

# High Bay Access, Rescue & Evacuation – RGT2:HB

## Who should attend?

This training course is designed for warehouse operators who intend to access high bay racking and automated cranes using work positioning and fall arrest working methods.

## Course Aims

Delegates will be trained on how to rescue a suspended person and how to evacuate themselves or others from high places safely to the ground. Delegates will have an understanding of their duties and what is required from them which is detailed in the Working at Height Regulations 2005.

## Pre-requisites

- No previous experience or qualification required.
- Delegates must meet the minimum age of 18 years and be fluent in English.
- Delegates must be medically fit and be physically able to carry out the practical elements of the course.
- Delegates will be required to sign a medical statement form before the start of the course.

## PPE Requirements

Delegates must provide their own comfortable clothing, protective footwear, safety gloves, high visibility jacket and prepare for all weather conditions. Delegates may be required to provide their own PPE but this will be communicated by Ridgegear in the planning stage of the training.

## Course information

2 day duration maximum 6 people.

## Certification:

On successful completion of the course, delegates will receive a 3 year RIDGEGEAR certificate. Delegates must keep up their CPD by attending regular training to refresh their skillset.

## Course content includes:

- Working at Height Regulations 2005
- LOLER Requirements
- Legislation and guidance
- Mechanics of a fall
- Physics involved during a fall
- Fall factors
- Methods of work
- Correct selection and fitting of safety harness, including a practical donning exercise
- Correct selection of fall protection equipment – including common hazards associated with different types of equipment
- Pre-use inspection of PPE
- Suitable anchor points
- Safe use of harness and lanyards
- Safe use of fall arrest blocks
- Vertical fall arrest systems – temporary and permanent
- Rescue equipment including safe use
- Correct evacuation techniques
- Suspension intolerance
- Identification of safe descent paths
- Correct storage, care and maintenance of PPE
- Rescue requirements

## Training Methods

This training course combines theory and practical training methods to ensure delegates receive the information required in preparation for their assessment. Printed course material, practical demonstrations and hands on training will be conducted throughout the course.

All training is designed and delivered to meet BS 8454:2006 code of practice for the delivery of training and education for work at height and rescue.

