



SAFE WORK AT HEIGHT, ROPE RESCUE OPERATOR

Goal:


To enable participants to function as competent, supervised operatives in work at height and rope rescue situations, complying with relevant regulations and safety standards.

Target group:

Emergency services and personnel involved in operational work at height and rope rescue.

Highlights:

- Comprehensive introduction to work at height and rope rescue systems.
- Emphasis on equipment safety, maintenance, and legal compliance.
- Prepares participants for advanced supervisory roles in rope rescue.



SWAH Rope Rescue Operator



Course length

36 hours (5 days)



Instructor

1:6



Period of validity

3 years



Certification

Digital Outreach Rescue certificate of achievement



Venue

Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY. On-site delivery available upon request.

Description

Gain essential skills for safe work at height and rope rescue operations, covering equipment handling, hazard assessment, and technical rescue techniques.

This 5-day course provides foundational training for those operating in work at height and rope rescue environments. Designed for emergency services and industry personnel, the course equips participants with the skills to safely apply technical rope systems under supervision. Training includes hazard assessment, equipment use, and core rescue methods like anchoring, belaying, abseiling, and twin line working. Through practical exercises, lectures, and scenario-based training, participants will gain the necessary competencies for safe and effective rope rescue operations.

Compliance:

BS 8454, Work at Height Regulations, LOLER, PUWER.

Previous knowledge:

No pre-requisites required

Requirements:

Age 18+. Aptitude for working at height, operational fitness, and physical readiness for strenuous activities.

Progression:

Recertification and refresher training recommended every 2 years. Progression options include Rope Rescue Supervisor and Instructor training. This course satisfies Module 'Specialist Rescue 1 (5084EXQ)' for the Diploma in Specialist Rescue (30 credits).

Theoretical elements:

- Safe use, care, and maintenance of rescue equipment
- Hazard assessment and fall prevention principles
- Overview of Health and Safety requirements for rope rescues
- Theory of anchoring, belaying, abseiling, and twin line working

Practical elements:

- Scenario-based exercises for real-world hazard assessment
- Hands-on practice with rescue techniques and rope handling
- Execution of technical rope rescue systems, including ascending and lowering
- Safe application of equipment in various rescue scenarios