

Course Syllabus: RescuePack - Core Skills - Level 1 User**Code:** TRE7C

Intended for: For rescue team or emergency team members from any industrial environment who need to be able to provide their own personal safety system when working at height.

Introduction: Teaches simple techniques for protecting from falls from height.
All aspects of fall protection equipment selection, use and maintenance are covered. The course also covers the selection of anchorages and the use of restraint systems.

CONTENT

Knowledge: All of - syllabus TFP0 - Introduction to personal fall protection (WAHSA), plus:
Awareness and understanding of RescuePack contents and functions
Awareness of methods to achieve safety at height
Methods of equipment inspection
Fall factors
Selection of safe anchorages
Abrasion and edge hazards
Awareness of basic roof safety systems

Practical skills: Demonstrate the use of RP for personal safety.
Fitting a fall protection harness
Use of lanyards for restraint and fall arrest
Anchorage slings
Edge protection
Restraint equipment
Single point anchorage selection
Figure of 8 knot

Entry Requirements: Reasonable medical fitness.
Should be comfortable with exposure to height.

Assessment Method: Assessment is by practical and written test of specific competence elements.

Course Duration: 1 day **Candidate Ratio:** 1:6 maximum

Revalidation Period: Certification valid for 3 year(s).

Kendal • London • Kelvedon • Aberdeen

The National Access and Rescue Centre
Lake District Business Park, Mint Bridge Road, Kendal, LA9 6NH

tel: +44 (0)845 6432211
fax: +44 (0)1539 728833

admin@narc.co.uk
www.narc.co.uk



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