



J3M
Construction Training

Delivering Health & Safety Training and Emergency Self Rescue Equipment Hire to the UK Tunnel and Construction Industry.



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J3M
Group

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INTRODUCTION

J3M Construction Training Limited is an accredited training provider delivering Health and Safety training and qualifications to the UK Tunnel and Construction Industry.

Our vision is to build a unique brand underpinned by the knowledge of our occupationally competent Tutors and Trainers together with a high level of industry understanding and customer service.

Safety is at the foundation of our company, we work hard to effectively deliver safety critical training, ensuring a safe working environment as a priority for all.

We're committed to building a company based on trust and integrity, believing in a

code of honesty, transparency, solid ethics, collaboration, innovation, and recognising the importance of teamwork, no big ego's – just a big one team mentality.

We work hard to be a valued training provider delivering integrated safety training and solutions for the most hazardous of tunnelling and construction environments.

With over 35 years of industry experience, we're committed to delivering the highest levels of construction plant training and qualifications using our team of occupationally competent trainers and assessors.

SALES, HIRE & MAINTENANCE

As a trusted partner with the industry's leading manufacturers & suppliers, J3M Construction Training are best placed to provide bespoke sales, hire / rental solutions.

With an extensive catalogue of safety equipment, PPE & consumables, we offer immediate access to cost-effective equipment where and when you need it the most.

Our knowledgeable team are on hand to support you through the purchase and aftercare of safety critical products.

From purchase, maintenance, on-site management to distribution, we have you covered.

PRODUCT RANGE

We offer a complete range of industrial safety products that can be purchased, hire / rented and delivered straight to site including:

- PPE
- Breathing Apparatus
- Powered Air Respirators
- Respirator Filters
- Chemical Rebreathers
- Gas Detectors
- Confined Space Access
- Fall Arrest Equipment

Speak with our dedicated team to determine a custom solution for all your safety requirements.

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BREATHING APPARATUS

Dräger PP15



The Dräger Saver range of Emergency Escape Breathing Apparatus has been designed using the latest technologies available whilst still bearing in mind our three leading principles; reliability, quality and ease of use. The Dräger Saver PP provides breathing air for 10 or 15 minutes, according to cylinder size.

Dräger CF15



The Dräger Saver CF constant flow Emergency Escape Breathing Apparatus allows safe, effective and uncomplicated escape from hazardous environments. Simple to put on and featuring automatic operation, this hood-based, constant flow breathing device can be used with minimal training.

Dräger 9L 300 Bar



Designed using leading technology and advanced materials, Dräger's range of composite cylinders can be used in any application where breathing becomes difficult or impossible.

Dräger PSS® 3000



The Dräger PSS® 3000 is a new generation of high-performing breathing apparatus for industrial applications. Combining comfort with exceptional performance, it is designed for applications where simplicity and ease-of-use are essential. Lightweight yet robust, and easy to wear, this advanced breathing apparatus provides the ultimate breathing protection.

CHEMICAL REBREATHERS

Dräger SR60



The Dräger Oxygen Self Rescuers are easy and fast to handle, even under extreme conditions. The devices are service-free for up to 10 years while being worn. The unique safety eye provides you the ability to check the device without additional tools. The Oxy series provides breathing protection according to the highest standards since decades – made in Germany.

Savox



This chest-worn protective escape device provides oxygen on demand wherever toxic gases, particles or oxygen deficiency can be imminently present. Ready-to-use, it's small in size and low in weight, making it easy to don, use and carry. Features a double heat-exchanger system to reduce inhalation air temperature to a comfortable level. The TR device allows quick and economic training of donning and use by simulating the weight and properties of real units.

MSA SSR 90



This small, robust KO₂ respiratory device delivers safe and immediate oxygen on demand for escape or rescue. Packed airtight in a stainless steel container, this lightweight device is designed to be worn on a belt for easy opening and use. Dons in seconds. The TR device allows quick and economic training of donning and use by simulating the weight and properties of real units.

