



COURSE SUMMARY

2025

WHAT COURSES DO I OFFER?

Four Storey Training delivers accredited programmes designed to meet the highest standards of the utilities and construction sectors. I provide a comprehensive range of **EUSR** courses, ensuring compliance, competence, and safety across essential industry roles. In addition, the **CSCS** Green Card course equips learners with the certification required to access construction sites and demonstrate a commitment to safe working practices.

COMPLETE COURSE LIST

- ☐ **EUSR National Water Hygiene - 'Blue Card'**
- ☐ **EUSR SHEA Gas**
- ☐ **EUSR SHEA Power**
- ☐ **EUSR SHEA Water**
- ☐ **EUSR SHEA Drains and Sewers**
- ☐ **EUSR SHEA Telecommunications**
- ☐ **EUSR SHEA Core**
- ☐ **EUSR SHEA Cross-Country Pipelines**
- ☐ **CSCS Green Card Package**



EUSR NATIONAL WATER HYGIENE - 'BLUE CARD'

£120.00 EXC. VAT **£144.00 INC. VAT**

COURSE SUMMARY

Awarded by EUSR (Energy & Utility Skills Register). All UK water companies require individuals entering clean water sites or working on the clean water network (known as 'Restricted Operations') to hold a National Water Hygiene card. Often referred to as the 'blue card', it plays a vital part in ensuring the protection of public health and promoting good water hygiene practices.

COURSE PROCESS

National Water Hygiene is delivered within three hours and comprises four modules. Once the four modules are complete, you will sit a 25-question test. Once passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** The importance of water
- Module 2:** Water as a carrier of disease
- Module 3:** Potential contamination and its consequences
- Module 4:** Preventing contamination

- ❑ **INDUSTRY-LEADING PRICE.**
- ❑ **RUNS EVERY WEEK NIGHT FROM 6PM TILL 9PM.**
- ❑ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ❑ **INCLUDES FULL E-ASSESSMENT.**





EUSR SHEA GAS

£155.00 EXC. VAT **£186.00 INC. VAT**

COURSE SUMMARY

Awarded by EUSR (Energy & Utility Skills Register). After completing your SHEA Gas (SHEA stands for Safety, Health and Environmental Awareness) qualification, you will receive a SHEA Passport card used by operatives, supervisors and managers to gain operational site access across the gas sector. Fully CSCS-accredited, with the famous hologram, this is a CSCS Card for all levels of gas engineers and repair & maintenance operatives. Includes all material from the EUSR SHEA Core qualification, plus three additional, gas-specific modules.

COURSE PROCESS

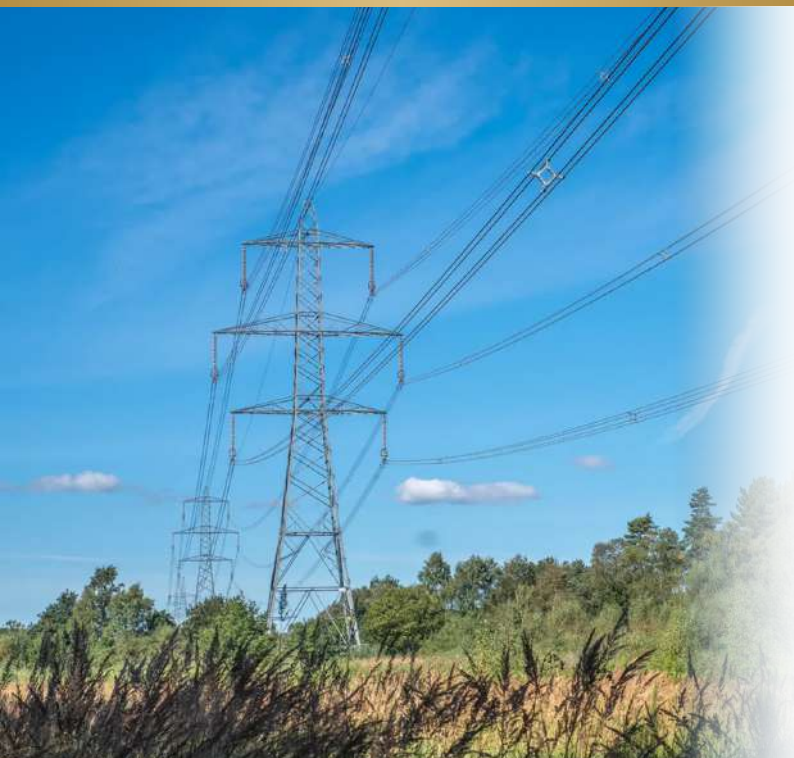
SHEA Gas is delivered within eight hours and comprises nine modules, each ending in a brief assessment. Once the nine modules are passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** Understanding our workplace responsibilities
- Module 2:** Understanding the effects on the environment
- Module 3:** Identifying and controlling risks
- Module 4:** Common hazards and controls in the workplace
- Module 5:** Occupational health hazards
- Module 6:** Responding to emergencies
- Module 14:** Highway working and excavations (Gas)
- Module 15:** Pressure regulating installations
- Module 16:** Safety in premises



