

SSOW 38: GENERAL TRAINING GROUND OPERATIONS

Issue Number: 01

Date of Issue: 26/06/2026

Based on: RA60 (A-D)

PURPOSE

To ensure all training ground activities involving plant, vehicles, trainees and trainers are carried out safely and in a controlled manner. This SSOW sets out the safe working practices, competency requirements and equipment standards required to operate within the Lynch Plant Hire Training Ground in accordance with the associated risk assessments.

PPE REQUIREMENTS

For this activity, the following PPE must be worn



High-vis Vest / Jacket
(EN ISO 20471)



Safety Boots (S3)
(EN ISO 20345:2011)



Safety Gloves
(EN 388)



Safety Glasses or Goggles (EN 166)



Safety Helmet
(EN 397)



Weather appropriate clothing.

TRAINING REQUIREMENTS

- Valid CPCS or NPORS card for the correct category of plant.
- Site induction including traffic routes, pedestrian segregation and site rules.
- Competence in safe manoeuvring, reversing and communication signals.
- Awareness of emergency stop procedures and defect reporting processes.
- Plant Loader/Unloader training (CPCS A50/A68 or NPORS/ALLMI/RTITB equivalent).
- Manual Handling awareness.
- Overhead Power Cable awareness (GS6).
- Load restraint training including SWL, WLL and correct use of chains, slings and timbers.
- Client-specific induction where required.
- Awareness of Plant Red Zones and exclusion zone rules.

EQUIPMENT REQUIREMENTS

- Plant machine suitable for the task and correctly configured.
- Functional safety systems: mirrors, reversing alarms, beacons and cameras where fitted.
- Seat belts and ROPS / anti-rollover protection.
- Transporter or low-loader with suitable ramps.
- Jacklegs or stabilisers for loading/unloading.
- Lashing chains, binders, slings, timbers and edge protectors.
- Measuring stick for height checks.
- Barriers and cones for exclusion zones.
- Spill kits.
- Fire extinguishers.
- First aid kits.

SAFE SYSTEM OF WORK

- All visitors must report to the Training Facility Supervisor before entering the site; visitors must sign in and complete induction before site access is permitted.
- Traffic routes, speed limits and site rules must be followed at all times. Pedestrians must remain within designated walkways and crossing points.
- Plant condition must be checked for leaks, damage and safety-critical defects before use.
- Operator competencies must be verified before plant is operated.
- Crossover points (where present) must be controlled by a trained banksman or trainer.
- Reversing alarms and beacons must be used at all times.
- Access routes must be kept clear and good housekeeping maintained.
- Loading and unloading must only take place in designated, approved areas and in accordance with RA21.
- No loading/unloading must take place on the public highway unless separately planned and controlled

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- Chains, slings and strops must be certified, in date and attached from ground level.
- Three points of contact must be maintained when accessing or exiting plant.
- Exclusion zones and Plant Red Zones must be enforced at all times.
- Plant must be shut down and secured when unattended. Engines must not be left idling unnecessarily.
- Daily plant checks must be completed and verified before work starts.
- Only one plant item may operate within each designated zone.
- Misuse of plant will result in immediate removal from the training ground. Trainers must carry and use plant kill-switch devices where fitted.
- Trainer visibility must be maintained at all times.
- CPCS/NPORS training & testing standards and lesson plans to be followed at all times.
- Training must be paused if weather conditions create unsafe ground or visibility.
- Perimeter fencing, gates and access points must be secured. Access to the training ground must be controlled at all times; only authorised personnel may be permitted.
- Suspicious behaviour or unauthorised persons must be reported immediately.
- A zero-tolerance approach to violence, aggression or threatening behaviour will be enforced.
- Staff must not work alone in isolated areas without communication equipment and supervisor awareness.
- Welfare facilities must be available, clean and serviceable.
- Ground surfaces must be maintained to minimise airborne dust; water suppression used when required.
- Noise exposure must be managed; hearing protection worn where noise levels exceed 85 dB(A).
- Refuelling must only take place in designated areas with drip trays or hard-standing. HVO or low-emission fuels must be used where available.
- Waste must be segregated and disposed of correctly.
- First aid must only be provided by trained personnel following DRABC.
- Emergency services must be contacted where required.
- Fire alarms must be raised and evacuation to the muster point carried out. Only trained fire marshals may attempt to extinguish small fires.
- Spill kits must be used to contain contamination; RA47 must be followed.
- Incidents details must be recorded and reported to management / HSQE Team as soon as safe to do so.
- The Lynch CIR system must be used for near misses and unsafe acts.
- Documentation must be checked, signed and completed before departure.

Site Specific Requirements

Some Lynch Training Ground locations have additional local rules identified in RA60 to RA60D. These include delivery time restrictions, security escorting requirements, site-specific access controls, local traffic management arrangements, etc. These requirements must be briefed during induction and followed in full.

IDENTIFIED RISKS

The SSOW above has been compiled after identifying the following risks from this activity

- Struck-by or crush injury from plant or vehicles
- Slips, trips and falls
- Pinch points and entrapment
- Plant collision or overturning
- Unauthorised access or security breaches
- Environmental contamination from spills or poor housekeeping
- Dust, noise and poor air quality
- Delayed emergency response or incorrect treatment
- Incorrect or missing documentation

FOR MORE INFORMATION, PLEASE REFER TO RISK ASSESSMENTS RA60 (A-D), RA21 & RA47.

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