

**Intended for:** Suitable for all persons who are already competent to work at height. Provides practical experience of lowering procedures including the use of a live casualty.

**Introduction:** Covers the selection of suitable anchorages, types of lowering devices, casualty care and casualty handling, rope care, and lowering methods.

The use of guidelines or taglines is covered during real lowering exercises.

Includes guidance on manual handling issues and the differing requirements for horizontal and vertical orientation of the stretcher.

This course does not include basic working at height knowledge. Please consider TFP4U if required.

### CONTENT

**Knowledge:** Awareness and understanding of equipment contents and function  
Aspects of equipment inspection  
Selection of suitable anchorages  
Abrasion and edge hazards  
Lifeline technique  
Lowering technique  
Elementary pulley theory  
Hauling technique  
Packaging the casualty  
Vertical and horizontal attachment to the rope system  
Medical dangers to suspended persons

**Practical skills:** Packaging the casualty in the stretcher  
Lowering a casualty  
Raising a casualty

**Entry Requirements:** Should be comfortable with exposure to heights.

**Assessment Method:** Continuous assessment is carried out by the trainer.  
Short multiple choice written assessment.

**Course Duration:** 1 day

**Candidate Ratio:** 1:6

**Revalidation Period:** Certification valid for 3 years.