



| HELIX





We provide equipment, bespoke systems and specialised training to allow operators to maximise effectiveness.

We are based in the mountains of North Wales and have a heritage of over 40 years supplying climbing and rescue solutions to end users. Over that time, we have worked with and become a main supplier of rescue and climbing equipment and training to the UK government, rescue units and emergency response teams and have provided equipment and systems to many other nations.

The capability offered by our close relationship with DMM has been extended by partnering with manufacturers such as CTOMS, Henriksen, HQH, Protection, Rock Exotica, Highnovate and Cadex Defence together with training bodies such as Rescue 3, Mountain Training UK and RoSPA to offer complete solutions for working at height in a rescue environment.

ICAGE: U1AG3  
Company Number: 10316654  
DUNS: 221986629



To be the leading worldwide provider of comprehensive vertical access, rescue and mobility capabilities to the rescue operator in the mountain, urban and maritime environments.

To support vertical access and operations for the rescue operator with a range of services including:

- Advice
- Equipment
- Training
- Servicing



**ARMED FORCES  
COVENANT**  
LLUOEDD ARFOG  
CYFAMOD

EMPLOYER  
RECOGNITION SCHEME  
CYNLLUN CYDNABOD  
CYFLOGWYR

**SILVER AWARD**  
GWOBR ARIAN

## Key Training Partners

**REBS®**

REBS supply many critical components of any maritime or urban access system. Rapid Entry Boarding Systems - the best maritime boarding equipment that also works well for urban operations. The best grapnel launchers and the lightest carbon ladder systems on the market.

  
**HQH SYSTEM**

Robust carbon ladder systems - these are the ladders to go for if TLC is in short supply. The FixLite being the new ladder of choice for dismounted troops in urban environments with the ATV carbon bridge ladder demonstrating how tough carbon can be.

 **ATLAS DEVICES**

The best motorised ascenders on the market with a real-life combination of versatility, ruggedness and battery life that is hard to beat.

**CTOMS™**

CTOMS was founded on the concept of evolving tactical medicine and expanded to encompass aspects of remote and improvised rescue. A key part of this evolution was the development of the TRACE system as micro rope system with a comprehensive capability that includes access, egress, hauling and highlining. CTOMS are our longest standing partner and Helix are one of the very few authorised providers of training for the TRACE system.

Assured 2021/23  
**ROSPA**  
Qualifications

RoSPA offer one of the widest ranges of safety training courses in the UK, trusted to provide our tailored expertise to everyone from multi-national corporations, right down to safety conscious individuals.

  
**DMM**  
CLIMB NOW WORK LATER

The DMM International group specialise in the manufacture of equipment and systems for operating safely at height. They have proudly manufactured all their hardware in the United Kingdom since 1981 and over that time they have established a reputation for innovation and quality.

As part of the same group of companies Helix Operations rely heavily on DMM to design, prototype and manufacture much of the core product in our range.

**PROTECTION**

An impressive micro rope system that is very intuitive to use, fast to deploy and incredibly robust. The system that came top in a recent egress system tender and impressed with its ability to meet the criteria of EN341 with a 160kg load.

  
**rockexotica**  
GEAR FOR THE Z AXES

Innovative rescue equipment is designed and made in their factory in the USA. The range includes products that complement the DMM range of hardware - the Aztec pulley system, the Omni pulleys and the Arizona Vortex are all unique products that we are proud to offer.

  
**HIGHNOVATE**

Forward thinking equipment and systems designed by former operators to address gaps in current vertical assault capability. The QRAB is a class leading descender for medium diameter ropes that allows fast disengagement whilst the RAFA portable anchor gives security where normal anchors are not viable.

**CADEX**  
DEFENCE \*\*\*

Precision engineering from the USA that specialises in high end rifle systems, but also produce the best small ledge hooks on the market.

**Rescue3**  
EUROPE  
TRAINING PROVIDER

Rescue 3 Europe is an international accrediting body, for state of the art technical rescue courses. They develop training courses used by organisations and individuals operating in high risk environments.





