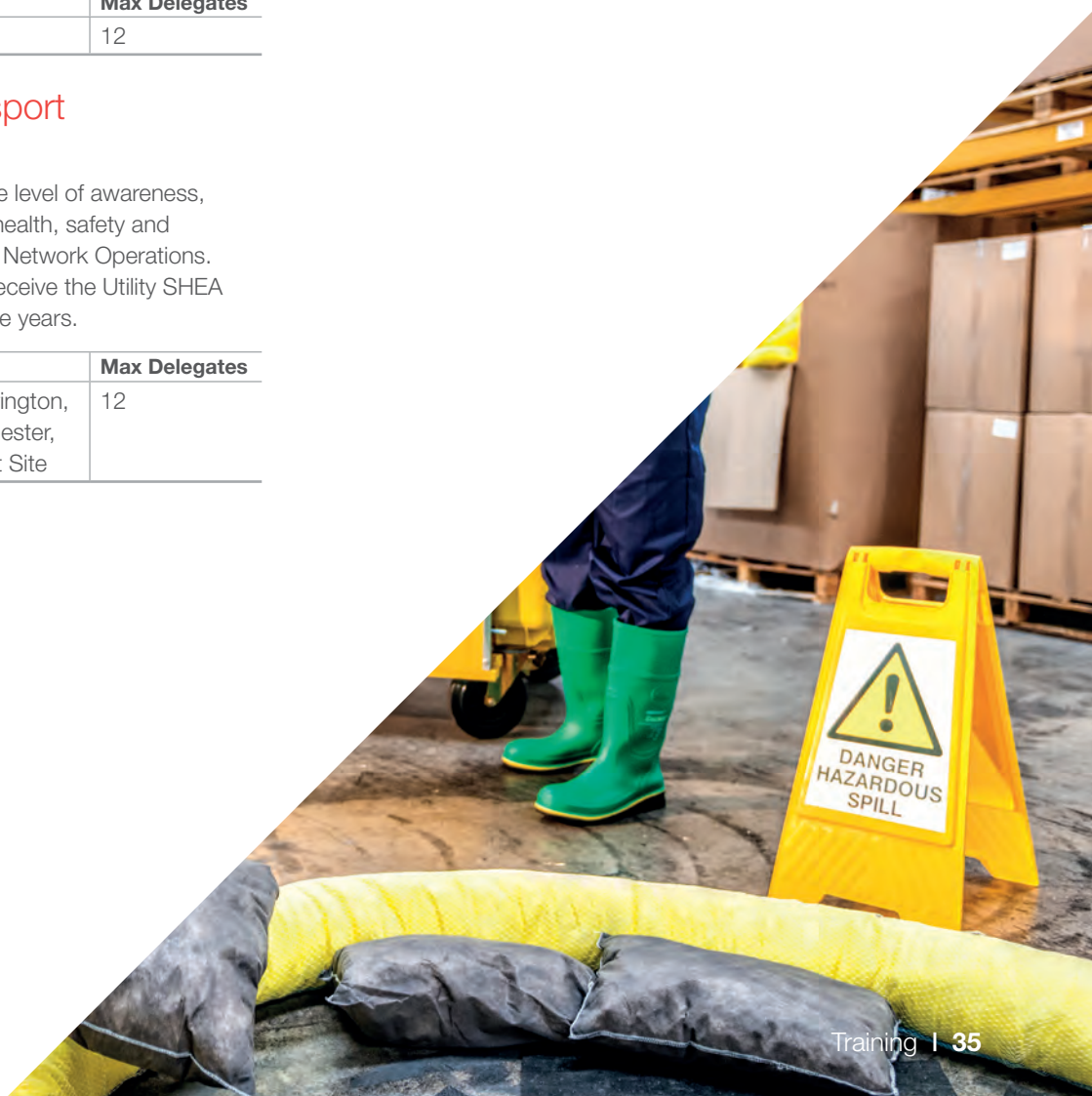
Duration	Locations	Max Delegates
1 Day	Linlithgow, Warrington, Stafford, Manchester, Bracknell, Client Site	12

### High Pressure Water Jetting

#### Course Overview

Training provides knowledge on all main areas of water jetting operation and safety, including types of water jetting, water pressure and flow rates, risk assessment, and the use of safety clothing. The course also covers the safe use of high pressure and ultra high-pressure water jetting equipment.

Duration	Locations	Max Delegates
1.75 Days	Linlithgow	8





Your world made safer.

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(H) Hire

(S) Services and  
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