

TRAINING COURSE



Product ID: RGT2:HB

Description: High Bay Access, Rescue & Evacuation

Prerequisite – Must meet the minimum age of 18 years and must be fluent in English. Delegates must show evidence of their competency for working at height. Delegates must be physically able to carry out the practical elements of the course.

Course:

This two-day training course provides the core knowledge required for warehouse operators who intend to access high bay racking and automated cranes using personal fall arrest systems. Operators will be given training on how to rescue and evacuate themselves and others safely to the ground.

Course Objectives:

This practical course provides awareness of a wide range of fall protection equipment together with practical training in the use of the equipment. The course will identify the dangers when working at height and give the delegates an understanding of suitable anchor points. Delegates will be able to combine the safe use of fall protection equipment with correct set up of the rescue equipment to allow them to perform a rescue of an injured / suspended operative or evacuate themselves or operatives safely to the ground.

Who will benefit?

All personnel in your organisation involved in planning, carrying out, supervising and managing rescues from height in the work place.

Course Content:

- Legislation / guidance
- Mechanics of a fall
- Physics involved during a fall
- Fall factors
- Correct selection of fall protection equipment (includes common hazards associated with different equipment types including practical exercise)
- Pre-use inspection of equipment (includes practical exercise)
- Anchor points and devices
- Donning a harness (includes practical exercise)
- Safe use of safety harnesses & lanyards
- Vertical fall arrest systems
- Safe use of fall arrest blocks
- Temporary vertical line
- Equipment compatibility
- Correct working methods
- Work restraint / work positioning / fall arrest
- Requirements for rescue (Working at Height Regulations 2005)
- Rescue equipment
- Casualty care
- Raising and lowering techniques
- Suspension trauma
- Emergency evacuation
- Identification of safe descent paths
- Storage and equipment care

Training Methods:

Lectures, printed course material, practical demonstrations and hands on exercises in inspecting, checking and setting up work restraint, work positioning and fall arrest systems. All training is designed and delivered to meet BS 8454:2006 code of practice for the delivery of training and education for work at height and rescue.

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 but this will be communicated by RidgeGear in the planning stage of training.

Course duration / Number of delegates:

The course is designed for up to 6 delegates at any one time and is held over two days, typically 09:00 – 16:00.