## PPE (Personal Protective Equipment)

Personal Protective Equipment Regulations (PPER 1992) is a regulation set out by HSE that places a duty on every employer in Great Britain to ensure that suitable PPE is provided to 'employees' who may be exposed to a risk to their health and safety while at work.

From the 6th April 2022, this duty extends to 'limb (b)' workers. Limb (b) workers are described as 'workers who generally have a more casual employment relationship and work under a contract for service' (PPE) at work regulations from 6 April 2022. Previous to this amendment they did not fall under the scope of PPER 1992 regulations.

Employers will now need to look at their own workforce to consider if the above changes apply to them. If a work based or activity risk assessment states that PPE is required to carry out certain activities then the employer must prepare to implement the provision of PPE (free of charge) and the means to store the PPE correctly, the maintenance and inspections regimes and replacement.

Helix Operations provide three separate courses to all users and inspectors of PPE. We run courses from our own facility in North Wales and can offer closed courses to a specific group of individuals at a location suitable to our end users which can be beneficial if some of the kit you use is more specific to your industry. Our courses run with two consultants meaning students get the highest level of tuition over the duration of the courses.





## PPE Inspectors Course

UK legislations that include 'Working at Height regulations 2005' (WAH) and Lifting Operations and Lifting Equipment Regulations 1998 (LOLER) state that all Personal Protective Equipment (PPE) is to be thoroughly examined and inspected at a regular and set interval by a 'competent person'. A competent person is defined as "someone who has sufficient training and experience or knowledge and other qualities that allow them to assist you properly".

Our RoSPA assured course covers both PPE and work equipment, and is designed to qualify an individual as a PPE Inspector with the understanding of:

- Health and Safety regulations related to the choice, purchase and use of PPE and work equipment.
- Responsibilities for the inspection of PPE prior to, during and after use including management systems.
- Practical skills providing the user the ability to identify damage and defects, and the procedures to retire damaged or obsolete items.
- Dependant on the delegates we are also able to provide advice on how the above relate to government and military organisations and activities both within the UK and overseas whether conducting training, operations or adventure training.

A formal practical and written exam is undertaken as part of the course. Upon successful completion of the exam, you will be deemed 'competent' to carry out examinations on a variety of equipment.

We offer a high instructor to student ratio ensuring that all delegates receive the highest quality of instruction throughout the three days with the opportunity for discussions and focusing on points that maybe less familiar.

Helix PPE courses are recognised as continued personal development (CPD) for Mountain Training Association (MTA) members. For any MTA member needing to register CPD, this can be selected via your candidate management system (CMS) account under the 'Add CPD button'.

### Location

Our open courses are delivered from our facility in North Wales, but we can deliver closed courses to specific users either at our facility or at a venue of your choosing.

### Duration

3 days.



## PPE Re-Validation

This course is aimed at those who have previously sat (and are still in date) a Helix 3 day PPE Inspectors course. It is however suitable for those who have completed and passed a RoSPA assured PPE Inspectors course and wish to stay current and qualified in PPE inspections for the following three years.

This course is designed to refresh the skills and knowledge that have already been gained on the full Inspectors' course, therefore students should still be current and working as a PPE inspector. If you feel as though you would benefit from a more in-depth course or if you feel as though your skills as a PPE inspector have not been utilised enough over the previous 3 years, then we would highly recommend you booking onto the full 3 day course.

The two day revalidation course covers the following:

- Updates on and a revisit of legislation.
- Relevant industry updates.
- A revisit of practical kit inspections, covering the different materials and what to look for during inspections and relevant management systems.

We offer a high instructor to student ratio ensuring that all delegates receive the highest quality of instruction throughout the three days with the opportunity for discussions and focusing on points that maybe less familiar.

**Helix PPE courses are recognised as continued personal development (CPD) for Mountain Training Association (MTA) members. For any MTA member needing to register CPD, this can be selected via your candidate management system (CMS) account under the 'Add CPD button'.**

### Location

Our open courses are delivered from our facility in North Wales.

### Duration

2 days.

### Pre Requisites

Current, in date PPE qualification and regularly inspecting kit.



## PPE Users Awareness

We have designed this course after feedback from students on our PPE Inspectors Course. It is designed for those working in the industry who don't routinely inspect PPE as part of their everyday role, but would benefit from a greater awareness of PPE.

