

# 01

Height Safety  
Lifting  
Lashing  
Safety Management

## HS MODULE 5C

CRD Kit  
Rescue Training



### DURATION

3.5 hours 1/2 Day

### RATIO OF TRAINERS TO TRAINEES

1 Trainer to 6 Trainees

### PRE-COURSE INSTRUCTIONS AND ENTRY REQUIREMENTS

- Candidates must be competent in the use of their Personal Fall Protection Equipment
- SpanSet Height Safety Module 1 as a minimum (1 Day duration for modules 1 and 5C)
- SpanSet Height Safety Module 2 is advised for candidates with no previous experience of work at height with personal fall protection equipment
- All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height. (A list of conditions that could affect practical training and

work at height are available on request.)

- SpanSet reserves the right to exclude unsuitable delegates from training courses.
- Delegates must be 18 years or over.

### OVERVIEW

- This module is designed to make operatives fully conversant in the operation of the Gotcha CRD Rescue Kit and it's various modes of use.
- The course will enable operatives to use the rescue kit to rescue an unconscious casualty, or evacuate themselves from a tower crane or similar structure.
- This module is intended for operatives who are already conversant in the use of their personal fall protection equipment.
- During training delegates will be expected to carry out activities at height. This will provide an insight

into the delegates' ability to operate in such conditions. This is only an indication of their capability, as it is not possible to recreate exact working environments.

- The actual height and exposure will be set out on the certification, but this is only to show what was included in the training. The height shown on the certification is not intended to limit the height at which the delegate can operate.
- Further details of the training facilities, first aid provision, insurance, etc are available upon written request.

## GOTCHA CRD Rescue Training continued.

### COURSE JOINING INSTRUCTIONS

#### COURSE ASSEMBLY

Unless otherwise stated, all courses are held at QISC Doha, Qatar and will assemble at 0800hrs daily unless otherwise agreed. Delegates should report to the main training reception upon arrival.

#### EQUIPMENT & CLOTHING

All equipment required throughout the course will be provided by QISC/SpanSet Ltd.

Candidates should provide their own comfortable clothing and footwear, with provision made for inclement weather conditions, i.e. fleeces, waterproofs, windproof, etc.

#### FOOD & REFRESHMENT

Refreshments will be provided throughout the day on all courses.

A lunch will be provided on all courses of a day or more in duration held at SpanSet.

#### ACCOMMODATION

Details of local accommodation on request.

### COURSE SYLLABUS

#### Theory

- Understand the implications of being suspended in a harness and the importance of rescue provision when working at height.
- Have a basic understanding of the different approaches to rescue and how the rescue kit fits into a hierarchy of options, e.g. improvised planned and emergency services.
- Understanding the importance of personal safety whilst carrying out rescue.
- The problems associated with suspension trauma.
- Post rescue care and handover to a first aider or the emergency services.
- Identification of the key components for the rescue kit and their strengths and limitations.
- The ability to assess the situation and select the appropriate recovery technique, i.e. anchor point selection and suitable points of safety harness attachment.

#### Practical

- Correctly fitting and adjustment of a fall arrest harness.
- Correct use of double and/or single fall arrest lanyards for personal safety whilst traversing and rescuing.
- The importance of casualty management and the application of temporary aids.
- Installation of the rescue kit from a position of safety and attachment to the casualty.
- Use of the rescue kit to raise and lower an unconscious suspended casualty.
- Correct use of the equipment to ensure a controlled lower from height of the casualty.
- Use of the kit to perform an emergency evacuation from a structure.
- Optional elements include: remote deployment, use in conjunction with a stretcher and establishing a guideline for lowering the casualty.

### ASSESSMENT METHODS

#### Details of other assessment methods

- During the course of the day the candidates will be continually verbally assessed by the trainer using working examples and scenarios to determine the delegates understanding of a specific topic.
- In addition to the test carried out in module 1 all delegates will be monitored by the trainer throughout the practical sessions. Any concerns will be addressed by delegate and trainer on a continual basis.
- The rescue will be carried out in stages and if at any point the trainer is unhappy with the standard attained then the delegate will be unable to continue. If the matter is resolved then the delegate may re-join the course.

### EQUIPMENT COVERED DURING TRAINING

- Full Body Harnesses
- Single and Double Fall Arrest Lanyards
- Gotcha Suspension Loop
- Gotcha CRD Rescue Kit

### FEEDBACK TO CLIENT AFTER COURSE

- Photo ID card for all delegates, valid for three years.
- Certificate for all delegates, valid for three years.

### RECORDS TO BE MAINTAINED BY SPANSET

- Course registration sheet, including results of the assessment.
- Digital photo for duplicate issue of ID cards.
- Course feedback forms where completed.



Qatar International Safety Centre

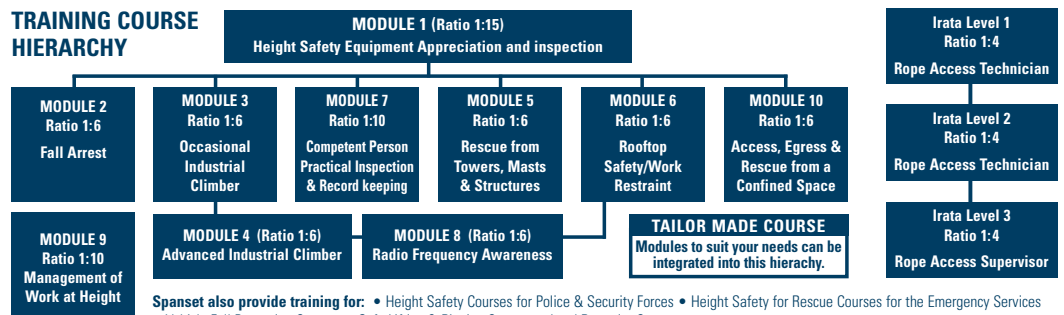
Qatar International Safety Centre W.L.L,  
Doha Main Office and Training Facility,  
Street 45, Salwa Industrial Area,  
PO Box 23651, Doha, Qatar  
Tel: +974 44501223 Fax: +974 44501220  
Email: training@madinagulf.com

www.qisc.net

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### TRAINING COURSE HIERARCHY



Spanset also provide training for: • Height Safety Courses for Police & Security Forces • Height Safety for Rescue Courses for the Emergency Services • Vehicle Fall Protection Courses • Safe Lifting & Rigging Courses • Load Restraint Courses