



# HS7

## Height Safety Rescue

### Ratio

6 students to 1 instructor

### Overview

Aimed at those working at height, this course focuses on workmate rescue from a range of scenarios typically found in the workplace. Those attending are taught to assess the situation, and consider all the available options before attempting a rescue. The techniques taught on this course are designed to be simple, user friendly and easy to remember while not putting the rescuer at risk. Training focuses on lowering and hauling techniques but does not cover abseil rescues.

### Prerequisites

People attending this course must be medically fit and should have the required training to allow them to work at height in the environment the equipment is to be used.

### Who Should Attend

This training is aimed towards personnel using personal fall protection equipment (harnesses / lanyards etc.) to work at height in a range of different industrial environments such as rooftops, workshops, factories, quarries and in construction.

### Duration

1 day

### Course Objectives & Content

- General requirements for rescue
- Rescue plans and risk assessment
- Emergency procedures
- Casualty care / syncope (suspension trauma) / casualty stabilisation
- Rescue equipment characteristics and limitations
- Equipment inspection and care
- Workmate rescue of a conscious casualty
- Workmate rescue of an unconscious casualty
- Workmate rescue of a casualty in-reach and out of reach
- Avoiding obstructions during rescue

### Certification

Delegates will receive a certificate valid for 2 years – certificate periods are subject to maintenance of skill levels, annual refresher / updates recommended.

### Standards

Upon request, training conforms to the provisions established by applicable EN standards.