

CISRS Operative Training Scheme (COTS) (Labourers Card)

Course Introduction

This 1 day course is for people who are new to scaffolding.

Existing CISRS Scaffolding Labourer (green) Card holders also need to take this course to renew their card every five years.

The course teaches the basics of the industry and how to work safely with scaffolding and access equipment.

On successful completion of the course, we will apply on your behalf for the CISRS Scaffolders Trainee or CISRS Scaffolders Labour Card.

The CISRS Operative Training Scheme (COTS) course has specific pre-requisites which we must receive in order to process any booking for this course.

Course Pre-Requisites

Delegates must have successfully completed a CITB Health and Safety and Environment Test within 2 years prior to attending the CISRS COTS course.

CISRS do accept some other industry recognised Health and Safety qualifications as an exemption to the CITB HS&E Test. Those listed below must be completed within 2 years of the date of application: IOSH Working Safely/IOSH Managing Safely/IOSH Leading Safely/FAS Safe Pass/NEBOSH (General/Construction/International)/OHS Certificate/SMSTS (Site Management Safety Training Scheme) SSSTS (Site Supervision Safety Training Scheme) or Current CCNSG Safety Passport/Current CCNSG Safety Passport (LaTS)/Current MIST/BOSIET/OPITO Approved Offshore Certificate/Students must also provide a passport size photo during the day of the course

Course Topics

- General responsibilities
- Basic scaffolding terminology (components and application)
- Servicing of equipment (tube, fittings, boards etc.)
- Boards and stock – quality control
- Health, welfare, hygiene and housekeeping
- Electrical safety

- Fire prevention and control
- Noise and vibration
- Working at height
- Accident prevention and reporting
- Slips, trips and falls
- Personal Protective Equipment (PPE)
- Transport safety on site
- Equipment and tools
- Manual handling (including loading and unloading)
- Lifting equipment using rope and wheel
- Questions/test paper

Course Benefits

This qualification will allow access to the CISRS Scaffolder's Trainee Card

Assessment Method

Multi-choice Exam Questions

Qualification Expiry

5 Years