



## WORKING & RESCUE AT HEIGHTS

A customized  
course for riggers  
working with  
Huawei



mindmerge™

PEOPLE | POTENTIAL | PERFORMANCE | RESULTS

# Training Course Overview

## 1 COURSE TITLE

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Working and Rescue at Height

## 2 COURSE CATEGORY

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Health, Safety, and Environment

## 3 COURSE DESCRIPTION

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This course is designed to provide individuals with basic Work & Rescue at Height awareness and training on how to don and doff full body harness.

Course Duration	Location	Theoretical/ Practical
Full Day	MindMerge / Onsite	70% / 30%

## 4 RECOMMENDED ATTENDEES

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Minimum class size of six (6). Maximum of sixteen to twenty (16-20).

## 5 TARGET AUDIENCE

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Personnel that are, or could be, working at height.

## 6 COURSE LEVEL

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This is an Awareness Level course.



## 7 COURSE OBJECTIVES

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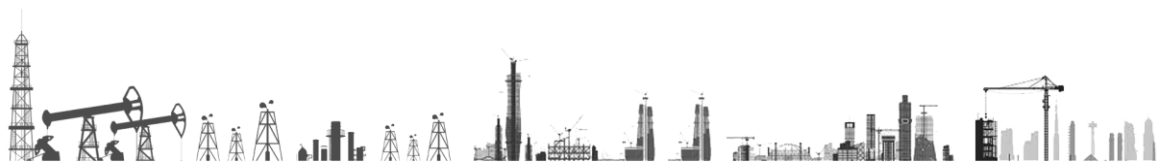
7.1 UPON COMPLETION OF THE COURSE THE STUDENT SHOULD BE ABLE TO:

- 7.1.1 Understand hazards associated with working at height.
- 7.1.2 Understand safe working procedures while working at height.
- 7.1.3 Understand the definitions of fall prevention, fall restraint, and fall arrest.
- 7.1.4 Know how to inspect and wear personal fall arrest system equipment.
- 7.1.5 Recognize and understand hazards and controls specific to ladder safety.
- 7.1.6 Understand rescue equipment and procedures to be used during rescue at height operations.

## 8 COURSE CONTENT & LESSON PLAN

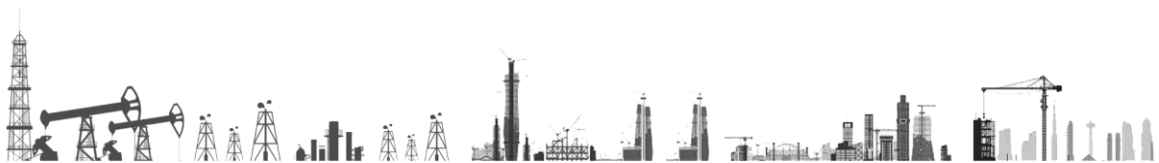
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CONTENT	TIME	LOCATION
8.1 INTRODUCTION		
8.1.1 Why is Safety Important?		
8.1.2 Communication Towers	08:00 – 9:00	Classroom
8.1.3 Where do Fatal Falls Occur		
8.1.4 General Requirements		
8.1.5 Principles		
8.2 WORK AT HEIGHT		
8.2.1 What is Work at Height	09:00 –	Classroom
8.2.2 Spot the Hazards	09:30	
8.2.3 Dangerous Attitudes		
8.2.4 Potential Hazards		
8.3 PRECAUTIONS	09:45 – 10:15	Classroom
8.3.1 Safety Procedures		





CONTENT	TIME	LOCATION
8.3.2 Climbing Equipment Inspection		
8.3.3 Night Operations		
8.4 TYPES OF FALLS		
8.4.1 Types of Falls		
8.4.2 Swing Hazards	10:15 – 10:45	Classroom
8.4.3 Slips		
8.4.4 Trips		
8.4.5 Potential Hazards		
8.5 FALL PROTECTION SYSTEMS		
8.5.1 What is Fall Protection?	10:45 – 11:15	Classroom
8.5.2 Hierarchy of Fall Protection Systems		
8.6 PERSONAL PROTECTIVE EQUIPMENT		
8.6.1 ABCs		
8.6.2 PPE		
8.6.3 Fall Restraint System	11:15 – 11:45	Classroom
8.6.4 Full Body Harness		
8.6.5 Fall Arrest System		
8.6.6 Lifelines		
BREAK	11:45 – 12:45	Lunch
8.7 ANCHOR POINTS	12:45 – 13:30	Classroom
8.8 LADDER SAFETY		
8.8.1 How Much Do You Know?	13:30 – 15:00	Classroom
8.8.2 Why Ladder Safety Matters		



