



## Course Synopsis

### Working at Height for General Industries – Rescuer (CS WAH-R)

#### **Course Overview:**

This course has been designed to meet or exceed the minimum standard for Working at Height Training for Rescuer Level (Competent Rescuer), as stipulated by ANSI Z359.2 and OSHA 1926.503.

This course is aimed at delivering students the theoretical knowledge and practical skills required to competently and safely conduct rescue from height.

This course has been contextualized to address working activities, hazards and fall protection equipment used in General Industry.

#### **Target Audience:**

Any and all personnel at a Supervisor Level or above, who's work activities include providing emergency response while working at height.

#### **Learning Objectives:**

- Identify legislative requirements for rescue from height
- Identify roles and responsibilities, hazards and control measures while conducting rescue from height
- Undertake risk assessment while conducting rescue from height
- Apply best practices in emergency preparedness for rescue from height.
- Develop industrial rescue from height procedures
- Demonstrate inspection of rescue from height equipment
- Demonstrate pre-use inspection of a personal fall arrest system for rescue from height
- Demonstrate assisted self-rescue techniques
- Demonstrate unmanned/manned rescue techniques
- Demonstrate vertical rescue techniques while work positioning
- Demonstrate basic first aid techniques including CPR and AED
- Participate in the immobilization & packaging of a casualty
- Participate in the evacuation and controlled descent of a packaged casualty

**Mode of Training:**

- Power Point Slides & Videos
- Class Discussions
- Participatory “Hands-On” Practical Activities

**Mode of Assessment:**

- Practical Activity Assessment Checklists & Forms (Formative)
- Participatory “Hands-On” Practical Activity Assessment (Formative)
- Multiple Choice Question Exam (Summative)

**Entry Requirement:**

Students should be physically fit and able to participate in moderately strenuous practical activities.

Students should have a valid certificate for Working at Height to a Supervisor/Competent Person Level.

**Duration:** 1 Day / 8 Hours / 8am to 5pm

**Location:** Block 61 Ubi Rd 1 “Oxley BizHub” #04-04 Singapore 408727

**Trainer to Student Ratio:** 1 to 6

**Style:** Competency-Based, requiring 100% pass mark throughout.

**Certification & Validity Period:** Statement of Attainment valid for 2 years from date of issue.

**Cost at Training Centre:** US\$ 650 / SG\$ 815 Per Person Ex Taxes

**Cost for Onsite Delivery:** POA

**For more information, please contact (65) 6450 7537**

**For Registrations & Enrolments:** Email us at [trainingasia@capitalsafety.com](mailto:trainingasia@capitalsafety.com)