



NewGrange

TRAINING & SERVICES LTD

Better People, Better Business®

Waterside Safety Awareness

This one day course is designed to provide personnel who may be working near water with sufficient knowledge to be aware of the hazards created by this environment and develop an understanding of water self-rescue techniques.



Course Location:	On-Site at your premises
Course Duration:	1 Full Day, 9.30am-4.30pm (date to suit you)
No. of Delegates:	6 delegates max

Course Content:

- Appreciation of the power of water
- Understanding flood plains hydrology
- Changes in depth and speed of flow
- Recognising the warning signs
- Walking and wading through static water
- Walking and wading through fast flowing water
- Use of rescue equipment and PPE
- Throwing techniques
- Self-rescue techniques
- Casualty handling
- Disease and infections
- Fatigue and hypothermia

The practical element of this course requires authorised access to a river, stream or similar water environment

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