



Intended for: Persons requiring basic knowledge of fall protection systems allowing them to fit and use a fall arrest harness.
Persons requiring theory and practical sessions in the use of a rescue after a fall kit.

Introduction: The morning session provides the minimum knowledge required to meet the legal requirements of working at height and basic fall protection techniques.
The afternoon session includes the selection of suitable anchor points, awareness of possible hazards, methods of operation of rope devices and methods of control during lowering or raising of a casualty.
This course covers all aspects of suspension intolerance, including methods of minimising the effect on the casualty and how to handle the casualty when they have been recovered to a safe place.

CONTENT

Knowledge: Methods of fall protection
Pre-use checks
Selection of suitable anchorages
Fall arrest blocks
Suspension Intolerance
Awareness and understanding of RescuePack contents and function
Abrasion and edge hazards
Elementary pulley theory
Medical dangers to suspended persons
Casualty handling.

Practical skills: Fitting a fall arrest harness
Use of anchorage slings and connectors
Attachment and use of fall arrest lanyards
Attachment and use of temporary horizontal line and adjustable restraint system
Attachment to the casualty
Lowering a casualty
Raising a casualty
Recovery of a casualty suspended from a lanyard and fall arrest block.
Casualty handling

Entry Requirements:

Medical Req: Physical fitness with no contra-indications for working at height. A self-certified statement of reasonable medical fitness will be required prior to attendance.

Assessment Method: Continuous assessment is carried out by the trainer.

Course Duration: 1 day

Candidate Ratio: 1:6

Revalidation Period: Certification valid for 3 years.