

TRAINING COURSE



Product ID: RGT10

Description: First Aid for Work at Height

Prerequisite - Delegates must have previously completed the RGT1 & RGT2 training course or similar and must be physically able to carry out the practical elements of the course.

Course:

This full day training course is intended to provide a practical, hands-on approach that delivers the skills and confidence to use first aid skills in a real life situation with special emphasis on the work at height environment.

Course Objectives:

- To ensure that personnel are aware of the legal and best practice requirements when using fall protection equipment, and are aware of their responsibilities.
- To equip trainees with a base of theoretical knowledge to effectively identify the main hazards associated with work at height and therefore understand ways to reduce the risks.

Course Content:

This course gives the learners the skills to help someone who may be suffering from the following conditions:

- Unresponsive and not breathing, including the use of an automated external defibrillator (AED)
- CPR (cardiopulmonary resuscitation)
- Seizure
- Orthostatic intolerance
- Bleeding heavily
- Suffering from shock
- Burns

This course will also cover the following:

- Dealing with an emergency
 - Assessing a casualty
 - Monitoring a casualty
 - Where to get help
 - Electrical incidents
- Accident recording and reporting

Training Methods:

Lectures, hands on equipment & practical exercises.

Certification:

Successful delegates will receive a 3 year RidgeGear certificate.

PPE Requirements:

Delegates must provide their own comfortable clothing, protective footwear and prepare for all weather conditions. Delegates may be required to provide their own PPE.

Course duration / Number of delegates:

The course is designed for up to 8 delegates at any one time and is held over a full day, typically 09:00 – 16:00