



## NHSS 10B Foundation Course

### At a glance...

**Duration:**

- This course will last one day.

**Delivery Method:**

- This course is classroom based.

**Approved by:**

- National Highways, Transport Scotland, The Welsh Assembly and Transport NI for workers on their Strategic Road Network (SRN)



### Introduction

NHSS 10B Foundation Course is the first step to becoming an installer of Vehicle Restraint Systems (VRS). This course will provide basic knowledge of the Vehicle Restraint System (VRS) industry and the requirements of National Highways Sector Scheme (NHSS) 10B. Successful completion of this foundation course learners will be issued with a certificate valid for two years and learners can progress onto the NHSS 10B Installer course.

### The finer details

The NHSS 10B Foundation course covers four modules which are.

**Module 1**

- Introduction
- History
- Quality Assurance & Sector Schemes
- PPE
- Terminology.

**Module 2**

- Performance Standard
- Containment Levels
- Working Widths
- Impact Severity Levels.

**Module 3**

- Terminals & Transitions
- System Components
- Summary
- Foundation end of course test

**Module 4**

- Health & Safety training (Welfare, First Aid, Fire, Safe Use of equipment, Safe Working Practices)
- Risk, Prevention and Control
- Accidents, Ill-Health & Near Misses
- Specific/Specialised Working Environments
- Site Hazards
- Health & Environment
- L1 H&S Qualification (test)

### Who should attend?

All potential VRS Laborers and Installers of Permanent Vehicle Restraint Systems before proceeding on to the NHSS 10B Installer course.

