

ITAC FPS- Fall Protection Training Course Outline

Course Title: Fall Protection Competent Rescue Training

Location: ITAC Training Center: Chester, VA

Duration: 16 hours (2 Days)

Description: This course is intended for those whose job responsibilities require them to actively participate or manage those who work at heights in construction or general industry. This course will teach the basics of **self rescue and assisting a fall victim**.

This course is geared toward **hands-on participation** with some classroom involvement. Equipment and gear will be provided, but it is recommended that students bring what they will be using on a regular basis. A **basic level of physical fitness** is required.

Students attending this course will expand their knowledge and ability on how to utilize pre-engineered rescue equipment and rescue techniques for **safe and efficient rescues**. Upon completion of the course, students will be able to demonstrate and deploy **basic self rescue and assisted rescue techniques**.

References: ANSI Z359.2 (2007), Z359.4 (2013)

Content:

- Written rescue procedure development
- Equipment selection, use, and care
- Site Specific Considerations
- Self Rescue
- Assisted Rescue of the conscious victim.
- Assisted Rescue of the unconscious victim.
- Pre-Planning
- 911 as the only solution
- Suspension Trauma
- Victim triage
- Rigging
- Fall Protection Regulations

A spiral bound course manual will be issued to each student. Upon completion of the course, students will be able to demonstrate and deploy basic self rescue and assisted rescue techniques.



ITAC FPS- "When your LIFE depends on it!"