

## OVERVIEW

- This course combines our most experienced working at height trainers and together they deliver a complete solution to basic knowledge working at height procedures incorporating a fully comprehensive first aid and rescue training syllabus on casualty management. Scenarios are played out in the classroom as well as practically in our training facility. Using various suspension methods we are able to give trainees a realistic idea of first aid and rescue situations in a fully controlled environment with experienced and qualified trainers to help with all aspects of the training.

## COURSE TYPE

- This course will take place both in a classroom and in our training facility or on site. Practical use of the relevant equipment will be included and an exam will be completed at the end of the course.

## CONTENT

- Risk assessments/Method statements to include rescue plans
- Correct use of equipment and systems
- Fall arrest/factors
- Work positioning
- Work Restraint
- Casualty management
- Emergency procedures inc. hand over and briefing to the emergency services

## COURSE REQUIREMENTS

- This course is suitable for all site and management personnel who have had some form of basic Working at height and First aid experience. All delegates must be at least 18 years of age and be medically fit; a standard sheet on previous experience in the above will have to be completed prior to attending training.

## LOCATION

- Training is provided in our state of the art training centre or on your requested site (the suitability of the site has to be agreed prior to commencement of training.)

## COST

- Prices will be confirmed on enquiry. If you wish to make a block booking please contact our training team to discuss a large order discount.

## CERTIFICATION

- All delegates will receive a certificate and ID card covering their training for 3 years

## MAXIMUM DELEGATES

- 6

## COURSE DURATION

- 1-2 days depending on previous Working at Height and first aid experience



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