



Safety Training Centre Course Profile

Level C Distribution – Access & Egress

Duration	1 Day – Initial and Recert
Maximum Delegates	6 delegates
Cost per delegate	Refer to the latest price list on the website
Location	Croydon & Epsom (Initial and Recert) + Derby (Recert only)
Availability	A course schedule can be downloaded from our website
Email	safety.training@atkinsrealis.com
Website	www.atkinsrealis.com/safetytraining

Course Aim

Level C Distribution – Access & Egress Traction and/or non-traction location. This one-day course provides theory regarding substations and a visit to an electrification building for the practical element. The aim of this course is to enable certified staff to undertake the role of a Level C person – Authority to Enter Distribution Locations (Substations).

Key topics

- Introduction, Health & Safety legislation, and industry standards
- Procedures for Access and Egress Distribution Locations (Substations)
- Precautions to prevent danger whilst inside Distribution Locations (Substations)
- Safety notices, signs, and ECO contact details
- Assessments
- Practical Site Visit

Course Objectives

At the end of the course delegates will be able to:

- Identify legislation and industry standards applicable to their duties.
- Understand the key parts of the legislation and industry standards appertaining to this course.
- Identify and describe the main hazards associated with power distribution locations.
- State the main precautionary measures to be taken whilst inside power distribution locations.
- How to recognise differing types of power distribution locations.
- The way in which power distribution locations are secured.
- Eligibility requirements for gaining access to power distribution locations.
- The procedures appertaining to access/egress to/from power distribution locations.
- How to carry out access procedures for power distribution locations.
- How to carry out egress procedures for power distribution locations.

Competency valid for 2 years.

Please continue to the next page for pre-requisite and practical/PPE requirements



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Level C Initial and Recert - Prerequisites

- Candidates must be 18 by the course start date.
- Formal ID – Physical Sentinel Card or For Non-British Nationals a Valid in date Passport
- Copy of valid First Aid certification (that includes a briefing for electrical accidents) or equivalent.
- A valid PTS Medical and Drugs & Alcohol Screening must be uploaded to your Sentinel profile under correct sponsor.
- Possess adequate written and verbal communication skills in English, to a level necessary to avoid danger.

Level C Initial and Recert – Practical Element

Initial: The practical site visit to the Substation is at a different venue to training, you will require money for a rail journey.

Recert: A brief practical session (no money required).

PPE Equipment (Initial & Recert):

- Network Rail approved Steel Toecap and Midsole Lace up Safety boots.
- High Visibility (HV) orange upper body clothing to BS EN 471:2003 class 2 as a minimum (HV tabard) as per (GO/RT3279 & NR/L2/OHS/021) and Hard Hat.
- Please note orange trousers must be worn. HV orange lower body clothing to BS EN 471:2003 class 1 as a minimum (HV trousers or HV over-trousers as per GO/RT3279 & NR/L2/OHS/021).
- Eye protection and general-purpose gloves that meet the EN388 cut 5 or new equivalent cut E standard on the Network Rail Infrastructure Projects worksite.