



# NewGrange

TRAINING & SERVICES LTD

*Better People, Better Business®*

## Non-Expert Fall Arrest Rescue

**Course Location:** On-Site at your premises  
**Course Duration:** 1 Full Day (dates to suit you)  
**No. of Delegates:** 8 delegates max

### Who Should Attend

*The course is aimed at:*

Personnel working at height who may be required to aid the safe rescue of personnel who have had a fall arrested by fall arrest equipment as stated in the site rescue plan.

### Course Content:

- Legislation concerning the use of fall arrest equipment
- PPE Regulations
- Working at Heights (requirement for rescue)
- PUWER 2
- Pre-use inspection of equipment
- Correct use of equipment
- Support and fixing methods
- Engineered and improvised anchor points
- Suspension Trauma
- Practical demonstrations and securing items

### PRACTICAL USE OF EQUIPMENT USING A WEIGHTED MANNEKIN

- Suitable anchorage points
- Rescuers safety precautions
- Unpack, secure and rescue untimed
- Unpack, secure and rescue timed
- Post-use inspection of rescue equipment

### Course Delivery Method

Lecture/Classroom, practical and theory assessment your Rescue System and a Water-Filled Male Dummy (supplied by ourselves).

### PPE Required:

Protective footwear, suitable head protection, suitable clothing, harness and gloves for the practical session.

### Delegate Experience Required:

Delegates MUST be physically fit and able to carry out any practical during the training.

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