



# WAH – ZGT12

## Working at Height – Rescue



### COURSE OVERVIEW

This course is designed to train persons who are required to work at height. The course is specifically aimed at those personnel working on plant, property maintenance and off site work where they are required to use personal fall protection equipment for access and work at height activities and is designed to provide workers with the knowledge and skills which enables them to work safely at height including rescue provision.

### Pre-requisites

Delegates must be medically fit to work at height. Must be 18 years of age.

### Who Should Attend?

This course aims to give an understanding of an operators / team leaders responsibility under the Health and Safety at Work etc Act 1974, and it's supporting Regulations. Delegates' will be made aware of their individual responsibility when working on site, and the importance of being aware of the on-site hazards in relation to working at height/Rescue and how to work safely.

### COURSE OBJECTIVES AND CONTENT

- Introduction
- Legislation and Standards
- Hierarchy of Fall Protection
- Harness Lanyard and fittings
- Pre use checks (includes practical exercises)
- Fitting and Adjustment (Includes practical exercise)
- Usage and Anchor Points
- Storage and Maintenance
- Hazards and precautions
- Rescue requirements and options
- Emergency procedures
- Dealing with suspension trauma
- Introduction to the rescue equipment
- Rescues (Raise & Lower)
- Avoiding obstructions
- Theory test Pass or Fail

### Certification

All delegates receive a certificate valid for 2 years.

### Course Ratio / Duration

6:1 (6 delegates to 1 instructor)

6 guided learning hours i.e. 1 day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144  
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