

CISRS Operative Training Scheme (COTS)

Course Duration: 1 Day

CISRS 1 Day COTS Course is a requirement for anyone wishing to apply for a CISRS Scaffolding Labourer Card.

A CISRS Labourer card must be held for at least 3 months before a candidate can attend their Scaffolding Part 1 course.

Aim and Objectives:

The aim of the CISRS Operative Training Scheme is to teach all new entrants and labourers the basics of the industry and how to keep safe when working with scaffolding and access solutions, whilst also making sure existing operatives are up to date.

This course also helps the scaffolding sector meet the requirement that every operative must have received some formal training before being allowed onto their sites.

Course Content:

- Relevant Regulations and Codes of Practice
- General Responsibilities
- Basic Scaffold Terminology (Components & Application)
- Servicing of Equipment, Tube, Fittings, Boards & Stock Quality Control
- Health, Welfare, Hygiene & Housekeeping
- Electrical Safety
- Fire Prevention & Control
- Noise & Vibration
- Work at Height
- Accident Prevention & Reporting
- Personal Protective Equipment
- Site Transport Safety (Including Loading & Unloading)
- Equipment & Tools
- Manual Handling (Including practical element)
- Lifting Equipment Using Rope & Wheel
- Questions/ Test Paper

Course Assessment Method:

Candidates are required to sit a 25 question multi-choice test and achieve at least 76% in order to have passed. Each candidate is only allowed 1 resit.

Failure to successfully complete the theory test element within 2 attempts will result in the candidate having to complete the full course again.

Candidates must also be able to complete the following exercises during the practical session;

- Standing up a 13ft tube
- Lifting two 5' tubes onto shoulder
- Lifting and carrying boards
- Lifting and carrying a ladder
- Tying of knots
- Hoisting materials using a gin wheel and rope

Pre-Requisites for Candidates:

Literacy and language comprehension are important requirements on all courses. Any physical impairment or literacy issues should be discussed with RBS Scaffolding Ltd prior to making a booking so we can best accommodate your needs.

IMPORTANT: It is a CISRS Course Pre-requisite that Candidates must also hold a valid CITB Health, Safety & Environmental touch-screen test pass or recognized exemption) prior to course attendance - this test must have been completed within 2 years of the date of card application.

PLEASE NOTE: All candidates must be able to take a full and active role during the practical skills session in order to pass the course.

Training Location Options:

We offer this course from both our Winchester Training Facility. Suitable classroom facility and any other necessary facilities and equipment required for this course). Please contact us for further details.

Course Start Time:

All courses unless agreed otherwise will commence at 8.15am.

Certification/CISRS Card Application:

Certificates are included in the cost of this course and are produced by RBS Scaffolding Ltd. They will be forwarded to the customer once payment has been received in full. It is now a requirement for CISRS Training Centres to apply for CISRS cards upon completion of the course. RBS Scaffolding Ltd will apply for CISRS labourer Cards on successful completion of the course.

PLEASE NOTE: As detailed above the application for the CISRS Scaffold Labourer Card must now be made by the training provider.

To do this all candidates must also hold a current CITB Health, Safety & Environmental Test or recognised exemption (HS&E Tests are valid for 2 years from the date they are passed).

We will require confirmation that this test has been passed by provision of the candidates CITB Testing ID and/or copy of Score Report as issued by Pearson Vue.

The CITB Health, Safety & Environmental Test can be booked via the CITB website <https://www.citb.co.uk/courses-and-qualifications/hse-test-and-cards/book-a-test/> or by telephone on 0344 994 4488

Equipment:

You will be required to wear PPE (Personal Protective Equipment) during the practical aspects of your course. You will be required to bring with you your own hard hat, safety boots, gloves and high visibility vest. Writing materials will be provided.

Lunch and Refreshment Facilities:

Lunches will not be provided. However, water, tea, coffee, fridge and microwave facilities are available in our canteen for your use free of charge.

Accommodation and Transport:

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request

Number of Candidates per Course:

A maximum of 12

Refresher Training:

CISRS Scaffolding Labourers will be required to repeat this course on a five yearly cycle – as refresher training prior to renewing their card. Existing CISRS Scaffolding Labourer cardholders will be required to complete the course on expiry of their current card and prior to a new card being issued as part of a new ‘CISRS Scaffolding Labourer Refresher Training’ Scheme. Qualifications you get:

- CISRS Scaffolding Operative Training Scheme (COTS) Certificate
- Suggested Follow on and Complementary Courses:
- Scaffold Awareness
- CISRS Scaffolding Part 1