



Course Goal

To understand the elements of heights rescue and develop advanced skills necessary to plan for and retrieve a worker suspended in a fall arrest system.

Course Assessments

Students will need to meet the following objectives to earn a certificate of completion in this course. Should a student miss one or more objectives, they may need to re-take the course in its entirety before being eligible to receive a certificate.

1. Complete all challenge questions and workbook exercises.
2. Properly perform the following tasks during the skills development sessions:
 - Workshop #1 — Essential Rescue Skills
 - Workshop #2 — Self-Rescue Techniques
 - Workshop #3 — Rescuer Operated Techniques
 - Workshop #4 — Advanced Skills Development
 - Workshop #5 — Advanced Rescuer Techniques
 - Workshop #6 — Rescue Plan Development
3. Achieve a minimum of 70% on the closed book written test.

Learning Objectives

Course Introduction	1. Discover more about your Certified Instructor. 2. Understand the goal of this course. 3. Become familiar with the course details and assessment criteria. 4. Acknowledge the training certificate's content and limitations. 5. Complete all written student record keeping information.
Rescue Fundamentals	1. Understand the rescue type terminology. 2. Become familiar with applicable regulatory requirements for rescue. 3. Recognize the importance of your company policies. 4. Understand the causes, effects, and mitigation of suspension trauma. 5. Appreciate human dynamics in high-stress situations. 6. Discover the contents of a rescue plan. 7. Comprehend the roles of rescuers and leaders. 8. Understand the elements of scene control and safety. 9. Identify the components of effective communication during a rescue.
Rescue Equipment	1. Identify the personal protective equipment recommended for rescuers. 2. Understand the basic function of various heights rescue equipment. 3. Demonstrate an ability to perform essential rescue skills.
Rescue Techniques	1. Understand the value of risk management during a rescue. 2. Identify the three categories of rescue. 3. Demonstrate an ability to set up and execute a self-rescue technique. 4. Demonstrate an ability to set up and execute rescuer operated techniques.



Learning Summary

Heights Rescue

Competent Rescuer — 16 hrs

Course #6448

Advanced Rescuer

1. Comprehend the elements of rescue rope design, care, and use.
2. Understand the concept of a secondary system.
3. Identify additional rescue equipment options.
4. Understand the types of rescuer connected techniques.
5. Practice and develop advanced rescuer skills.
6. Demonstrate an ability to set up and execute advanced rescue techniques.

Rescue Preparation and Protocol

1. Understand the value of good leadership and teamwork during a rescue.
2. Identify the basic sequences of steps followed by a rescue team.
3. Understand post rescue protocols.
4. Comprehend the process for developing a rescue plan.
5. Develop and execute a rescue plan for a given scenario.

Summary and Review

1. Review key learning concepts of heights rescue.
2. Identify the preliminary contents of an application rescue kit.