

# RESCUE AT HEIGHT HIGH BAY AND RACKING



## HEIGHTWORKS TRAINING

**Duration:** 1 Day (can be made into a 2 day course with the inclusion of work at height for high bay and racking).

**Audience:** Any person who may have to perform a rescue whilst working in racking.

**Course Aim:** To provide enough practical experience and education to competently perform an evacuation of an incapacitated climber from racking.

**Syllabus:**

- Pre use inspection of a rescue system
- Attachment to anchor points
- Attachment to casualty
- Adjustment of rescue system
- Lifting a casualty
- Lowering a casualty
- Understanding suspension intolerance

**Prerequisites:** Reasonable level of health, fitness and aptitude.

**Max. Ratio:** 6 Delegates to 1 instructor.

**Certification Expiry:** The certificate is valid for a maximum of one year.

Throughout the course, the student will be continually assessed and expected to complete a written and practical examination.

Only on successful completion of the whole course and examination will the candidate be issued with a certificate of competency.

This course is designed and delivered using BS8454 (code of practice for the delivery of training and education for work at height and rescue), IRATA international code of practice and equipment manufacturers technical instructions.