GAS DETECTORS

MSA Altair Gas Detector



Robust and long-lasting, this MSA Altair 4XR multi-gas detector features a rugged casing allowing it to withstand drops from height, even onto concrete. The XCell sensor technology is proven to offer quick, accurate responses and excellent stability, and detects gas twice as quick as the industry average. Connect this gas detector to the Altair Connect app for updates, event notifications and remote management for ease of use and superb colleague safety.

FALL ARREST EQUIPMENT

Fall Arrest TORQ AB15RT



The TORQ® 15m Fall Arrest Recovery Device (AB15RT) is engineered to provide dependable fall protection and swift rescue capabilities for personnel working at height. Equipped with a 15-metre galvanised steel cable and housed in a robust casing, this device ensures both durability and reliable performance. The integrated winch mechanism allows for the controlled raising or lowering of a user after a fall, enhancing rescue operations. The swivel anchor eye facilitates flexible movement, while the device's design allows for easy mounting on Abtech Tripods and Davit arms. Suitable for a maximum user weight of 150kg, the AB15RT is compliant with BS EN 360:2002 and BS EN 1496:2006 Class A & B standards, making it ideal for construction, maintenance, and industrial applications.

Fall Arrest Torq ABRLO6



The TORQ® Lite ABRLO6 is a 6-metre retractable fall arrester engineered to provide dependable fall protection for personnel working at height. Equipped with a 5mm galvanised steel cable and housed in a robust plastic casing, this device ensures both durability and lightweight handling. The swivel anchor eye allows for flexible movement, while the integrated brake mechanism engages instantly in the event of a fall, arresting the descent with controlled deceleration. Suitable for a maximum user weight of 136kg, the ABRLO6 is compliant with BS EN 360 standards, making it ideal for construction, maintenance, and industrial applications.

Fall Arrest TORQ H2.09666



The TORQ® Micro 2m with swivel hook is a lightweight self-retracting lanyard designed to protect users in vertical and horizontal fall arrest scenarios. It features a Dyneema® webbing lifeline with an integrated shock absorber, housed in a compact, durable casing. The top swivel anchor eye prevents lifeline twisting, while the automatic brake engages instantly in the event of a fall. Certified to EN 360:2002 and suitable for users up to 140kg including tools.

Cresto 1507H



A single fall arrest lanyard provides secure protection when working on skylifts and scaffolding. Core Single-Flex has the same functions as Core Twin-Flex except that it has only one webbing and one hook instead of two. Core Single-Flex is manufactured as a flexible tube with internal elasticity, which allows you to stretch the line to a maximum length. At the beginning of the rope there is an external absorber mounted which is released in case of a fall and catches you. Tested and approved for users up to 100 kg. The cover on the absorber can easily be replaced if it becomes dirty or damaged to ensure that the rope underneath is protected in the best way.

Cresto Core Active Rescue 1154R



Core Active is a harness in a simplified design with manual buckles and connection points on the front and back, plus an extra D-ring for rescue and lifting.

CRESTO Core Base 1151



The CRESTO Core Base 1151 is a full-body harness featuring a single dorsal D-ring for fall arrest. Constructed with high-strength NordGuard™ polyester webbing, it offers durability and reliability for various industrial environments. Manual steel buckles on the chest and legs ensure secure adjustments, providing a comfortable fit for the user. This harness is ideal for tasks where a basic fall protection solution is required.

STRETCHERS

SLIX RR Stretcher



The SLIXRR is designed for swift casualty handling in time-critical situations. Its lightweight and flexible shell can be rolled or carried and is fitted with six user-replaceable handles for effective coordination. The low-friction finish allows dragging without snags, making it ideal for urban, rural, or industrial rescue.



