GOTCHA Kit Rescue Training (MOD 5aW)

Course Aim

To provide delegates with the knowledge and practical skills required to use the rescue kit to recover casualties who are suspended from fall arrest lanyards, wire rope fall arrest blocks, or flexible line fall arresters.

This course now includes Harness - Height Safety Equipment Appreciation and Inspection (MOD1) in the morning.

Who Should Attend?

Operatives who are already conversant in the use of their personal fall protection equipment.

Course Entry Criteria

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height.

(A list of conditions that could affect practical training and work at height are available on request)

Course Duration

This is a 1 day course.

Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years. Paper certificate and photo ID card can be requested at an additional charge.

Agenda

Morning:

Height Safety Equipment Appreciation and Inspection (MOD 1).

Afternoon - Practical:

- Correctly fitting and adjustment of a fall arrest harness
- Correct use of double and/or single fall arrest lanyards for personal safety whilst traversing and rescuing
- The importance of casualty management and the application of temporary aids
- Remote deployment of the rescue kit from a position of safety and attachment to an unconscious casualty
- Use of the rescue kit to raise and lower an unconscious suspended casualty
- Correct use of the equipment to gain a mechanical advantage when lifting the casualty

Equipment Covered During Training

- Full Body Harnesses
- Single and double fall arrest lanyards
- Fall arrest blocks / Retractable type fall arrest device
- Guided type fall arrester
- Gotcha suspension loop
- Gotcha rescue kit
- Grabba - additional rescue attachment