The course will cover in brief:

- An overview of legislations in relation to working at height equipment and the suitability of kit.
- Practical skills of inspecting a range of kit and relevant management systems.
- Understanding of different material used in PPE and what to look for.

This course can be run as a closed course for a group from the same organisation. If there are any site specific items of kit you would like the training to focus on, then please get in touch prior to the course to see if this can be facilitated.

This course is an awareness course only; therefore no formal examination takes place. Students will receive an attendance certificate upon completion of the course.

We offer a high instructor to student ratio ensuring that all delegates receive the highest quality of instruction throughout the three days with the opportunity for discussions and focusing on points that maybe less familiar.

Helix PPE courses are recognised as continued personal development (CPD) for Mountain Training Association (MTA) members. For any MTA member needing to register CPD, this can be selected via your candidate management system (CMS) account under the 'Add CPD button'.

### Location

Our open courses are delivered from our facility in North Wales.

### Duration

1 day.



# Rope Rescue Operator (RRO)

The Rope Rescue Operator course introduces the knowledge and skills required by personnel to operate safely and effectively during rope rescues and be an active part of a rope rescue team.

## Course Syllabus

- Legislation and standards.
- Team roles & commands and personal & team equipment.
- System safety factors & checks.
- Simple anchor systems and belay systems.
- Tensioning systems & mechanical advantage.
- Ascending & descending.
- Rope based raising & lowering systems.
- Team based pick off.

## Location

To meet users' requirements.

## Duration

5 days.

## Pre Requisites

Prior experience of working with ropes is recommended.

**Rescue3**

EUROPE

TRAINING PROVIDER

All Rescue 3 training courses are valid for three years from successful completion of a training course. It is the operator's responsibility to remain current and competent with the system and any changes in techniques or equipment.



## Rope Rescue Technician (RRT)

The Rope Rescue Technician course covers concepts and techniques to enable small teams to undertake technical rope rescues. A building block approach is used throughout the course so that candidates can progress from key concepts through to the rigging and operation of full systems for raising, lowering and highline rescues. Individuals attending this course must have already completed and be a current Rope Rescue Operators.

### Course Syllabus

- Multi point / backed-up anchor systems.
- Compound and complex mechanical advantage.
- Use of artificial high directionals.
- Litter attending high angle.
- Passing knots through system.
- Highline rope systems.
- Rope access skills.

### Location

To meet users' requirements.

### Duration

5 days.

### Pre Requisites

Completed a Rope Rescue Operator (RRO) course.

**Rescue3**

EUROPE

TRAINING PROVIDER

All Rescue 3 training courses are valid for three years from successful completion of a training course. It is the operator's responsibility to remain current and competent with the system and any changes in techniques or equipment.



# Rope Rescue Specialist (RRS)

The Rope Rescue Specialist (RRS) formerly known as the Rope Rescue Technician Advanced (RRTA) is designed for rope rescue team members who have already completed a comprehensive basic training and now want to specialise.

This training continues where the RRT course finishes. The RRS course examines advanced technical solutions. It extends on the knowledge picked up from the Rope Rescue Technician (RRT) including the use of advanced artificial high directional and its various configurations of steep, diagonal, and horizontal spans, the use of multiple track lines in highline operations, industrial lead climbing, loads and forces, incident management and scenario training. This training is consistent with NFPA 1670 and 1006 standards for technician level.

## Location

To meet users' requirements.

## Duration

5 days.

## Pre Requisites

Completed a Rescue 3 RRO and RRT. Hold a first aid certificate appropriate for the environment they will be working in.

**Rescue3**  
— EUROPE —  
TRAINING PROVIDER



# Rope Rescue Operator Instructor (RROI)

The Rope Rescue Operator Instructor (RROI) course will enable tuition of those who operate safely and effectively during rope rescues, as an active part of a rope rescue team. This 8-day course is designed to train Instructors to deliver the Safe Working at Height, Co-worker Rescue and Rope Rescue Operators courses under the Rescue 3 framework.

Depending on the outcome this is either as an agency (internal) or commercial Instructor.