- ☐ **INDUSTRY-LEADING PRICE.**
- ☐ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ☐ **RUNS FROM 9AM TILL 5PM.**
- ☐ **AVAILABLE TWICE PER WEEK ON ROTATING DAYS.**



EUSR SHEA POWER

£155.00 EXC. VAT **£186.00 INC. VAT**

COURSE SUMMARY

Awarded by EUSR (Energy & Utility Skills Register). After completing your SHEA Power (SHEA stands for Safety, Health and Environmental Awareness) qualification, you will receive a SHEA Passport card used by operatives, supervisors and managers to gain operational site access across the power sector. Fully CSCS-accredited, with the famous hologram, this is a CSCS Card for those who work around sources of live electricity on site. Includes all material from the EUSR SHEA Core qualification, plus two additional, power-specific modules.

COURSE PROCESS

SHEA Power is delivered within seven hours and comprises eight modules, each ending in a brief assessment. Once the eight modules are passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** Understanding our workplace responsibilities
- Module 2:** Understanding the effects on the environment
- Module 3:** Identifying and controlling risks
- Module 4:** Common hazards and controls in the workplace
- Module 5:** Occupational health hazards
- Module 6:** Responding to emergencies
- Module 7:** Power generation, transmission and distribution
- Module 8:** Power industry hazards



- ❑ **INDUSTRY-LEADING PRICE.**
- ❑ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ❑ **RUNS FROM 9AM TILL 4PM.**
- ❑ **AVAILABLE TWICE PER WEEK ON ROTATING DAYS.**



EUSR SHEA WATER

£155.00 EXC. VAT **£186.00 INC. VAT**

COURSE SUMMARY

Awarded by EUSR (Energy & Utility Skills Register). After completing your SHEA Water (SHEA stands for Safety, Health and Environmental Awareness) qualification, you will receive a SHEA Passport card used by operatives, supervisors and managers to gain operational site access across the UK water network. Fully CSCS-accredited, with the famous hologram, this is a CSCS Card for those who work around sources of water, including clean and waste water. Includes all material from the EUSR SHEA Core qualification, plus two additional, water-specific modules.

COURSE PROCESS

SHEA Water is delivered within seven hours and comprises eight modules, each ending in a brief assessment. Once the eight modules are passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** Understanding our workplace responsibilities
- Module 2:** Understanding the effects on the environment
- Module 3:** Identifying and controlling risks
- Module 4:** Common hazards and controls in the workplace
- Module 5:** Occupational health hazards
- Module 6:** Responding to emergencies
- Module 20:** Clean and waste water operations
- Module 21:** Highway working and excavations (water)



- ❑ **INDUSTRY-LEADING PRICE.**
- ❑ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ❑ **RUNS FROM 9AM TILL 4PM.**
- ❑ **AVAILABLE TWICE PER WEEK ON ROTATING DAYS.**



EUSR SHEA DRAINS AND SEWERS

£155.00 EXC. VAT **£186.00 INC. VAT**

COURSE SUMMARY

Awarded by EUSR (Energy & Utility Skills Register). After completing your SHEA Drains and Sewers (SHEA stands for Safety, Health and Environmental Awareness) qualification, you will receive a SHEA Passport card used by operatives, supervisors and managers to gain operational site access across the UK drainage and sewerage network. Fully CSCS-accredited, with the famous hologram, this is a CSCS Card for those who work around sources of untreated water and drain clearance. Includes all material from the EUSR SHEA Core qualification, plus two additional, water-specific modules.

COURSE PROCESS

SHEA Drains and Sewers is delivered within seven hours and comprises eight modules, each ending in a brief assessment. Once the eight modules are passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** Understanding our workplace responsibilities
- Module 2:** Understanding the effects on the environment
- Module 3:** Identifying and controlling risks
- Module 4:** Common hazards and controls in the workplace
- Module 5:** Occupational health hazards
- Module 6:** Responding to emergencies
- Module 13:** Drains and sewers
- Module 14:** Highway working and excavations (drains and sewers)



- ❑ **INDUSTRY-LEADING PRICE.**
- ❑ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ❑ **RUNS FROM 9AM TILL 4PM.**
- ❑ **AVAILABLE ONCE A FORTNIGHT ON ROTATING DAYS.**



EUSR SHEA TELECOMMUNICATIONS

£155.00 EXC. VAT **£186.00 INC. VAT**

COURSE SUMMARY

Awarded by EUSR (Energy & Utility Skills Register). After completing your SHEA Telecommunications (SHEA stands for Safety, Health and Environmental Awareness) qualification, you will receive a SHEA Passport card used by operatives, supervisors and managers to gain operational site access across the telecoms sector. Fully CSCS-accredited, with the famous hologram, this is a CSCS Card for those who work with telecoms. Includes all material from the EUSR SHEA Core qualification, plus an additional, telecoms-specific module.

