



## FALL ARREST, RESCUE AND EVACUATION – 8.5 HOURS



### Target group:

All personnel that are or can be expected to climb and work in high structures.

### Purpose:

To instruct the participants on the regulations and proper techniques for climbing and working in high structures such as masts, chimneys, towers, wind turbines, etc. In addition instruction will be given on how to safely rescue and evacuate personnel from these structures.

### Number of participants:

Minimum of 3 and a maximum of 6.

### Prerequisites for participation:

Participants must be in good physical condition and capable of work in the selected work environment. A physical statement must be completed with no adverse remarks. All participants must supply their own approved PPE to include:

- Hard Hat
- Gloves
- Safety footwear
- Ladder safety runner
- Full body harness
- Shock absorbing lanyard
- Work positioning equipment

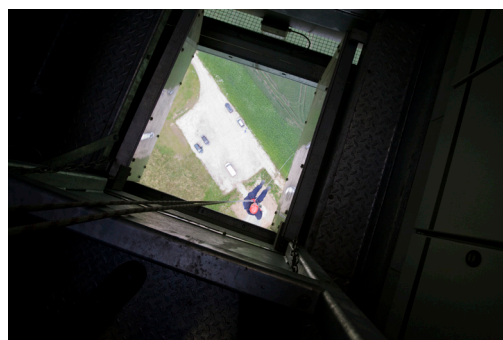
### Duration and place of training:

First 4 hours—Class room

Second 4 hours—turbine, training tower, or similar training location.

### Content:

- Introduction/registration
- Working regulations/techniques
- Ladder and safety systems
- Daily inspection, use, and storage of fall arrest, rescue and evacuation equipment.
- First Aid refresher
- Rescue and evacuation procedures
- Fall arrest
- Rescue demonstration
- Rescue exercises
- Evacuation exercise from a structure
- Summary and evaluations



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