

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 Language: All courses are delivered in English, but translators can be arranged accordingly.

ITEMS TO BRING: All delegates must bring Photographic I.D. and PASSPORT only (original or copy)

HEALTH: All delegates will be asked to complete a medical questionnaire prior to course commencement.

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 Delegates will receive theoretical and practical knowledge in the following areas:

- 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.