



Your partners in
health, safety and
environmental
welfare

Mobile Scaffold Tower: 3T and AGR Method (Half day)

This course is designed for operatives and supervisors required to carry out work that involves the erection, dismantling, and use of mobile towers using both the Advanced Guard Rail (AGR) method and the Through the Trap (3T) method.

The Advanced Guard Rail (AGR) method places the guide rails in advance of the working platform, where the operative can ascend the tower and straight onto the working platform or deck with the guide rails already in place.

The Through the Trap (3T) method requires the operative to sit in the trap of the deck to put on the guide rails.

What we offer

- Occupational Health Services
- Regular Site Inspections
- Site Inspection Reports
- Non-Compliance Reporting
- Accident Reporting
- CDM Compliancy
- Risk Management Tools
- Annual Health Check
- Accident Investigation
- Training Courses
- SSIP Assistance
- Member Helpline
- Toolbox Talks
- Health and Safety Audits
- Annual Office Inspections
- Environmental advice
- UK Coverage
- Online Accident Statistics
- Dedicated Safety Advisers

What you will learn

On successful completion the student will have increased understanding of the AGR and 3T methods and awareness of the following:

- Mobile Towers and the Law
- Safe erection and dismantling of an AGR and a 3T tower
- The main risks associated with mobile towers
- Bad practice
- Good practice

Course dates (AM or PM)

- | | |
|---------------|---------------|
| • 19 Jan 2026 | • 29 Jul 2026 |
| • 24 Feb 2026 | • 25 Aug 2026 |
| • 24 Mar 2026 | • 29 Sep 2026 |
| • 29 Apr 2026 | • 29 Oct 2026 |
| • 27 May 2026 | • 26 Nov 2026 |
| • 25 Jun 2026 | • 17 Dec 2026 |

Course programme

- Introduction & Administration
- Working at Height Regulations 2005
- Different types of mobile access towers
- Safe operation and limitations of use
- Practical tower erection and dismantling
- Inspection, care and maintenance
- Multiple choice examination paper

About BSG

The Building Safety Group (BSG) is a not-for-profit organisation which specialises in providing Health, Safety and Environmental consultancy and training for the construction industry. BSG has over 800 members operating across 3500 workplaces throughout the UK.

We conduct over 15,000 site inspections every year and train more than 10,000 construction workers.



How to book

Book your place by calling our Training Services team on 0300 304 9080 or email Training@BSG Ltd.co.uk with your enquiry.

What our clients say about us

"Excellent Instruction and very clearly conveyed."

Southside Scaffolding Limited

"BSG are clearly experts in Health and Safety training for the construction industry."

CTS

"As I was pretty new to the role, my knowledge was limited but after taking the BSG course I feel very confident I will be able to positively move on in my position. I have learnt a massive amount."

Prodeck Fixing Ltd

"I learnt a lot about disciplines I previously knew nothing about. Learnt new regs and reinforced my previous knowledge."

Mirage Interiors

Need a course at your organisation?

If you have a group of employees requiring training, we can run courses on a private basis, at a venue of your choice on a date that suits you. We can tailor the course to meet your needs and requirements. Contact us to find out more and get a bespoke quote.

How to book

Book your place by calling our Training Services team on 0300 304 9080 or email Training@BSG Ltd.co.uk with your enquiry.

Course Rates

At BSG Training Centre

BSG Members

Non- Members

Rate

£120+VAT per delegate*

£160+VAT per delegate*

Group bookings at your premises

BSG Members

Non- Members

Rate

£495+VAT*

£620+VAT*

Group bookings at BSG Training Centre

BSG Members

Non- Members

Rate

£560+VAT*

£700+VAT*

Course fees include course materials and certification. *Plus mileage and overnight accommodation if necessary. Max. 14 delegates per course. BSG provision of mobile tower will be an extra £105 + VAT

