

Rescue At Height Level 1 (Rope Access) - SMEP

Duration	4 days (80 % Practical)
Target group	This course is designed for designated Fire Team Leader and SERT personnel (including Team Members and Supporting SERT Team) in organization where personnel are exposed to working at height operations.
Prerequisites	All delegates must be in possession of a valid medical certificate and Working at Height Level 1 & 2.
Objective	During the course delegates will learn and demonstrate an understanding of the activities and hazards related to Working at Height. Delegates will also demonstrate to a level of competence self rescue techniques and apply the various methods of Rescue from Height.
Contents	Application of equipment used for Working at Height, Inspection of Personal Fall Protection equipment Application of various Knot, Tie-off position & Fixed Anchorage Equipment used for Rescue from Height Application of equipment used for Rescue from Height PPE required for Rescue from Height Rescue from Height – Response Methodology Self-Rescue Techniques in an emergency situation Rescue after a fall - Lowering and Lifting Recovery of a suspended person to a safe place by lowering or raising Rappelling / Abseiling - Buddy Rescue Rescue from height - Stretcher Lowering Recovery of an injured casualty by lowering to a safe place Rescue – Operational Approach Stretcher Operation – Litter Tender
Exam	N/A