COURSE PROCESS

SHEA Telecommunications is delivered within seven hours and comprises seven modules, each ending in a brief assessment. Once the seven modules are passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** Understanding our workplace responsibilities
- Module 2:** Understanding the effects on the environment
- Module 3:** Identifying and controlling risks
- Module 4:** Common hazards and controls in the workplace
- Module 5:** Occupational health hazards
- Module 6:** Responding to emergencies
- Module 17:** Working safely underground, in the highway, and overhead



- ❑ **INDUSTRY-LEADING PRICE.**
- ❑ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ❑ **RUNS FROM 9AM TILL 3PM.**
- ❑ **AVAILABLE ONCE A FORTNIGHT ON ROTATING DAYS.**



EUSR SHEA CORE

£135.00 EXC. VAT **£162.00 INC. VAT**

COURSE SUMMARY

Awarded by EUSR (Energy & Utility Skills Register). After completing your SHEA Core (SHEA stands for Safety, Health and Environmental Awareness) qualification, you will receive a SHEA Passport card used by labourers and operatives to gain operational site access in utilities or construction. This is the perfect option for those who need a CSCS card in record time, without the need to sit a separate touch-screen exam.

COURSE PROCESS

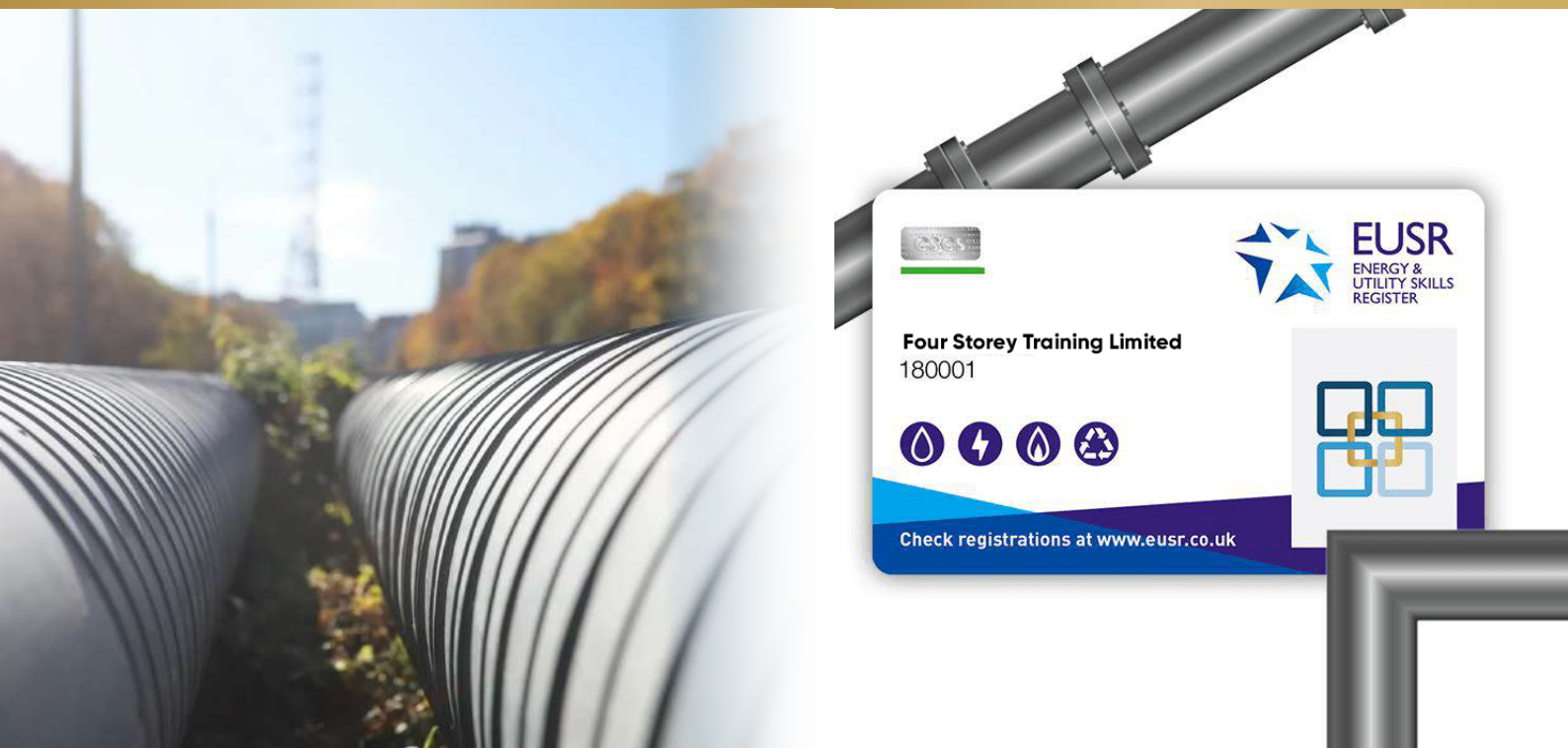
SHEA Core is delivered within five hours and comprises six modules, each ending in a brief assessment. Once the six modules are passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** Understanding our workplace responsibilities
- Module 2:** Understanding the effects on the environment
- Module 3:** Identifying and controlling risks
- Module 4:** Common hazards and controls in the workplace
- Module 5:** Occupational health hazards
- Module 6:** Responding to emergencies