Qualification valid for 2 years.

## Instructor training

Rope Rescue Operator Instructor training (5 days).

## Instructor assessment

Rope Rescue Operator Instructor assessment (3 days).

Candidates are expected to further develop their personal skills and knowledge between their training and assessment courses, following an individual action plan outlined in the training course debrief.

## Location

To meet users' requirements.

## Duration

8 days.

## Pre Requisites

- Minimum age: 18.
- Completed a Rescue 3 Rope Rescue Technician (RRT) and be teaching on RRO / RRT and hold an advanced first aid certificate.

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EUROPE

TRAINING PROVIDER



## Arizona Vortex Workshop

This two-day course is designed for individuals with experience of technical rope rescue systems who would like to explore in more depth the use of the Arizona Vortex tripod. Typically training will involve basic assembly and pre use checks then explore the different applications depending on the type of scenario, progressing from basic set up to bi-pod and monopod set ups, which can be employed in both mountain and urban environments.

### Location

To meet users' requirements.

### Duration

2 days.

### Pre Requisites

A working knowledge of technical rope rescue.

# Safe Working at Height (SWAH)

Provides insight into the dangers that workers face when working at height and the current legislation in this area. Often, workers are faced with working at height during their jobs. Employment regulations clearly state that this must be done safely. During this course, students will learn how to properly use a variety of fall arrest resources, such as harnesses, lines, lanyards and industrial fall arresters.

## Course Syllabus

- Legislation, standards and risk assessments.
- Equipment for working at height.
- Basic anchors.
- Use of work restraint and work positioning equipment.
- Use of different types of fall arrest equipment.

## Location

To meet users' requirements.

## Duration

1 day.

## Pre Requisites

No pre requisite is required.

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All Rescue 3 training courses are valid for three years from successful completion of a training course. It is the operator's responsibility to remain current and competent with the system and any changes in techniques or equipment.



## Co-worker Rescue at Height (CWRH)

A 2-day course (or 1 day add on to the SWAH qualification) to train individuals to deal with the situation where a colleague has fallen and is hanging in his fall protection system. Using simple techniques and industry standard equipment, you will learn how you can free a colleague from a dangerous situation after they have dropped into their fall arrest system. The rapid release of this trapped person must be your highest priority, to prevent further injury. In accordance with the law on working conditions and the consequent duty of care, an employer is required to prepare employees for this possible scenario. Generally, with a few simple tools, this problem can easily be solved.

### Course Syllabus

- Legislation, standards and risk assessments
- Equipment for working at height & basic anchors
- Use of work restraint and work positioning equipment
- Use of different types of fall arrest equipment
- Connecting a casualty to a rope using a telescopic pole
- Lifting a casualty using a pre-installed device
- Lowering a casualty

### Location

To meet users' requirements.

### Duration

2 days (or 1 day add on to the SWAH qualification).

### Pre Requisites

- Minimum age: 18
- Must be capable of independently working safely with fall protection equipment.

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All Rescue 3 training courses are valid for three years from successful completion of a training course. It is the operator's responsibility to remain current and competent with the system and any changes in techniques or equipment.



A soldier in camouflage gear, including a helmet with a 'P' insignia and goggles, is holding a large, black, cylindrical Grapnel Launcher. The launcher has a coiled cable attached to it. The soldier's uniform has 'MONTANE' visible on the sleeve. The background is a plain, light-colored surface.

## Grapnel Launcher (Operator/Maintainer)

Helix Operations can deliver on request, closed courses for up to 10 students covering the safe operation and user serving of the REBS Compact and Standard Launcher.

This training program has been designed in conjunction with REBS and is delivered on their behalf.

We are also certified to service and maintain these launchers on REBS behalf.

The training provides a minimum of 6 contact hours and covers theoretical use (classroom based), safety procedures, user maintenance and practical charging and firing.

### **Location**

To meet users' requirements.

### **Duration**

1 day.





## Training for Tactical End Users

Helix Operations can deliver training across all aspects of urban mobility. We utilise a core team of consultants who are experienced in operating tactically in this environment and whose experience covers both tactical employment ensuring our training is both current and more importantly relevant to the operator.

