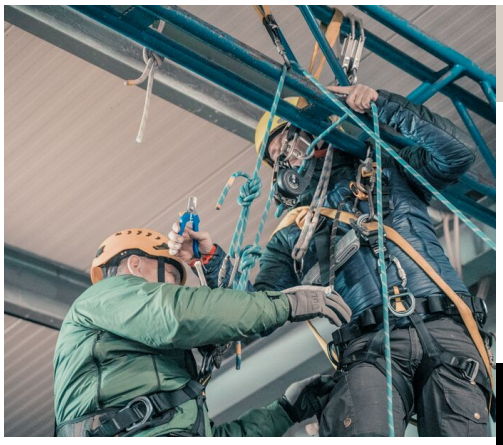
OUTREACH
RESCUE



SAFE WORK AT HEIGHT & BASIC RESCUE

Goal:

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

Target group:

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

Highlights:

- Covers essential safety and basic rescue skills for working at height.
- Includes practical application of equipment for work positioning, restraint, and fall arrest.
- Complies with BS 8454, Work at Height Regulations, LOLER, and PUWER standards.

Safe Work at Height

Course length

21 hours (3 days)

Instructor

1:6

Period of validity

3 years

Certification

Outreach Rescue Certificate of Achievement

Venue

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

Description

The Safe Work at Height & Basic Rescue course equips delegates with essential knowledge and skills for working safely at height, which is focused on gaining safe access to a casualty and to conduct simple rescues with the use of pre-set-up rescue packs. This course covers legal compliance with the Work at Height Regulations, and delegates learn the hierarchy of fall protection and safe systems of work, including work restraint (including in complex areas with multiple edges and fragile surfaces), work positioning (without rope access) and fall arrest. Delegate learn the risks associated with these systems of work, and how to identify and minimise these risks. Delegate learn of the requirement to have a rescue plan when working at height, and are familiarised with a variety of pre-made rescue packs to conduct peer rescues with. Successful delegates will be competent in working at height safely, and be able to rescue peers from height.

Compliance:

BS 8454, Work at Height Regulations, LOLER, PUWER, NFCC Draft Rope Team Type Level 2

Previous knowledge:

No previous knowledge or experience required.

Requirements:

Age 18+. Delegates must be fit for physical training requiring the delegates to climb ladders and structures, and to haul on lines.

Progression:

Recertification & Refresher training is recommended every 2 years by means of re-attending this course. Successful completion allows entry to: Safe Work at Height and Basic Rescue Instructor.

Theoretical elements:

- Classroom sessions cover legal requirements, the theory of fall prevention and the hierarchy of safety systems, fall factors and hazard awareness.
- A written exam paper confirms learning.
- A course manual is issued.

Practical elements:

- This course is predominantly practical, and includes teaching sessions and scenario based learning covering equipment usage (including numerous devices), knots and rigging, anchor selection and utilisation, work restraint, fall arrest systems, work positioning systems and pre-made rescue packs.
- The course is holistically assessed throughout.
- All specialist equipment is provided.