



# Fall Protection Rescue

## **PREREQUISITE: Fall Protection**

Now that the fall protection system has stopped a fall, how do I rescue my employee or coworker? This required program focuses on rescue concepts and techniques for suspended workers. Fall Protection Guidelines state that the rescue of a worker is imperative as injury and death may occur within 5 minutes! This program will ensure that workers know what to do and how to react when seconds count during a fall protection emergency.

## **Fall Protection Rescue (8 hours)**

- Self Rescue, Assisted Rescue & Professional Rescue
- Suspended Worker Rescue – Orthostatic Intolerance
- Fall Plans & Rescue Planning documents
- Technical Rescue Equipment
- Ropes, Knots & Webbing
- Establishing Rescue Anchors
- Haul Systems
- Ladders & Elevated Work Platforms for Rescue
- **PRACTICAL SKILL – Usage of a 4:1 Haul System & Pick off Pole**
- **PRACTICAL SKILL – Worker Rescue**

Upon successful completion of this course, a permanent certificate and wallet card will be mailed to the address provided. A temporary wallet card (valid for 30 days) will be provided on the day of the course. The passing mark on both the written test and practical evaluations is 80%.