



Course Outline

Heights Rescue

Competent Rescuer

IRL2/16 hrs Course #6448

V1.0-20260926

Course Start — Day 1

Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

Rescue Fundamentals

(45 minutes)

- 2.1 Rescue Types
- 2.2 Regulatory Requirements
- 2.3 Company Program
- 2.4 Suspension Trauma
- 2.5 Human Dynamics
- 2.6 Rescue Planning
- 2.7 Understanding Your Role
- 2.8 Scene Assessment
- 2.9 Communication

Rescue Equipment

(20 minutes)

- 3.1 Personal Rescuer Equipment
- 3.2 Rescue Equipment Essentials

15-Minute Break

Workshop #1 Essential Rescue Skills

(130 minutes)

- **Personal Fall Arrest System**
Students are challenged to properly don a full body harness and select proper connectors for rescuer applications.
- **Creating Rescue Anchor Points**
Students are challenged to construct appropriate anchor points which could be used for either fall protection or rescue systems.
- **Climbing Flexible Rescue Ladders**
The instructor will demonstrate proper climbing techniques and provide students an opportunity to develop this skill.
- **Rescue Poles**
The instructor will demonstrate the usage of the rescue pole and provide students an opportunity to develop this skill.
- **Gearing Assisted Systems**
The instructor will demonstrate the usage of a gearing assisted device and provide students an opportunity to operate the system.
- **Block and Tackle Systems**
The instructor will demonstrate the usage of a block and tackle system and provide students an opportunity to operate the system.

45-Minute Break/Lunch

Rescue Techniques

(15 minutes)

- 4.1 Risk Management
- 4.2 Rescue Categories
 - Self-Rescue
 - Rescuer Operated
 - Rescuer Connected

Workshop #2 Self-Rescue Techniques

(45 minutes)

- **Rescue Ladders**
Students will observe an instructor-led demonstration of the ladder rescue technique and will be provided with guided practice opportunities to learn this self-rescue method.
- **Auto Descent Systems**
Students will observe an instructor-led demonstration of an auto descent system and will be provided with guided practice opportunities to learn this self-rescue method.
- **Technique Considerations**
The instructor and students will review various considerations of the self-rescue techniques presented.

15-Minute Break

Workshop #3 Rescuer Operated Techniques

(90 minutes)

- **Gearing Assisted Systems**
Students will observe an instructor-led demonstration of the gearing assisted technique and will be provided with guided practice opportunities to learn this rescuer operated method.
- **Block and Tackle Systems**
Students will observe an instructor-led demonstration of the block and tackle technique and will be provided with guided practice opportunities to learn this rescuer operated method.
- **Technique Considerations**
The instructor and students will review various considerations of the rescuer operated techniques presented.
- **Technique Variations**
The instructor will guide students through the set-up and execution of the following variations to the rescuer operated techniques:
 - Over the Edge
 - Directional Change
 - Tag Lining
 - Angled Descent



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Course Start — Day 2

Advanced Rescuer

(30 minutes)

- 5.1 Rescue Ropes
- 5.2 Secondary Systems
- 5.3 Equipment Supplements
- 5.4 Rescuer Connected Techniques

Workshop #4 Advanced Skills Development

(80 minutes)

- **Rescue Knots**
The instructor will guide students through the process of tying the following knots:
 - Figure-eight on a bight
 - Figure-eight follow through
 - Square knot
- **Controlled Descents**
The instructor will demonstrate a proper controlled descent and provide students an opportunity to practice this skill.
- **Packaging**
The instructor will demonstrate basic packaging options and provide students an opportunity to practice this skill.

15-Minute Break

Workshop #5 Advanced Rescuer Techniques

(115 minutes)

- **Rescuer Connected Retrieval**
The instructor will explain the rescuer connected retrieval technique to the group. Students will apply the skills learned to execute the rescue method.
- **Technique Variations**
The instructor will guide students through the set-up and execution of the following variations to the rescuer operated techniques:
 - Rescuer Pick-off
 - Fixed Ladder System Retrieval
- **Twin Tensioned Rope System**
Students will observe an instructor-led demonstration of a twin tensioned rope system and will be provided with guided practice opportunities.
- **Rescue Scenario Challenge**
Students will be presented with a scenario of a worker suspended from a horizontal lifeline system requiring rescue. Students will be tasked with developing a rescue plan to retrieve the worker.

45-Minute Break/Lunch

Rescue Preparation and Protocol

(30 minutes)

- 6.1 Leadership and Teamwork
- 6.2 Rescue Sequence
- 6.3 Post Rescue Protocols
- 6.4 Rescue Plan Development

Workshop #6 Rescue Plan Development

(45 minutes)

- **Scenario #1**
Working in small groups, students will be challenged to complete a rescue plan document for the scenario presented to them by the instructor. Once completed, the students will be asked to present — and possibly perform — the rescue as recorded on the plan.

15-Minute Break

Workshop #6 Rescue Plan Development

(75 minutes)

- **Scenario #2**
Working in small groups, students will be challenged to complete a rescue plan document for the scenario presented to them by the instructor. Once completed, the students will be asked to present — and possibly perform — the rescue as recorded on the plan.

Summary and Review

(30 minutes)

- 7.1 Key Learning Concepts
- 7.2 Building a Rescue Kit