

Safe Work at Height & Basic Rescue Instructor

Training and Assessment

Who Should Attend:

Emergency Services personnel and personnel from organisations who wish to deliver training at the level of the Safe Work at Height and Basic Rescue award.

Pre-Requisites or APL:

- ✧ In-date Safe Work at Height and Basic Rescue award or equivalent

OR

- ✧ In-date Safe Work at Height and Rope Rescue Operator award or equivalent

Requirements:

- ✧ Indicated aptitude for training others
- ✧ Consolidated experience of operating at a high standard as a SWAH and Basic Rescue operative
- ✧ Fit for operational duties
- ✧ Physical fitness for potentially strenuous training

Aim:

To equip personnel with the knowledge and skills to train and assess others in Safe Work at Height techniques and the use of typical rescue packs.

Outcomes:

On successful completion of the course, the student will be able to demonstrate competence in having the foundation of knowledge and skills to be able to:

- ✧ Select and use equipment, harnesses, connectors, lanyards, pre-rigged systems, lines, anchors. work positioning, work restraint, fall arrest and first response kits
- ✧ Demonstrate maintenance and inspection of all equipment for SWAH
- ✧ Understand theory of fall prevention, hierarchy of safety systems, and work at height regulations
- ✧ Plan appropriate training programmes and demonstrate the ability to deliver and assess all elements of SWAH training in a variety of locations and environments (built and natural)
- ✧ Undertake Risk Assessments and Rescue Plans for delivering SWAH training
- ✧ Rescue students in difficulty
- ✧ Understand skills maintenance and development issues

Compliance:

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

Duration:

5 days with 36 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.

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

enquiries@outreachrescue.com