



Work at Height and Rescue

Covering rigging operations and equipment within the live event industry, this course is suitable for novices as well as those with more experience.

Course	2 Day Work at Height and Rescue
Duration	2 Days – 09:30 to 17:30 each day
Price	£450 excl. VAT per person
Venue	Rigging Team Training Centre, Unit 3 Gunnels Wood Park, Stevenage, SG1 2BH
Trainee Ratio	1:6
Revalidation Period	Refresher training recommended after 3 years

Course Overview

This course has been designed to provide trainees with the appropriate skills and knowledge to work at height safely using personal fall protection equipment and fall protection systems and undertake a rescue of an operative that has fallen or become incapacitated and is suspended in their harness. The course includes selection of equipment, pre-use inspection, anchor types and methods of work at height and fall arrest, rescuing a casualty from fall arrest and work positioning lanyards using prepacked rescue equipment, specifically the Petzl JAG rescue kit.

Theory

- Current legislation and legal responsibilities
- Methods of Work at Height: Fall Restraint, Work Positioning, Fall Arrest
- Fall Factors and Suspension Intolerance
- Introduction to Rescue Plans
- Selection, pre-use checks and storage of PFPE
- Selection of appropriate anchors
- Anchor types and systems
- Selection, inspection, post use checks and storage of Rescue Kit
- Suspension Intolerance
- Emergency Procedures and Rescue Plans

Practical

- Harness fitting and correct use
- Use of Fall Restraint equipment
- Use of adjustable Work Positioning lanyards
- Use of energy absorbing Fall Arrest lanyards
- Use of inertia reel Fall Arresters
- Use of vertical and horizontal safety
- Use of Petzl JAG Rescue Kit
- Rope and edge protection
- Raising and lowering a casualty
- Rescuing a casualty from Fall Arrest and Work Positioning lanyards and Inertia Reels Fall Arrestors
- Suspension intolerance and Casualty Management



Assessment

- Multiple choice examination
- On-going assessment throughout the practical exercises

Trainee Requirements

- Minimum 18 years of age on first day of course.
- Trainees need to be physically fit and free from any disability or medical condition that may prevent them from working safely.
- Trainees will need to complete a declaration of medical fitness.

On completion of the course trainees will have:

- Comprehensive course notes
- A numbered certificate of attendance and test relating to the above syllabus
- Trainee Discount on PFPE ordered from us, valid up to 30 days after the course. T&C's apply.