- ❑ **INDUSTRY-LEADING PRICE.**
- ❑ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ❑ **RUNS FROM 9AM TILL 1PM.**
- ❑ **REGULAR AVAILABILITY.**



EUSR SHEA CROSS-COUNTRY PIPELINES

£155.00 EXC. VAT **£186.00 INC. VAT**

COURSE SUMMARY

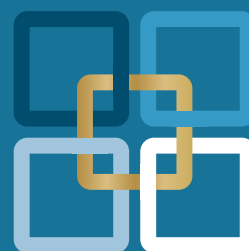
Awarded by EUSR (Energy & Utility Skills Register). After completing your SHEA Cross-Country Pipelines (SHEA stands for Safety, Health and Environmental Awareness) qualification, you will receive a SHEA Passport card used by operatives, supervisors and managers to gain site access to national gas pipeline projects. Fully CSCS-accredited, with the famous hologram, this is a CSCS Card for those who want to work with large gas pipelines. Includes all material from the EUSR SHEA Core qualification, plus three additional, gas pipeline-specific modules

COURSE PROCESS

SHEA Cross-Country Pipelines is delivered within eight hours and comprises nine modules, each ending in a brief assessment. Once the nine modules are passed, the course is complete. A Virtual Card is available within three business days and it can be viewed on the Vircarda app. A plastic card is available if needed and this usually arrives within five working days.

COURSE TOPICS

- Module 1:** Understanding our workplace responsibilities
- Module 2:** Understanding the effects on the environment
- Module 3:** Identifying and controlling risks
- Module 4:** Common hazards and controls in the workplace
- Module 5:** Occupational health hazards
- Module 6:** Responding to emergencies
- Module 9:** The cross-country environment
- Module 10:** Cross-country pipeline hazards
- Module 11:** Traffic management



- ☐ **INDUSTRY-LEADING PRICE.**
- ☐ **DELIVERED REMOTELY VIA MICROSOFT TEAMS.**
- ☐ **RUNS FROM 9AM TILL 5PM.**
- ☐ **AVAILABLE ONCE A FORTNIGHT ON ROTATING DAYS.**



L1 QUALIFICATION



TOUCH-SCREEN TEST



CARD APPLICATION

CSCS GREEN CARD PACKAGE

£175.00 + VAT

COURSE OVER VIEW

From the moment you order, I am on hand to guide and assist you. Once you complete your e-learning course (Level 1 Award in Health and Safety in a Construction Environment (RQF), I can book the CITB touch-screen test on your preferred date, at your nearest test centre. Upon passing your test, I will immediately order your CSCS Green Card.

COURSE PROCESS

The qualification gained by sitting and achieving the e-learning course is called Level 1 Award in Health and Safety in a Construction Environment (RQF), which represents the gold standard in entry-level construction certification.

The course content is broken down as follows:

Unit 1 – Introduction to Health and Safety – In the first unit of the introduction to health and safety course, you will be introduced to health and safety, as well as what hazards and risks are and what a risk assessment is.

Unit 2 – Health Hazards -This unit will explore examples of health hazards you may come across in the workplace. You will also look at hazardous substances, manual handling, DSE and work-related stress.

Unit 3 – Safety Hazards – In this unit you will explore some safety hazards that you may come across in the workplace, including slips, trips and falls, working at height and fire and electricity.

Unit 4 – Safe Working Environments – In the final unit of the introduction to health and safety course you will be introduced to some things to consider in a safe working environment. You will also look at the importance of emergency procedures.



FOUR STOREY TRAINING LIMITED