



Safety Harness Rescue Course (Gotcha2 Rescue Kit)

Aims

This course is designed to make operatives fully conversant in the operation of the Gotcha Rescue Kit and its various modes of use.

Who Attends

This module is intended for operatives who are already conversant in the use of their personal fall protection equipment. The course will enable operatives to use the rescue kit in a variety of locations and to rescue a casualty who has fallen from a platform.

Course Content

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

COURSE SYLLABUS

Theory

- Understand the implications of being suspended in a harness and the importance of rescue provision when working at height.
- Have a basic understanding of the different approaches to rescue and how the rescue kit fits into a hierarchy of options, e.g. improvised planned and emergency services.
- Understanding the importance of personal safety whilst carrying out rescue.
- Post rescue care and handover to a first aider or the emergency services.
- Identification of the key components for the rescue kit and their strengths and limitations.
- The ability to assess the situation and select the appropriate recovery technique, i.e. anchor point selection and suitable points of safety harness attachment.

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.

Course Duration

This is a 1 day course.

Maximum Candidates

Maximum attendees: 6 candidates

Qualification Obtained

On successful completion candidates will receive a certificate valid for three years issued by Spanset.

The actual height and exposure will be set out on the certification, but this is only to show what was included in the training. The height shown on the certification is not intended to limit the height at which the delegate can operate.

Entry Requirements

- Delegates must be 18 years and over.
- All delegates must be able to certify they are physically fit and have no medical conditions that might prevent them working at height prior to commencement of training. (A list of conditions that could affect practical training is available upon request).
- We reserve the right to exclude unsuitable delegates from training courses.
- Candidates must be competent in the use of their Personal Fall Protection Equipment.
- Safety Harness Practical Training is advised for candidates with no previous experience of work at height with personal fall protection equipment.

Additional Information

\*PLEASE NOTE\* all online bookings are **provisional** until confirmed with you by our training team.