



## RESCUES FROM HEIGHT COURSE

Duration: 1 Day

Theory: 30% Practical: 70%

Location: Your Site

Valid for: 2 Years

Course Code: 02WHR

Assessment: Continuous

This rescue from height training course builds on your skills, allowing your team to be an integral part of your rescue plan, supporting your height teams or a suspended co-worker – should an incident occur.

If your height teams need immediate help, then training and equipping an in-house rescue team or your work at height teams to rescue from height may be the answer.

**Course Aims** -To train and assess individuals to safely gain access to, provide immediate care for and/or rapidly recover a co-worker, including one who has fallen into suspension, after an incident at height.

### The course covers:

- Legislation, planning and preparing for rescues
- Risk assessments and safe systems of work for rescue at height
- The role and responsibilities of the rescue team
- Procedures for rapid access and treatment of the casualty
- Casualty capture and additional PPE needed in a rescue situation
- Casualty care and handover

### The course will enable delegates to:

- Be part of an on-site rescue solution – allowing greater flexibility for height work
- Rescue casualties from platforms and in suspension by capture, raise and lower to safety.
- Use various rescue equipment types and pre-made kits/packs
- Control the rescue team
- Administer basic trauma care

*We Strongly suggest undertaking additional medical training*

### SO WHAT DOES THIS MEAN...

Life happens!

However we can, and must, prepare for reasonably foreseeable problems. Equipment defects, injured or incapacitated personnel, environmental issues can all happen.

This means you need a rescue plan, training and equipment to save a life.

This rescue from height training course will give knowledge, skills and structure to a rescue.

We can adapt solutions to fit your needs too