

Working at Heights and Rescue

Duration	2 days.
Target group	Safety supervisors, responsible of SSPA or QHSE of contracts, superintendents, all personnel that perform Work at Heights to more the 1.8 meters
Prerequisites	Not applicate.
Objective	<p>Upon completion of the course the delegate will be able to:</p> <ul style="list-style-type: none">-Identify the specific fall risks of each situation.-Explain the physics of falling arrest.-Understand the importance and reason for inspecting your harness before each use.-Perform an inspection of the harness.-Determine the capacity of the fall arrest team.-Explain the proper connection to the anchor points.-Correct positioning and adjustment of a full body harness.-Describe the correct way to store the fall protection equipment.-Recognize and correctly use the rescue equipment at heights.
Contents	<p>The following topics are covered during the training:</p> <ul style="list-style-type: none">• Work procedure in suspended areas of access• Full body harness.• Fall protection equipment.• Secure anchor points.• Emergency response.• Inspection and maintenance of fall protection equipment.• Regulations OSHA and NOM-009 / STPS-2011.• Rescue practices.• Rescue team.• Action of the rescue plan after the fall.• Use of rescue equipment (Pulleys 3 to 1 or equipment provided by the client).
Exam	Not applicate.