

# Fall Rescue Systems



## Overview

This program will provide students with the fundamental knowledge and practical skills of safely lowering a fallen worker using a variety of rescue systems, including the DBI Rollgliss R500, R550, Miller SafEscape system, etc. This program meets and exceeds the local regulations and industry standards.

# Prerequisites

Students must hold a current fall protection certificate.

## Content

- Hazard assessments
- Pre-use inspection
- Donning a harness
- Fall protection plan and rescue plan
- Selecting anchor points
- Self rescue method
- Assisted rescue method
- 2-person rescue method
- Trauma straps
- Suspension trauma

#### Format

The program is a combination of theory and practical training scenarios. Students are evaluated by means of practical participation. Upon successful completion of the program, a certificate will be issued.

#### Duration

Half day

#### Location

Training is delivered at the Hercules Training Academy or can also be delivered on-site.

#### **Required PPE**

CSA approved safety boots, safety glasses, hard hat, full-body harness A/D/L, gloves