All of our courses can be tailored and refined to ensure they are pertinent to the end user as no two situations or requirements are ever the same. We ensure that core skills and techniques are covered on all courses to ensure interoperability between organisations.

We offer a range of tactical rope and rescue courses specifically aimed at Military, Police, Law Enforcement and Government market. We deliver several externally accredited courses; however we can also deliver bespoke training and CPD on request.

### Urban

The Urban Tactical Operator, Supervisors and Instructors course(s) were created after a real gap in the training provisions to be able to produce realistic training scenarios and using appropriate kit.

Helix Operations run three separate courses in the Urban Tactical Rope provision from operator, supervisor to instructors. We are the only training provider to be able to deliver several Rescue 3 tactical rope courses which have been designed by Helix Operations in conjunction with Rescue 3 Europe.

Training that holds an external qualification such as Rescue 3 has the included benefits of a degree of commonality between the emergency service rope teams training and the techniques taught on the Urban Rope courses which should provide interoperability in the event of joint working. In the UK they are used by Mountain Rescue, Fire Brigade, Ambulance HART teams and in some parts of Europe they are solely used in the urban environment.


### Maritime

Designed to train an individual to be a competent and safe maritime climb safety operator able to employ a variety of systems and techniques.

### Mountain

Contact Helix for details regarding mountain movement bespoke packages.



A close-up photograph of a black braided rope and a metal carabiner, both covered in water droplets, set against a blurred background.

## Urban Tactical Rope Operator (UTRO)

The UTRO course is designed to train an individual to be a competent and safe Urban Operator able to use a variety of systems and techniques including Personal Protective Equipment (PPE) selection and employment, an understanding of legislation, governance and training requirements, ascending and descending techniques, casualty pick offs, utilising mechanical advantage to conduct lowering and raising operations, access and egress techniques, personal and team-based rescues, and overview of High directionals and guiding lines.

### Location

To meet users' requirements.

### Duration

5 days.

### Pre Requisites

- Working in a specialist tactical role.
- Prior experience of working with ropes would be advantageous.

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EUROPE

TRAINING PROVIDER

## Urban Tactical Rope Supervisor (UTRS)

The UTRS course is designed to train an operator to be a competent and safe Urban Supervisor able to employ a variety of systems and techniques including, the role of a supervisor, incident management, personal and team equipment selection and employment. Personal and team-based rescues including stretcher use, highlines, artificial high directional. Operators attending this course must have already completed and be a current Urban Tactical Rope Operator.

### Location

To meet users' requirements.

### Duration

5 days.

### Pre Requisites

- Working in a specialist tactical role.
- Completed the UTRO course.

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EUROPE

TRAINING PROVIDER



## Urban Tactical Rope Operator Instructor (UTROI)

The UTROI is designed to train instructors within units to deliver the Urban Tactical Operators and Urban Tactical Supervisor courses. It does not qualify instructors to train and certify other instructors. Operators attending this course must have already completed and be a current Urban Tactical Rope Supervisor and hold the Rescue 3 Rope Rescue Specialist.

Qualification valid for 2 years.

### Location

To meet users' requirements.

### Duration

8 days (5 days training and 3 days assessment).


### Pre Requisites

- Working in a specialist tactical role.
- Completed the UTRS Qualification.

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EUROPE

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## Tactical Rescue Operator Course (TRO)

The Tactical Rescue Operator Course is a five day course designed to train the operator to be competent and safe in the extraction of casualties through vertical terrain. This course is the foundation level course and for those wanting to progress, the Urban Tactical Rope Supervisor (UTRS) would be the next progression.

### Location

To meet end users requirements.

### Duration

5 days.

### Pre Requisites

Working in a specialist tactical role. Prior experience of working with rope would be advantageous.

## Rescue3 EUROPE

TRAINING PROVIDER

All Rescue 3 training courses are valid for three years from successful completion of a training course. It is the operator's responsibility to remain current and competent with the system and any changes in techniques or equipment.





