MERCURY

Working at Height Rescuer Training Course

6 – 10 September 2027
Amsterdam (Netherlands)



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Ref: 16043_1003975 **Date:** 6 – 10 September 2027 **Location:** Amsterdam (Netherlands) **Fees:** 5600 Euro

Introduction:

The Working at Height Rescuer training course equips professionals with essential knowledge and practical skills required to perform rescues in height-related work environments safely. With the growing prevalence of high-rise construction, industrial operations, and elevated maintenance tasks, competent height rescuers are crucial for minimizing accidents.

The Working at Height Rescuer course emphasizes both preventative measures and emergency response strategies to ensure safety and efficiency. It provides hands-on understanding of fall protection systems, rescue tools, and operational coordination in emergencies. Participants will learn risk assessment techniques, the proper use of safety equipment, and the legal responsibilities associated with working at heights.

Attendees will gain confidence in executing rescues while maintaining compliance with safety regulations. The Working at Height Rescuer program fosters teamwork, communication, and decision-making skills essential for high-pressure rescue operations. Participants will be proficient in both theoretical knowledge and practical application in real-world height rescue scenarios.

Targeted Groups:

This Working at Height Rescuer training course targets professionals seeking specialized knowledge and skills:

- Construction workers performing high-rise building tasks.
- Safety officers in industries with height-related operations.
- Rescue team members seeking advanced height rescue training.
- Supervisors managing teams working at elevated locations.
- Maintenance personnel on scaffolds or elevated platforms.
- Firefighters and emergency responders need height rescue expertise.
- Contractors conducting high-altitude inspections or repairs.
- Facility managers are responsible for safety in tall structures.

Targeted Competencies:

Participants will gain the following competencies during the Working at Height Rescuer program:

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- Mastery in handling rescue ropes, harnesses, ladders, and mechanical tools.
- Ability to accurately assess height-related risks and create effective mitigation strategies.
- Skill in applying rescue techniques across various industries.
- Competence in conducting and leading rescue drills and operations.
- Understanding of legal responsibilities in height work and rescues.
- Effective team coordination and communication during high-pressure rescues.
- The capability to evaluate victims and provide appropriate emergency care.
- Proficiency in maintaining rescue equipment and ensuring compliance with safety regulations.
- Knowledge of fall arrest systems and their integration in rescues.
- Ability to respond calmly under emergency conditions and ensure the safety of all involved.

Course Objectives:

Participants will achieve the following objectives by completing the Working at Height Rescuer course:

- Understand hazards and risks associated with working at height.
- Demonstrate correct use of ropes, harnesses, and other rescue equipment.
- Identify safe procedures for planning and executing rescue operations.
- Comply with legal and regulatory requirements for height rescues.
- Apply techniques to retrieve individuals from elevated positions safely.
- Evaluate emergencies and make informed decisions quickly.
- Plan, prepare, and conduct risk assessments for work at heights.
- Cultivate teamwork, coordination, and effective communication in rescues.
- Understand the integration of fall protection systems with rescue operations.
- Implement injury prevention strategies tailored to high-risk work environments to mitigate risks.
- Gain confidence in handling emergency height rescue scenarios.
- Conduct drills to reinforce practical rescue skills.
- Assess the victim's condition and determine the appropriate recovery methods.
- Use safety and emergency equipment efficiently in real-world scenarios.
- Foster a safety-first mindset within teams performing height operations.

Studying Scenarios:

In this Working at Height Rescuer training, participants will develop their skills through the analysis of the following scenarios:

- Rescuing a worker stranded on scaffolding after a fall incident.
- Evacuating personnel from high-rise construction sites during emergencies.
- Responding to equipment failure during an elevated maintenance task.
- Conducting confined space rescues in industrial height environments.
- Managing multiple victims in a coordinated high-altitude rescue operation.
- Performing swift retrieval in hazardous conditions, including slippery or unstable surfaces.
- Executing rescue operations using ropes, mechanical systems, and stretchers.
- Collaborating with emergency services in complex height-related incidents.
- Planning and carrying out drills to simulate real-time height emergencies.
- Analyzing previous rescue cases to improve operational efficiency.

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Course Content:

Unit 1: Introduction to Working at Height:

- Define working at height and related hazards.
- Review legal regulations and safety standards.
- Identify high-risk activities and environments.
- Understand types of fall protection systems and measures.
- Learn components and applications of fall arrest systems.
- Conduct risk assessments and hazard identification.
- Plan safe work operations at height.
- Understand supervisor responsibilities in height safety.
- Recognize the importance of personal protective equipment PPE.
- Introduce the role of safety culture in height work.

Unit 2: Fall Protection and Prevention:

- Overview of Fall Protection Systems and Protocols.
- Selection and correct use of harnesses, ropes, and lanyards.
- Calculate fall clearance and assess free fall distances.
- Implement personal fall arrest system procedures.
- Understand guardrails, safety nets, and other preventive measures.
- Plan for emergency evacuation and height rescue scenarios.
- Evaluate structural stability for safe operations.
- Communicate safety procedures effectively to team members.
- Integrate preventive strategies into daily operations.

Unit 3: Height Rescue Techniques:

- Principles and methodology of height rescues.
- Victim retrieval using ropes and mechanical systems.
- Handle injured victims safely during operations.
- Use rescue chairs, stretchers, and specialized equipment.
- Deploy techniques rapidly in confined or limited spaces.
- Perform basic rope rescue procedures.
- Follow best practices for rescuer safety.
- Coordinate with emergency services and other teams.
- Execute drills simulating diverse real-world scenarios.
- Review and evaluate rescue performance to identify areas for improvement.

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Unit 4: Working with Rescue Equipment:

- Identify types of rescue equipment and their purposes.
- Inspect and maintain equipment to ensure compliance with safety regulations.
- Select appropriate tools for various rescue operations.
- Apply rigging techniques for secure height rescues.
- Understand team responsibilities for equipment handling.
- Conduct pre- and post-rescue equipment checks.
- Store and transport equipment safely.
- Troubleshoot common equipment issues in operations.
- Adapt equipment use for emergency scenarios.

Unit 5: Safety and Post-Rescue Procedures:

- Provide immediate medical attention to rescued individuals.
- Coordinate victim care with emergency services.
- Document incidents and report according to standards.
- Offer psychological support to victims after rescue.
- Conduct debriefings and evaluate rescue effectiveness.
- Review and improve safety protocols for future rescues.
- Prepare and execute regular height rescue drills.
- Promote an ongoing safety culture within high-risk industries.
- Develop strategies for continuous improvement in rescue operations.

Final Insights & Key Takeaways:

The Working at Height Rescuer training course equips professionals to perform safe, efficient, and compliant rescues at elevated work sites. Participants will gain advanced height rescuer skills and practical experience for real-world scenarios. Team coordination, effective communication, and correct equipment use throughout the course. Graduates will handle emergency rescue operations and high-rescue situations calmly and competently. The program instills a proactive safety mindset essential for high-risk work environments.