



WAH – ZGT65

Self Rescue - Auto Descent



COURSE OVERVIEW

Our Self Rescue - Auto Descent training course will give candidates the skills to rescue themselves to the ground. It includes anchor point selection, identification of safe descent paths and the risks associated with harness suspension.

Pre-requisites

People attending this course must be medically fit and should be comfortable with exposure to heights.

Who Should Attend?

For workers who may need to evacuate from reach truck or other tall structures, e.g. cab, crane structure, ladder, walkway.

COURSE OBJECTIVES AND CONTENT



- General requirements for rescue
- Emergency procedures
- Introduction to rescue/evacuation equipment
- Fitting a full body fall arrest harness
- Elementary use of fall protection lanyards | Harness's
- Anchor Selection
- Raising and lowering
- Use of taglines
- Suspension Intolerance overview

Certification

All delegates receive a certificate valid for 2 years.

Course Ratio / Duration

10:1 (10 delegates to 1 instructor)
4 guided learning hours i.e. 1/2 day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144
or email us at: training@zerogravitysafety.co.uk**