

TRAINING COURSE



Product ID: RGT6

Description: Working at Height & Rescue

Prerequisite - Must have completed RGT1 or equivalent recognised course. Must also be physically able to carry out the practical elements of the course.

Course:

This full day training course provides the core knowledge required to select, inspect, set up and use height safety PPE and emergency descent equipment for either rescue or evacuation.

Course Objectives:

This practical course provides awareness of the range of fall protection equipment together with practical experience 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 and use of a variety of rescue and evacuation products.

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
- Correct selection of fall protection equipment (includes common hazards associated with different equipment types including practical exercise)
- Anchor points and devices
- Donning a harness (includes practical exercise)
- Safe use of safety harnesses & lanyards
- Horizontal and vertical fall arrest systems
- Safe use of fall arrest blocks
- Temporary vertical and horizontal line
- Equipment compatibility
- Correct working methods
- Work restraint / work positioning / fall arrest
- Requirements for rescue (Work at Height Regulations 2005)
- Contents of rescue systems
- Site considerations (anchor points, drop zones, general observations)
- Pre-use inspections & function checks (including practical session)
- Setting up of equipment (including practical session)
- Using equipment of evacuation and rescue (including practical session)

Training Methods:

Lectures, printed course material, practical demonstrations and hands on exercises in inspecting, checking, setting up and using evacuation and rescue equipment using our specially built rescue training rig.

Certification:

Successful delegates will receive a 3 year RidgeGear certificate.

PPE Requirements:

Delegates should 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 6 delegates at any one time and is held over a full day, typically 09:00 - 16:00.