



Safety Harness Rescue Course (Gotcha CRD Kit)



Course Aim

The course aims to enable delegates to competently use the Gotcha CRD rescue kit when evacuating themselves or rescuing an unconscious casualty from a tower crane or similar structure.



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.



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)

Safety / Value / Availability / Support



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Agenda

Theory

- The implications of suspension in a harness and the need for rescue provisions when undertaking work at height
- Have an understanding of the different rescue approaches and how the rescue kits fit into the hierarchy of options e.g. improvised planned/emergency services
- Personal safety when rescuing
- Post rescue care and handover either first aider/emergency services
- Key components of the rescue kit and its strengths/limitations
- Assessment of the situation and selection of appropriate techniques e.g. anchor point selection and suitable points of safety harness attachment

Practical

- Fitting and adjusting a fall arrest harness
- Use of double/single fall arrest lanyards for personal safety whilst traversing and rescuing
- Casualty management and the application of temporary aids
- Installing a rescue kit from a safe position and attachment to a casualty
- Correct use of equipment ensuring control when lowering a casualty from height
- Use of kit when performing emergency evacuations from structures
- Optional course elements include - remote deployment, use in conjunction with a stretcher and establishing a guideline for lowering the casualty

Equipment covered during training:

- Full Body Harnesses
- Single and Double Fall Arrest Lanyards
- Gotcha Suspension Loop
- Gotcha CRD Rescue Kit