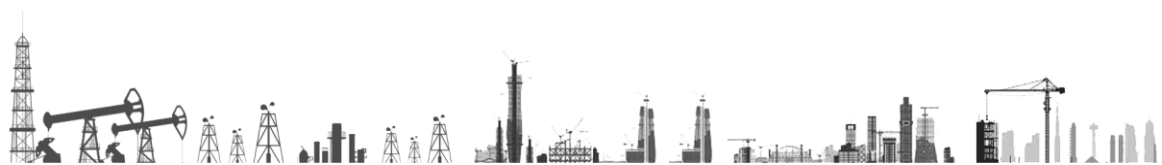


CONTENT	TIME	LOCATION
8.8.3 Accident Statistics		
8.8.4 Five Simple Steps to Reduce Risks		
8.8.5 Ladder Selection		
8.8.6 Ladder Inspection		
8.8.7 Ladder Setup		
8.8.8 Climbing & Descending		
8.8.9 Ladder Maintenance		
8.8.10 Ladder Storage		
8.8.11 Transporting Ladders		
8.9 RESCUE AT HEIGHT		
8.9.1 Purpose		
8.9.2 Definitions		
8.9.3 Responsibilities	15:00 – 16:00	Classroom
8.9.4 Rescue Procedure		
8.9.5 Self-Assisted Rescue		
8.9.6 Mechanically Aided Rescue		
8.10 REVIEW & Q&A	16:00 – 16:15	Classroom
8.11 EVALUATIONS	16:15 – 16:45	Classroom

## 9 METHOD OF DELIVERY

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Instructor led classroom session and instructor led practical sessions.



## 10 INSTRUCTOR QUALIFICATIONS

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- A graduate from university or higher national diploma/ordinary national diploma from any poly-technic (sciences, art, social science, law or engineering).
- At least five years of teaching experience.
- Demonstrate written and spoken communication and presentation skills.
- Physical ability to perform the tasks associated with the training techniques; and ability to deliver information to students.

## 11 REQUIRED EQUIPMENT/RESOURCES

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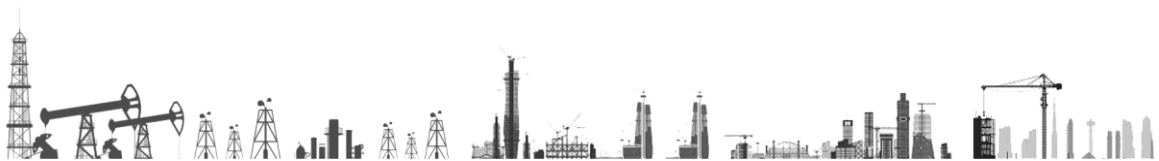
These items are required to be able to adequately deliver the Working & Rescue at Height Course (TRG-033-WRH-V.1.0). The ratio of equipment available to learner shall be 1:3 (i.e. at least four sets of equipment for 12 learners).

1. Classroom with projector/display
2. Computer/medium to open and view presentations/videos.
3. Speaker system.
4. Concession area for breaks/snacks.
5. Type A harnesses with tongue buckles (variety of sizes);
6. Type A harnesses with mating buckles (variety of sizes);
7. Single leg lanyards (with energy absorber);
8. Lifelines with snap hooks adequate for learning purposes;
9. Rope grabs;
10. Carabiners; and
11. D-bolt anchors.
12. Ladder

## 12 SAFETY PRECAUTIONS

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- There is always the chance for physical injury while students are donning and doffing the full body harnesses. Make sure they take it nice and slow until they are familiar with how to get it on.
- Practical assessment for rescue at height should only be conducted at an approved training facility.



## 13 TYPE OF TESTING

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### 13.1 WRITTEN EVALUATION

Written student evaluation delivered in class, to be moderated by the training instructor at the end of the course.

#### 13.1.1 Minimum Passing Grade

All students are required to have a minimum passing grade of 80% or higher on the written evaluations.

### 13.2 PRACTICAL EVALUATION

Practical evaluation to be moderated by the training instructor at the end of the course.

#### 13.2.1 Minimum Passing Grade

All students are required to have a minimum passing grade of 80% or higher on the practical evaluations.

