

Work At Height Rescue

COURSE CODE : ZMT-HSE-134



COURSE OVERVIEW	The Work at Height Rescue Training Course is a comprehensive, one-day program designed to provide participants with the knowledge, skills, and confidence required to conduct safe and effective rescues for workers operating at height. This includes the use of platforms such as ladders, scaffolding, and Mobile Elevated Work Platforms (MEWPs). The course equips participants to handle real-life emergencies, comply with regulations, and ensure workplace safety.
TARGET AUDIENCE	This course is tailored for: <ul style="list-style-type: none"> • Line Managers • Supervisors • Rescue Managers • Emergency Responders • Individuals responsible for conducting or overseeing work at height rescue operations.
COURSE OBJECTIVES	Participants will learn: <ul style="list-style-type: none"> • Identify hazards associated with working at height and implement measures to control or eliminate risks. • Understand and recommend appropriate access, support methods, and Personal Protective Equipment (PPE). • Gain practical knowledge of 4 standard rescue methods and effective use of rescue apparatus. • Learn safe techniques for using ladders, scaffolds, and other platforms. • Develop the skills to respond to suspension trauma and transport victims safely.
COURSE CONTENTS	<ol style="list-style-type: none"> 1. Introduction 2. Roles and Responsibilities: <ul style="list-style-type: none"> • Employer's Responsibility • Employee's Responsibility 3. Understanding Work at Height Hazards 4. Work at Height Regulations (Local Legislative Guidelines) 5. Permit-to-Work (PTW) for Working at Height 6. General Safety Requirements for Height Work 7. Rescue Methods Overview: <ul style="list-style-type: none"> • The 4 Standard Rescue Methods • Proper Use of Rescue Apparatus 8. Suspension Trauma and Victim Transportation 9. Roof Work and Safety Net Systems 10. Practical Demonstrations of Rescue Techniques
DELIVERY MODE	The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities.
DURATION	1 Day
ASSESSMENT CRITERIA	Participants will complete both practical and theoretical assessments to demonstrate their understanding of: <ul style="list-style-type: none"> • Identifying and mitigating hazards at height.



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