

## TRAINING COURSE

**Product ID:** RGT6:RR  
**Description:** Suspended Operative Rescue  
**Duration:** 0.5 Days  
**Max Number of Delegates:** 6

### Prerequisite:

- Delegates must show evidence of their competency for working at height. It is advised that anyone attending the course has completed the 'RGT1 Harness Training & Work at Height Awareness' or equivalent recognised course.
- Delegates must meet the minimum age of 18 years and be fluent in English.
- Delegates must be medically fit and be physically able to carry out the practical elements of the course. Delegates will be required to sign a medical statement from before the start of the course.

### Course:

The Working at Height Regulations 2005 require employers to make specific provisions for emergency planning, this includes planning for emergencies and rescue for anyone working at height. This course is designed to meet the minimum requirements of The Working at Height Regulations 2005 for rescue at height. This course will provide delegates with the practical skills so they are able to rescue a person who has fallen on their fall arrest equipment.

### Course Content:

- Working at Height Regulations 2005
- Legislation and guidance
- Mechanics of a fall
- Correct selection of fall protection equipment – including common hazards associated with different types of equipment
- Pre-use inspection of PPE
- Suitable anchor points
- Equipment compatibility
- Contents of rescue kit
- Correct storage, care and maintenance of PPE
- Rescue requirements

### Training Methods:

This training course combines theory and practical training methods to ensure delegates receive the information required in preparation for their assessment. Printed course material, practical demonstrations and hands on training will be conducted throughout the course. 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:

On successful completion of the course, delegates will receive a 3 year RIDGEGEAR certificate. Delegates must keep up their CPD by attending regular training to refresh their skillset.

### PPE Requirements:

Delegates must provide their own comfortable clothing, protective footwear, safety gloves, high visibility jacket 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.