



**GRŴP IECHYD A DIOGELWCH GOGLEDD-ORLLEWIN
CYMRU
NORTH WEST WALES HEALTH & SAFETY GROUP**

Thursday 11th July 2013 - 2.00pm – 4.00pm

Outreach Rescue, Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY

'Work at Height - in Theory and Practice'

Outreach Rescue Services

THE TALK PROVIDERS

Outreach has been providing rescue and safety training for over 18 years and their philosophy has always been that time spent in the early stages of skills development is time well spent.

They have the longest established and widest range of Specialist Rescue courses available in the UK. These courses have been proven to meet the operational needs of the Emergency Services and industrial safety departments.

THE SESSION

The programme for the afternoon will be looking at:

- Review of Work at Height Requirements
- Equipment updates and evaluation
- Safety considerations
- Planning for emergencies

The session will also include

- Practical demonstrations
- Hands on experience

THE TRAINER

Mac Stephens the Principal Trainer for this event is the Lead Industrial safety trainer with Outreach Rescue Ltd.

Mac has over 35 Yrs experience within the Emergency Services. His specialism is in the field of 'rescue' and he has extensive experience both nationally and has been internationally where he was deployed to rescues such as those in Macedonia and New Zealand.

He is an experienced trainer having designed and delivered courses for a wide range of industries including the Fire and Rescue Services and Military Support Group.

These courses include:

- Team building
- Rope Rescue
- Water Survival
- Confined and Restricted Rope Access

He is also a Qualified Trainer and Assessor and author of rope rescue standard operating procedure.

**PLEASE NOTE: PLACES ARE LIMITED SO
BOOKING IS ESSENTIAL**

TO BOOK

please contact Tony Emsley

Tel: +44 (0) 1248 601546

Email: tony.emsley@outreachrescue.com

For further Information visit:

<http://www.outreachrescue.com/>

Refreshments will be provided from 2.00pm.
Talk starts at 2.15pm.



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VENUE

Outreach Rescue is based at; Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY. A direction map can be found at: <http://www.outreachrescue.com/search>

Approach by A55, coast Road ...

Exit A55 at Bangor / Betws-Y-Coed, J11
Follow A5 towards Betws-Y-Coed for 2 miles
LEFT at crossroads, signed Rachub

Approach by A5 ...

1/2 mile after leaving the village of Bethesda
RIGHT at crossroads, signed Rachub

... from the crossroads, signed Rachub

From the crossroads proceed up the hill

After 1 mile turn LEFT in village centre leaving Royal Oak pub on right & Post Office on left.

After approx. 200 metres reach Llanllechid village (playing field on your right), carry straight on.

When you reach the RED phone box on right, turn RIGHT and immediately RIGHT again (single track road).

After approx. 250m when road markings bear sharp right, DO NOT turn right instead continue left straight onwards along the track.

After 100 metres you will enter the Outreach site, **please report to staff on arrival.**

Please note

Satellite navigation systems will not usually follow these directions, however, this is the most straight forward and clear route.

FURTHER INFORMATION

For further Information on the Group please contact 'Health and Safety Services', Bangor University, Penbre, College Road, Bangor, LL572DG Tel 01248 383847, email: lisa.fowlie@bangor.ac.uk or visit the Website at <http://hsgroup.bangor.ac.uk>

A warm welcome is extended to all Members and non-members with an interest in this subject.