



## Safety Harness Rescue Course (Gotcha Rescue Kit)



### Course Aim

This course aims to make delegates familiar with the use and operation of Gotcha Rescue Kit. The course will enable delegates to use the kit in various locations to rescue casualties who are suspended from a fall arrest lanyard or fall arrest block.

This course is designed to provide delegates with all the necessary skills to operate safely when faced with what can be a stressful situation.



### Course Duration

This is a 1 day course.



### Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years.

Paper certificate and photo ID card can be requested at an additional charge.



### Who Should Attend?

Suitable to delegates who have previous experience in the use of personal fall protection equipment.

#### Course Entry Criteria

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)

**Safety / Value / Availability / Support**



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## Agenda

### Theory

- Knowledge of the implications when suspended in a harness and the importance of rescue provisions
- Understand various rescue approaches and how the rescue kit compares to other options e.g improvised planned and emergency services
- Importance of personal safety when carrying our rescues
- Post rescue care and handover to a first aider/emergency services
- Key components of the kit and their strengths/limitations
- Assessment of the situation and selection of appropriate recovery technique e.g. anchor point selection and suitable points of safety harness attachment

### Practical

- How to correctly fit and adjust a fall arrest harness and use double and/or single fall arrest lanyards for personal safety when travelling/rescuing
- Casualty management and the use of temporary aids
- Deployments of the kit from a safe position and the attachment to an unconscious casualty
- Rescue kit use when raising and lowering an unconscious casualty
- Correct use of the kit to gain an advantage when lifting a casualty

### Equipment cover during training

- Full Body Harnesses
- Single and Double Fall Arrest Lanyards
- Fall Arrest Blocks / Retractable Type Fall Arrest Device
- Guided Type Fall Arrester
- Gotcha Suspension Loop
- Gotcha Rescue Kit
- Grabba – additional rescue attachment