## Maritime Climb Safety Operator (MCSO)

The Maritime Climb Safety Operator (MCSO) course is a two day course designed to train an individual to be a competent and safe maritime climb safety operator able to employ a variety of systems and techniques including:

- Role and responsibilities of a climb safety operator
- Personal and safety equipment selection and employment.
- Incident management and process Personal and team-based rescues.

### Location

Contact for further details.

### Duration

2 days.

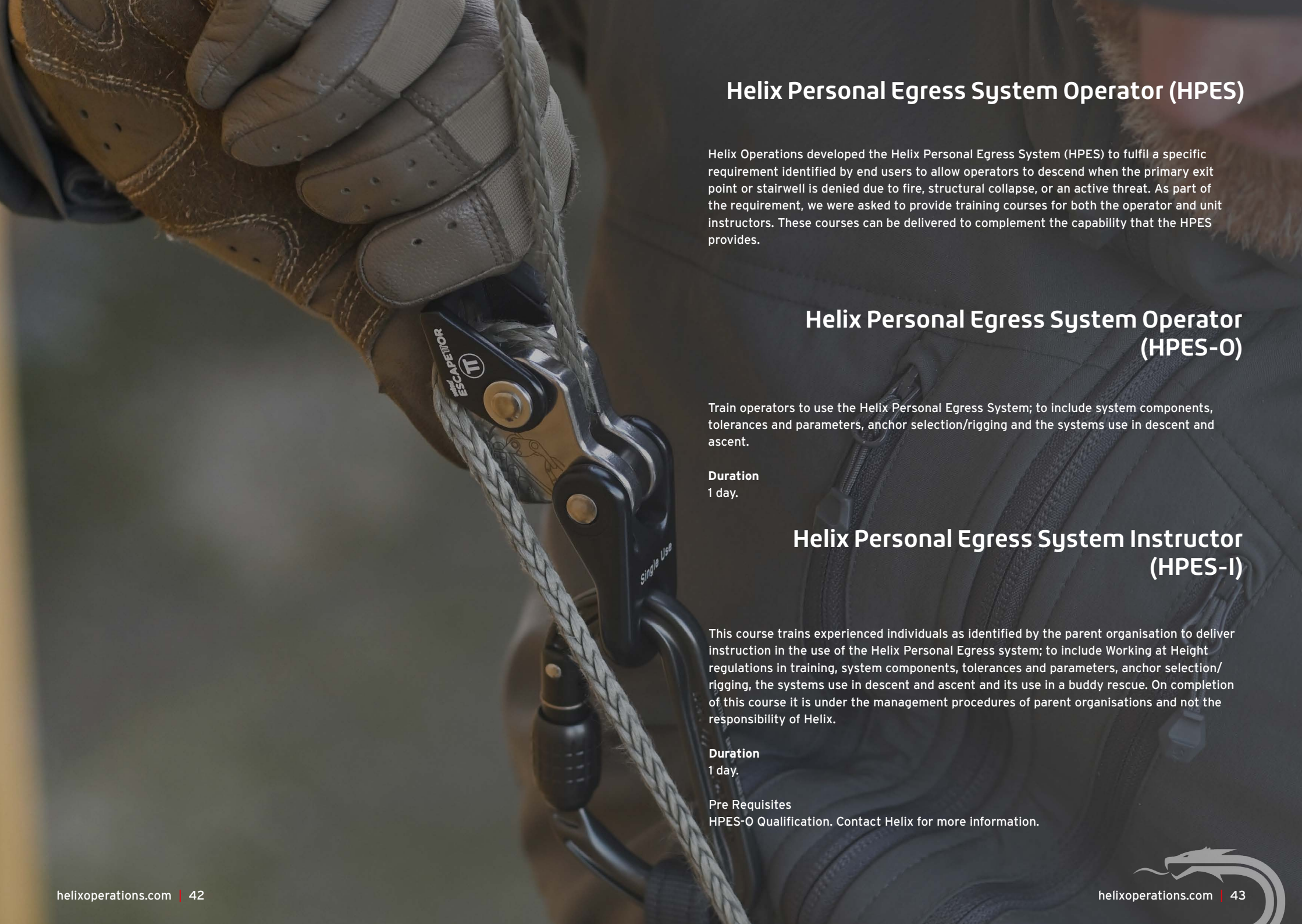
### Pre Requisites

Contact for more details.

