



Fall Protection Rescue Course Outline



Prerequisites: This course shall have no formal pre-requisite.

Course Length: 3-4 hours – Course length shall vary depending on the number of delegates.
Total course time includes breaks.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session and twenty (20) in the practical session. A second instructor shall be added for the practical session once the participation exceeds twenty (20) and exercises will be divided into groups.

Course Objective

- Provide delegates assigned to rescue duties the necessary skills to safely perform their jobs.
- Inform personnel of the regulations regarding fall protection rescue.
- Provide the relevant information associated with the development and implementation of a fall protection rescue plan.
- Discuss the types of rescue equipment and how to respond to a rescue situation.
- Demonstrate proper use of rescue equipment.
- Delegates should be able to demonstrate the necessary skills during practical examination and demonstrate knowledge during written examination.

Course Design

- Power Point© / Lecture / Audio Video / Visual Aids
- Practical Exercises

Successful Course Completion

- Requires a minimum score of 75% or better.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Successful completion of practical session is mandatory.

Course Content Summary

- Classroom
- Practicals

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)

Course Outline



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About Fall Rescue

- What is Fall Rescue?
- Employer Responsibilities
- Employee Responsibilities
- Orthostatic Intolerance
- How long can someone stay suspended?
- Importance of Rescue Planning

Fall Rescue

- Rescue Plan Contents
- Rescue Plan Considerations
- Post Fall Procedures
- Medical Considerations
 - Suspended Victim
 - Rescued Victim
- Types of Rescues
 - Self-Rescue
 - Deployable Ladders
 - Descent Devices
 - Assisted Rescue
 - Evacuation Harness
 - Self-Retracting Lanyards
 - Personnel Hoist
 - Rescue Pole/Remote Hook
 - Components/Use
 - Synthetic Rope & Tackle Box
 - Professional Rescue

Practical Session

Practical training shall utilize common fall protection equipment.

Practical shall verify the following:

- Select and wear appropriate PPE during practical training
- Conduct proper pre-use inspection of PPE and fall protection equipment
- Don body harness properly
- Select and use fall protection lanyard/deceleration device
- Select and use proper anchor points
- Operate deceleration device properly
- Identify and select proper rescue equipment
- Perform an assisted rescue
- Store equipment / PPE properly



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Training Center Provided Material

- PPE
- Fall Protection Equipment

Delegate Requirements

- Must possess good physical health as the practical training is physical demanding.

Reference Material / Documents

OSHA 29 CFR 1926.500-503 (Subpart M)

OSHA 29 CFR 1910.21-30 (Subpart D)

American National Standards Institute (ANSI) Z359 Standard