

<b>Kurs kode</b>	ISP604
<b>Kursnavn</b>	Fall User/Rescue (8HR) (incl. hands-on)
<b>Varighet</b>	1 day
<b>Målgruppe</b>	Any offshore/onshore worker who will be working at a height requiring fall protection
<b>Krav til forkunnskap</b>	None
<b>Hovedmål</b>	Upon completion of the training, the delegate will be able to properly use fall protection equipment and be able to assist with the rescue of a suspended worker.
<b>Innhold</b>	<p>The course will include information on the following:</p> <ul style="list-style-type: none"><li>-Discuss OSHA fall protection requirements</li><li>-Discuss the methods of hazard analysis</li><li>-Identify safe work practices</li><li>-Explain fall protection systems and equipment</li><li>-Calculate fall distances</li><li>-Select proper fall protection including hook selection</li><li>-Inspect fall protection systems</li><li>-Identify improper fall protection use and practices</li><li>-Don and properly fit a full body harness</li><li>-Discuss fall protection and rescue regulations</li><li>-Assess fall hazards to determine rescue methods</li><li>-Discuss the record keeping process for rescue equipment components and systems</li><li>-Develop a written fall protection and rescue procedure</li><li>-Use the "First Man Up" pole</li></ul>
<b>Eksamen</b>	The delegate will be required to attain a minimum score of 70% on a written assessment and successfully complete a practical rescue.