**Rescue3**  
EUROPE

TRAINING PROVIDER





## Helix Personal Egress System Operator (HPES)

Helix Operations developed the Helix Personal Egress System (HPES) to fulfil a specific requirement identified by end users to allow operators to descend when the primary exit point or stairwell is denied due to fire, structural collapse, or an active threat. As part of the requirement, we were asked to provide training courses for both the operator and unit instructors. These courses can be delivered to complement the capability that the HPES provides.

### Helix Personal Egress System Operator (HPES-O)

Train operators to use the Helix Personal Egress System; to include system components, tolerances and parameters, anchor selection/rigging and the systems use in descent and ascent.

**Duration**  
1 day.


### Helix Personal Egress System Instructor (HPES-I)

This course trains experienced individuals as identified by the parent organisation to deliver instruction in the use of the Helix Personal Egress system; to include Working at Height regulations in training, system components, tolerances and parameters, anchor selection/rigging, the systems use in descent and ascent and its use in a buddy rescue. On completion of this course it is under the management procedures of parent organisations and not the responsibility of Helix.

**Duration**  
1 day.

**Pre Requisites**  
HPES-O Qualification. Contact Helix for more information.





## CTOMS TRACE™ Systems Training Overview

TRACE™ systems equipment provides end users with a full vertical access, egress, and rescue capability. Its greatest benefit is its weight and size meaning that teams deployed on standby or contingents' task with limited knowledge of the ground and environment can carry a full rope capability. The TRACE™ course ranges from 1 day to 5 days depending on previous experience of using the kit.

Level 1 Emergency Egress.

Level 2 Operator.

Level 3 Advanced operator.


Level 4 Agency instructor.

The CTOMS TRACE™ systems are valid for 3 years.

### Pre Requisites

Contact Helix for more information on pre requisites at each level.





## Bespoke Packages and CPD

As well as externally accredited courses, we also deliver bespoke training packages on request for when operational needs are not met by the more conventional course listing. We can offer these at different, tiered skill levels and course duration and location.

We place a lot of emphasis on the ability of the operators to train safely whilst ensuring that they are able to identify which pieces of equipment they would have operationally, and which is there to ensure training is managed safely. This allows us to reduce the training burden and ensure we don't transfer risk from training into operations.

Our experienced training team are able to offer bespoke rope courses in Urban, Maritime and Mountain environments and can offer ongoing support via CPD days that fit the needs of end users.





Connect with us



# HELIX

Keep updated with Helix operations across platforms such as [helixoperations.com](https://helixoperations.com), Tactical and Rescue Instagram accounts as well as LinkedIn. We share exciting information regarding products we manufacture ourselves as well as key products from brands we work with.

Stay informed with key innovations across all product ranges in the tactical and rescue field as well as new courses.

Our website lists our entire range, including any certifications, technical specifications, and variations of products. You can also find information regarding courses and training, including our accreditation.





Helix Operations evolved out of DMM International when it became apparent that there was a need for a specialist company to support the government, tactical, and rescue markets.

DMM International has a global reputation as a leading manufacturer of superior height safety equipment and has supplied the UK and overseas military and government institutions with equipment since 1985. Growing demand for a broad range of complete, specialist systems where all components are selected and proven to work together led to Helix being founded on this broad wealth of expertise and experience. With a remit to bring together a portfolio of the best equipment, the resulting partnerships with companies such as REBS, CTOMS, and Atlas amongst others have allowed us to offer a complete capability for vertical access and rescue across Urban, Mountain, and Maritime environments.

Helix's mission is to provide the tactical end user with the very best equipment and systems for vertical access, egress, and rescue scenarios.

We understand that first class equipment is only one part of the equation, and that without a trained operator or enabler it is unlikely to be utilised to its true capacity. That is why Helix also offers training packages alongside systems and kit. Training can be delivered through a range of options; from standard courses for the operator, maintainer, or supervisor, through to bespoke courses covering specific scenarios. These training courses are either accredited by Helix or through external validation depending on the end user requirement and course syllabus.





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