

# CRD Kit Harness Rescue



## Course Aim

Training aimed at providing delegates with knowledge of using a Controlled Rate Device (CRD) as part of an emergency rescue kit for workers at height.



## Who Should Attend?

This course is aimed at delegates who are new to working at height and require training on use of personal fall protection equipment.



## Maximum Attendees

Maximum delegates: 6



## 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.



## Agenda

- Correct PPE, inspection and use
- Demonstrations of the IKAR CRD
- Safety and implications when suspended in a harness
- Importance of rescue provision of both conscious and unconscious casualty
- Understanding different approaches to rescue and how the rescue kit fits into a hierarchy of options
- Performing an emergency evacuation from height
- Anchor point selection
- Edge protection
- Practical exercises and assessments

