

## Who should attend:

Anyone working at heights. (Heights as defined by OSHA is above 4 feet for general industry, and above 6 feet for construction)

Fire Department personnel who have the potential to respond to emergencies involving rescue from heights.

Other first responders who have the potential to respond to emergencies involving rescue from heights.

There are NO pre-requisites for this class.

## Students will:

Fulfill the OSHA requirement for work at height for general industry and construction

Understand safe practices when working at heights including fall arrest systems, hazard recognition, and after a fall rescue plans.

Actively participate as part of a scenario involving work and rescue from heights.

## Class Length & Structure

8 hours of training time (scheduled over a 9 hour period)

- 1 ½ hrs. Interactive Classroom Presentation and Hands-on Activities
- 2 ½ hrs. Hands-on Exercises
- 1 hr. Lunch Break
- 4 hrs. Hands-on Exercises



## Standards This Class Meets

### OSHA:

1910.146 Confined Space Standard

1910.147 Lock out, Tag out Standard

1910.38 Emergency Action Plans

### NFPA:

1670 Rescue Teams

1006 Technical Rescuer Qualifications

### ANSI:

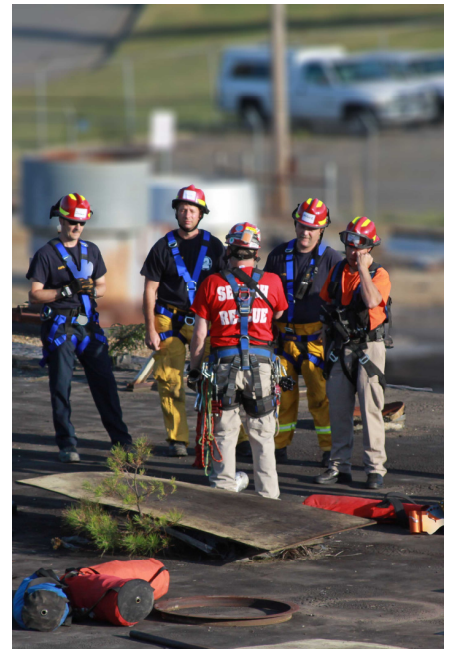
Z359 Fall Protection Code



## Topics Covered

Classroom materials are presented through lecture, Power Point presentation and hands on activities. A strong emphasis is placed on safe work practices.

- OSHA regulations relating to work at heights
- Training requirements
- Hazard recognition
- Hazard mitigation
- The need for an after a fall rescue plan when working at heights
- Fall protection, fall prevention and the difference between them
- Equipment inspection and documentation
- Identifying the components of a personal fall arrest system
- Harnesses and their use and care
- Assembly and use of an entry life line
- Selection of proper anchor points
- Roles of a Competent person
- Roles of a Qualified person
- Roles of an Authorized person
- After a fall rescue plans



## Hands-On Exercises

These exercises put into play all the safety practices taught during the classroom session. They are designed to be as real life as possible. Use of confined spaces on your site gives the students a sense of actual conditions and challenges they could encounter.

### Work and rescue from heights scenarios

These exercises uses a variety of confined space at your facility.

Students fill the roles of an incapacitated worker and technical rescue team.

They practice the use of proper equipment, evaluate the space for hazards, and make a rescue from heights of an incapacitated worker.

The scenario is repeated several time utilizing various spaces to add a degree of complexity and technical difficulty with each evolution.

Components taught during hands-on exercises:

- Equipment use & inspection
- Fall protection assessment
- Fall hazard mitigation
- Appropriate equipment selection
- Communications
- After a fall rescue



## Certification

Upon successful completion of this course students receive certification.

**Annual recertification is required.**



## Equipment / Supplies Needed

**DO NOT purchase new equipment in preparation for training.**

Information provided during training will allow you to make informed purchasing decisions, get hands-on time with the products you are considering, and get the most from your equipment budget.

### Students:

- Any protective clothing or equipment that is normally required by the facility being used for hands-on exercises.
- If the facility does not dictate protective equipment, we suggest clothing that covers your legs and work boots. Unless dictated by the facility work boots do not need to be steel reinforced.
- Hard hat / helmet
- Leather gloves
- Eye protection
- Students are encourage to bring their harnesses for evaluation for fit form and function.

*NOTE: Firefighters participating in this training DO NOT need their turn out gear.*

### Facility:

- Classroom space & seating for students. Classroom areas that have electrical power, projector and screen available are preferred, but not necessary.
- Access to a facility with various confined space area to be used for hands on exercises.

*Suggested locations: water treatment plants, commercial facility, industrial machine or equipment space*

### SATRA Provides:

- All classroom materials
- All ropes, harnesses and ancillary equipment for hands-on exercises.
- An appropriate number of instructors to ensure safe practices during the live simulation.



To learn more or  
schedule a class  
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email [bharp@satra.us](mailto:bharp@satra.us)