



Heights Rescue Competent Rescuer

Course Description

Heights rescue teams play an essential role in any worksite fall protection program. Often, these teams are comprised of workers trained as Authorized Rescuers using pre-assembled engineered rescue systems. Although these workers can execute certain types of rescue techniques, the need to have a Competent Rescuer(s) on the team to lead the crew and address more complex situations is vital to the program's overall success.

This two-day training program will educate students on the fundamentals of heights rescue and various basic and advanced techniques used to retrieve a suspended worker in different situations. A combination of direct instruction, workbook exercises, and multiple 'hands-on' rescue skills workshops will be used to deliver the course content.

Course participants are individuals who may be required to develop rescue plans, supervise rescues, and lead rescue teams. The course curriculum will provide students with a challenging, engaging, and productive learning experience.

Note: The course prerequisite is the completion of a fall protection training program.

To learn more about our courses and to register, visit or contact us at:

Website: SafetyTraining.3M.com

Email: safetytraining@mmm.com

Phone: 1-888-FALLPRO (888-325-5776)

Note: These courses are intended to address the generalities of industrial rescue best practices and to complement worksite-specific programs. Always consult and follow all applicable laws and regulations and your worksite-specific fall protection/rescue program.

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Duration: 16-Hour Program

Course Code: 6448

Course Overview:

- Regulatory requirements
- Rescue plans
- Scene assessment
- Rescuer roles
- Block and tackle rescue systems
- Gearing assisted rescue systems
- Risk management
- Rescue categories
- Self-rescue techniques
- Rescuer operated techniques
- Advanced rescuer skills
- Preparation and protocols
- Plan development
- Leadership and teamwork
- Rescuer connected techniques