

# Fall Protection & Basic Rescue



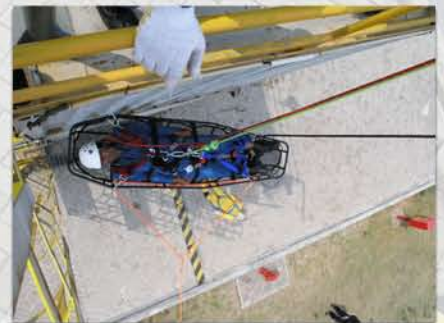
## Scope

Workers in offshore facilities and industrial plants are often called upon to work in elevated areas, known in industry as high angle environments. Bridges, pipe racks, process vessels, and towers are just a few of the hazardous sites with the possibility for serious injury. High angle rescue operations involve unique dangers and require special training and equipment.

The aim of this program is to cover the hazards of working at heights, requirements for fall protection, types of fall protection, fall arrest overview, harnesses, anchors, connecting components, rescue overview, rescue equipment and rescue exercises.

## Objectives

This course will provide workers / trainees with the knowledge and skills required to work safely at heights using fall protection equipment and techniques, with the information needed to identify situations when fall protection rescue is required and to select and correctly use appropriate fall protection equipment and rescue techniques.



## Duration, Content & Validity

- The Hazards of Working at Heights
- Requirements for Fall Protection
- Types of Fall Protection
- Fall Arrest Overview
- Use of Harnesses, Anchors & Connecting Components
- Rescue Overview
- Rescue Equipment
- Rescue Exercises

Total Duration: Two (2) Days.

Validity: Recommended Two (2) Years.

## Prerequisites

Trainees should be in a good state of health and are expected to participate in all physical training requirements.