

# Sage Safety and Training Ltd

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## TOWER / STRUCTURAL RESCUE

**Overview:** This course is designed to supplement the Advanced Climber, providing the Delegate with the technical ability to rescue fellow work colleagues who may find themselves suspended from their equipment in a variety of situations on a tower. Even if a fallen climber is not injured, a serious medical condition can occur within a relatively short period of suspension, hence timely rescue is required. The course also helps employers in fulfilling their obligations with regard to rescue under the Working at Height Regulations 2005.

**Who should attend:** Those who are Advance Climber qualified (in date) and who work on towers / structures where there are no or limited rescue trained personnel. It is recommended that employers send a minimum of two people per work team.

**Course requirements:** Delegates must hold an indate Advance Climber qualification, proof of this MUST be provided prior to the course commencing. Delegates must be physically fit and free from any medical condition that could prevent them from climbing during the course. Delegates may use their own Fall Arrest equipment providing written evidence is produced to confirm in date inspection (If no proof of inspection is produced SAGE instructor will determine as to whether equipment can be used - SAGE equipment is available). Protective footwear is required for the practical elements of the course.



**Course content:** The course contains both theory and practical elements, with the practical building up to an abseil based rescue. The following areas are covered;

- Relevant Health and Safety Legislation
- Hazards and associated risks during rescue
- Rescue plans
- The dangers of prolonged suspension in a harness
- Selection and use of rescue equipment
- Selection and establishing anchor points
- Abseiling using a selection of descent devices
- Abseil based rescue
- Practical rescue scenarios (a test scenario will be completed)
- Descent using controlled rate descender
- Question and answer session

**Duration of course:** 1 day

**Course outcome:** Successful Delegates will be issued with a certificate and ID card covering their training, valid for a period of 1 year.