

## **Rescue at Height Training**

### **Course Aims**

This course is designed to provide workers with the knowledge and skills which enables them to rescue workers from Height within their working environment. Aimed at those working at height, this course focuses on workmate rescue from a range of typical scenarios typically found in the workplace.

During training those attending are taught to assess the situation, and consider all the available options before attempting to carry out a rescue using a suitable rescue device.

It creates the necessary skill and knowledge base to meet the requirements for rescue as defined by WAHR2005 allowing them to select and use appropriate equipment for the task in question.

### **Trainers Equipment**

The course trainer will provide all media equipment, and supporting material, we will also provide a selection of relevant PPE and equipment, however it is recommended that delegates make available their own PPE (Harnesses/ Lanyards etc.)

### **Duration**

1 Day (minimum 6 hours)

### **Delegate Requirements**

Persons attending this course must be medically fit and should have the required training to allow them to work at height in the environment in which the equipment is to be used.

## Course Syllabus

- Introduction/ Course overview
- Overview of Legislation
- Equipment Functions
  - Parts Identification
  - Applications / do's & Don'ts
  - Limitations
  - Compatibility
  - Assembly – Ratio's
  - Servicing
  - Maintenance
- Practical - Rescue from Ladder
- Practical - Remote Rescue
- Practical - over the edge Rescue
- Prolonged Harness suspension /
- Suspension Syncope – Casualty
- Recovery
- Evacuation / decent
- Practical Assessment

On attaining the relevant pass level users will be trained in the correct care and use of rescue equipment.

As a requirement users will also be aware of the operating characteristics, application limits, and the consequences of improper use of this equipment. They will receive a certificate of training and support manuals.