intertrain
A City & Guilds Group Business

Course overview

Stressing Level 2 - Stressing of Plain Line (CWR) Includes Level 1

This course aims to enhance the underpinning knowledge of holder of Level 1 Certification, to enable them to correctly induce the required Stress into existing and newly installed C.W.R. – Plain Line. Delegates attending this course must hold a Level 1 Certificate or have attended a course for Level 1 in conjunction with this course.

Instructions

It is the Sponsors responsibility to ensure candidates booked onto the course are eligible for the training they are to receive and in line with any relevant medical level or restriction that may apply, in accordance with NR/L2/OHS/00124 Competence Specific Fitness Medical Requirements.

Please be aware that candidates will be treated on a training event as if they are at work and they must comply with the relevant medical policy and bring their Sentinel Smartcard which will be swiped at the start of the course.

Must be a minimum age of 18.

Sentinel smart card with valid PTS. IWA/COSS is advisable due to the nature of the work.

Meet the medical requirements of Network Rail Standard NR/L2/OHS/00124 Competence Specific Fitness Medical Requirements and Network Rail Standard NR/L2/OHS/0120 (Drugs & Alcohol).

Must have sufficient command of English language as detailed in Network Rail Company Specification NR/L2/CTM/021 (Competence & Training in Track Safety).

Delegates attending this course should be capable of using a calculator and working out simple formulae with a basic math knowledge and bring a calculator (mobile phone isn't sufficient).

Prior basic knowledge of the Permanent Way and its components is essential

PPE - Hi-Visibility clothing to RIS-3279-TOM standard, hard hat, Safety boots with full ankle and mid-sole protection and gloves

Please advise of any special needs i.e. dyslexia in advance of the course.

Must Bring Photo ID - For British Nationals, one of the following (**original hard copy - not electronically**): a current and valid branded form of identity token, used for accessing the RMI (Railway Maintained Infrastructure) such as a Sentinel Card; in-date and valid full driving licence; in-date and valid UK Provisional Photo Card Driving Licence; in-date and valid passport, a UK biometric ID Card/Residence Permit (BRP), an

Armed Forces Identity Card, a proof of age card recognised under PASS with a unique reference number (this includes the Citizen ID Card), N.I. Electoral Identity Card or a resident permit as per Home Office guidance.

For Non-British Nationals - an in-date and valid passport, Identity Card or Driving Licence from an EU or European Economic Area (EEA) country or a US Passport Card is required (**original hard copy - not electronically**).

It is the responsibility of the delegates local manager to decide upon their suitability to attend the course, in accordance with the current issue of NR/L2/CTM/021 Competence & Training in Track Safety.

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