

**Intended for:** For any person working on tall structures who may need to evacuate or rescue another person.

**Introduction:** Covers the use of evacuation equipment in accordance with HSE guidance, especially with respect to the use of descent devices and controlling the rate of descent.

Includes selection of anchor points, awareness of possible hazards, methods of operation of rope devices, control during lowering or raising operations, taught via a range of practical exercises.

This course covers all aspects of suspension trauma, including methods of minimising the effect on the casualty and how to handle the casualty when they have been recovered to a safe place.

### CONTENT

**Knowledge:** Rescue planning and procedures  
Communication systems  
Medical risks for suspended people - "suspension trauma"  
Casualty handling techniques  
Pulleys and mechanical advantage  
Suitability of anchorages  
Choosing a safe rescue path (RF, projections, wind etc).  
Treatment of casualty after rescue to avoid orthostatic shock  
Characteristics of different rescue devices

**Practical skills:** Lowering a casualty  
Self evacuation  
Rescue of a suspended person from height using descent methods  
Handling the casualty before, during and after the rescue

**Entry Requirements:** Must have completed NARC Occasional Climber course or equivalent.

**Assessment Method:** The trainer will assess safety and competence during a rescue exercise.

**Course Duration:** 1 day

**Candidate Ratio:** 1:4

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