

Working at Height & Rescue

Duration	2 days
Target group	This course programme is designed for those personnel required to perform work at height safely and form part of a rescue team with duties of rescuing a person from height suspended in a safety harness.
Prerequisites	<p>Language: All courses are delivered in English, but translators can be arranged accordingly.</p> <p>ITEMS TO BRING: All delegates must bring Photographic I.D. and PASSPORT only (original or copy)</p> <p>HEALTH: All delegates will be asked to complete a medical questionnaire prior to course commencement.</p>
Objective	The aim and objectives of the Working at Height & Rescue training programme is to provide personnel with the essential theoretical knowledge and practical skills to allow him to assess and if safe undertake work at height and perform a rescue from height safely.
Contents	<p>Delegates will receive theoretical and practical knowledge in the following areas:</p> <ul style="list-style-type: none"> Defining what is meant by Working at Height Identifying the legislative and regulatory requirements that help to control work at height Explaining the duties that are placed on employers and employees Describing the hazards involved in working at height Explaining the importance of planning and risk assessment Describing the hierarchy of control for managing and selecting equipment for work at height Identifying the factors that should be considered when assessing the method to be used for working at height Describing the main methods of access for working at height and give examples of the different types of working at height equipment Describing the rules for working with ladders Describing the rules for working with scaffolds Explaining the importance of inspecting equipment Explaining how to correctly use fall protection equipment Planning of Rescue from Height Types of Hazards during rescue operation Types of Rescue Equipment Inspection of Rescue Equipment Rescue Procedures to rescue another person Self-Rescue procedure Understanding, Prevention and Treatment for Suspension Trauma
Exam	RelyOn Nutec approved certification for Working at Height & Rescue will be issued on successful completion of the training programme.

The validity of the certificate is 3 years.

Delegates should report to reception for 08.00hrs, course starts at 08.15hrs, unless otherwise stated.