

## Iron Man

This course aims to make delegates aware of the roles and responsibilities associated with the safe and efficient operation of the Ironman 'A' Frame and to give them the knowledge and skills necessary to enable them to operate the equipment on Network Rail Infrastructure in line with current industry standards.

### Pre-requisite Requirements

Must hold Personal Track Safety  
Must have managers authorisation  
Please Advise of any special needs.

### Instructions

Delegates must be at least 16 years of age.

Meet the medical requirements of Network Rail Standard NR/L2/OHS/00124 Competence Specific Fitness Medical Requirements to minimum medical level 4 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).

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**).

PPE – hard hat, Orange Hi-Visibility clothing to RIS-3279-TOM standard, ear defenders, goggles, Safety boots with full ankle and mid-sole protection and gloves and flame-proof overalls. Other specific PPE may be required dependant on tools. It is the responsibility of the Sponsor to advise.

It is the responsibility of the individual trainees 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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