Our innovative City and Guilds accredited confined space trailer enables us to deliver the following confined space training and qualifications on site on a national basis

6160-01 City & Guilds Level 2 Award in Working in Low Risk Confined Spaces

6160-02 City & Guilds Level 2 Award in Working in Medium Risk Confined Spaces

6160-03 City & Guilds Level 2 Award in Working in High Risk Confined Spaces

6160-04 City & Guilds Level 3 Award in Control Entry and Arrangements for Confined Spaces (High Risk)

6160-05 City & Guilds Level 3 Award in Supervising Teams Undertaking Work in Confined Spaces

6160-06 City & Guilds Level 4 Award in Plan, Manage and Review Legislative and Safety Compliance for Work in Confined Spaces

6160-07 City & Guilds Level 3 Award in Direct Emergency Rescue and Recovery of Casualties from Confined Spaces

6160-08 City & Guilds Level 3 Award in Working as a Member of a Rescue and Recovery Team in Confined Spaces

6160-09 City & Guilds Level 2 Award in Entrant and Entry Controller for Confined Spaces (Medium Risk)



PART OF NOCN GROUP

Accredited Construction Plant Competence Scheme (CPCS) NOCN Training Centre delivering training & technical tests on site on a national basis.

Ensuring operators have the required training and skills required to operate plant machinery or perform a specific work duty on tunnel and construction sites in the UK.

The scheme includes a two-year Red Trained Operator Card issued on successful completion of a CPCS Theory and Practical Technical Test and a five year Blue Competent Operator Card giving candidates the ability to demonstrate their competence to operate a particular type of plant machinery or work duty by completing the associated NVQ.

Proving candidates have the required skills, knowledge and understanding.

Delivering the following categories:

- A16 CPCS Industrial Forklift**
- A44 CPCS Concrete Pump**
- A51 CPCS Multi Service Vehicle**
- A56 Articulated Dump Truck**
- A64 CPCS Overhead Travelling Gantry Crane**
- A61 CPCS Appointed Person**
- A67 CPCS Tunnel Locomotive**
- A73 Plant & Vehicle Marshaller**



NOCN Cskills Awards Accredited Centre
Delivering all 15 recognised Tunnelling NVQ's
Along with traditional L2 – L6 Plant Operations [Construction] NVQ's



Deliver the following CITB Site Safety Plus (SSP) suite of courses on site on a national basis:

CITB Health & Safety Awareness [HSA] course

CITB Tunnel Safety Training Scheme [TSTS] course

CITB Site Environmental Awareness Training Scheme [SEATS] course

CITB Temporary Works Supervisor Training Course (TWSTC) course

CITB Temporary Works Co-ordinator Training Course (TWCTC) course

CITB Site Supervisor Safety Training Scheme [SSSTS] course

CITB Site Management Safety Training Scheme [SMSTS] course



EFNARC Nozzle Operator Certificate was introduced in 2009 as a standardized assessment for experienced shotcrete operators. To respond to the industry's need for training of novice personnel and qualified nozzle operator, since 2019 EFNARC has offered both training and assessment and allowed both novice and experienced operators to attend, without taking into account their previous experience. Also, Virtual-Reality "VR" technology was introduced for training and assessment.

The EFNARC Nozzle Operator Examiner Certificate is a program designed to address the crucial need within the construction industry for identifying skilled and proficient nozzle operators.

Well-trained and certified sprayed concrete operators are of vital importance in underground construction. The significance of their expertise cannot be underestimated, as poor application techniques can lead to material wastage, compromised quality, and potential safety hazards due to structural integrity issues.

Nozzle operator examiners are there to ensure all sprayed concrete operators possess the knowledge, experience and skills required to excel in their work.



SPECIALIST LABOUR SUPPLY

We are a specialist labour supply provider dedicated to the UK tunnelling industry. We offer highly skilled, safety-trained, and fully compliant personnel for all stages of tunnelling projects, from site preparation and excavation to segment installation, mechanical fit-out, and commissioning. Our workforce includes tunnelling operatives, TBM (tunnel boring machine) crews, engineers, shift supervisors, electricians, and support staff, all with extensive experience working on major infrastructure schemes including rail, water, and utilities tunnels.

We pride ourselves on maintaining rigorous safety standards, delivering reliable, flexible, and responsive labour solutions tailored to the demanding environment of underground construction. With a proven track record supporting some of the UK's largest and most complex tunnelling projects, J3M Construction Training Limited is a trusted partner for contractors seeking quality personnel and seamless project delivery.

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