

Fall Protection Rescue > Retrieval



This course teaches students how to retrieve workers who have fallen from elevated work locations and are suspended from personal fall arrest systems.

The ability to rescue workers who have fallen is a requirement of OSHA regulations governing fall protection.

The length of this course varies depending on the existing skills of the students and the desired training outcomes, but generally requires two to three days.

Prerequisites: Before attending this class, students need to have completed fall protection user training. In addition, they need to have previous training in First Aid/CPR (one team member must be current).

Safety and Rescue Training
for high-hazard work activities

**Confined Space
Surface Mines
Tower/Falls
Excavation**

Course Objectives

Upon completion of this course the participants will be able to:

1. Assess hazards and ensure the safety of the rescue team.
2. Implement the location's emergency procedures.
3. Deploy and use basic rope rescue systems.
4. Perform basic, self- and assisted-rescues.
5. Use, store, inspect, and maintain the rescue equipment.
6. Use all required knowledge and skills in practice rescues and scenario-based drills.

Course Outline

Orientation

- Class Overview
- Safety Procedures

Rescue Basics

- Suspension trauma and first aid
- Types of rescues
- Risk and hazard assessments
- Teams and team roles

Rescue Equipment

- Software (Rope and Webbing)
- Hardware
- Safety Ratios
- Maintenance, use, and inspection

Knots and Hitches

Rescue Systems and Procedures

- Anchors
- Mechanical advantage

Practice Rescues

Our programs reflect:

ANSI/ASSE Z490.1 *Criteria for Accepted Practices in Safety, Health, and Environmental Training*

