

Safe Work at Height & Basic Rescue

Who Should Attend:

Emergency Services personnel and personnel from organisations called upon to work safely at height.

Pre-Requisites or APL:

- ✦ Stand-alone course with no pre-requisites

Requirements:

- ✦ Indicated aptitude for working at height
- ✦ Fit for operational duties
- ✦ Physical fitness for potentially strenuous training

Aim:

To equip personnel with the knowledge and skills to operate safely when working at height, including procedures for the simple rescue of a peer.

Outcomes:

On successful completion of the course, the student will have a foundation of knowledge and skills and be able to:

- ✦ Select and use equipment, harnesses, connectors, lanyards, pre-rigged systems, lines, anchors etc.
- ✦ Understand theory of fall prevention, hierarchy of safety systems, work at height regulations
- ✦ Demonstrate maintenance and application of equipment for work positioning, work restraint and fall arrest
- ✦ Apply the practical experience gained in a variety of situations and environments
- ✦ Apply basic knowledge of rescue PPE equipment; its use, care and maintenance
- ✦ Understand skills maintenance and development issues
- ✦ Perform the rescue of a peer using a rescue pack

Compliance:

- ✦ BS 8454
- ✦ Work at Height Regulations
- ✦ LOLER
- ✦ PUWER

Duration:

3 days with 21 hours contact time

Ratios:

Trainers 1:6 Students

Delivery Method:

Lectures, classroom work, practical sessions and scenario based training. A course manual is issued.

Equipment:

Specialist equipment and PPE is included. You can provide your own PPE provided it is serviceable subject to inspection by our trainers.

Clothing suitable for working outdoors in all weather will be required, as well as gloves suitable for rope work.

Assessment:

Course content is assessed by a combination of direct observations of set tasks, question and answer, written/multi choice exams and scenario-based assessment. Individual feedback is provided.

Certification:

Students will receive a digital Outreach Rescue certificate of achievement upon meeting assessment criteria. Results are recorded on a personal record of performance and recorded on the Outreach Rescue Database.

Certification is valid for 3 years.

Progression:

Recertification & Refresher training is recommended every 2 years by means of re-attending this course. Successful completion allows entry to:

- ✦ SWAH and Basic Rescue Instructor

Venue:

Outreach Rescue, Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY

Please contact us to discuss the possibility of delivering this course at your premises.

Further Information & Booking:

Current open course dates are available on **www.outreachrescue.com**

Please contact us to book or to enquire about bespoke courses or additional dates:

01248 601546

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