

# Working at Height Rescue Training

<b>Accreditation</b>	ESS Certificate
<b>Course duration</b>	1 Day
<b>Certificate valid for</b>	3 Years

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## Who should attend

Any person responsible for rescue planning, or has been identified as a rescuer in the event of fall from height and requires training to ensure competence within the construction industry.

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## Course information

### Overview

To provide learners with the knowledge and practical experience to enable them to rescue fellow workers who may sustain injuries whilst working at height and are unable to descend naturally, or of whom may be suspended by fall arrest equipment and require rescuing. The course will train the delegate in the skills and techniques necessary to safely rescue a casualty to ground from a variety of different scenarios such as scaffolding, slip form and other work at height platforms. The course will also ensure employers can implement the legal requirements as stated within the Work at Height Regulations 2005 “Work at height must be carefully planned and that such planning must include a rescue plan including actions to be taken in the event of an emergency”.

### Course Content

- Legislation overview
- Hazard identification, collective & personal protection
- Types of accidents and injuries likely to face during a rescue situation
- Rescue planning and general procedures
- Introduction to rescue kit and equipment, including contents of a rescue box
- Rescue equipment set up and rescue procedures for a variety of situations
- Controlled decent using rescue device
- Post rescue recovery
- Brief overview of stretcher work.

### Entry Requirements

- Harness and fall restraint aware
- Medially fit, and able
- Able to communicate effectively in the English language

### Learner Numbers

In order to ensure the interaction between the learners and the tutor is spread evenly and effectively, the maximum number of learners allowed on a course is six.

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## Assessment

- Continual observation assessment throughout
  - Practical.
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## Certification

Successful learners will be awarded an Essential Site Working at Height Rescue Training certificate and ID Card valid for 3 years. (Refresher recommended once a year).

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## More details

Maintenance of Competence training (MOC) should take place with rescue personnel every 3 months or before to ensure they remain familiar with the equipment and processes; this is in addition to an advised annual refresher. ESS can offer a variety of rescue course packages and/or refreshers to suit your needs.

## Benefits of Work at Height training

Working at Height remains a leading killer within the Construction Industry and therefore a suitable and sufficient Risk Assessment, Safe System of Work and a training analysis is required to safeguard your workforce from injury or possible death. To confirm your workforce is competent and you are compliant with the Working at Height Regulations 2005 it is highly recommended that your employees and management team attend formal Working at Height training to reinforce knowledge and legal requirements. Any person wearing a harness must receive practical training prior to commencing work and must be delivered by a competent tutor.