

# MULTI DAY RESCUE COURSE



## HEIGHTWORKS TRAINING

- Duration:** The duration of this course will differ depending up on the course content and the prior competency of the audience.
- Audience:** Any one who by nature of their work needs to be able to care for and extract an injured colleagues or co-worker whilst working at height or difficult to access areas.
- Course Aim:** To create an onsite rescue/first aid team that can competently react to incidents and injuries sustained at height.
- HSE approved first aid qualifications can be incorporated within this training.
- Syllabus:** Heightworks can design a course specific to your needs which incorporates different safe working at height and rescue techniques along with differing levels of medical care training.
- Typical course content may include:  
Understanding personal fall protection techniques  
Harness donning and inspection  
Lifting and lowering systems  
Two rope systems (back-up ropes)  
Use of stretchers  
Maintaining casualty airways  
Use of defibrillators  
Administration of oxygen
- Prerequisites:** Reasonable level of health, fitness and aptitude.
- Max. Ratio:** 6 Delegates to 1 instructor.
- Certification Expiry:** This certificate is valid for 1 to 3 years depending up on course content and subject to maintenance of skill level.

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.

