



Course Goal

Understand the fundamentals of self-rescue and prepare for the potential to evacuate from an elevated platform in an emergency.

Course Assessments

Students will need to meet the following objectives to earn a certificate of completion in this course. Should a student miss one or more objectives, they may need to re-take the course in its entirety before being eligible to receive a certificate.

1. Complete all challenge questions and workbook exercises.
2. Properly perform the following tasks during the skills development sessions:
 - Workshop #1 — Evacuation Skills
 - Workshop #2 — Evacuation Techniques
3. Achieve a minimum of 70% on the closed book written test.

Learning Objectives

Course Introduction

1. Discover more about your Certified Instructor.
2. Understand the goal of this course.
3. Become familiar with the course details and assessment criteria.
4. Acknowledge the training certificate's content and limitations.
5. Complete all written student record keeping information.

Self-Rescue Fundamentals

1. Acknowledge the importance of worker safety.
2. Become familiar with applicable regulatory requirements for rescue.
3. Recognize the importance of a company rescue program.
4. Appreciate human dynamics in high-stress situations.
5. Understanding the need for self-rescue planning and preparation.

Self-Rescue Equipment

1. Identify personal fall arrest system components.
2. Understand the basic specifications of essential self-rescue equipment.
3. Comprehend key rescue rope design, care, and use principles.
4. Demonstrate an ability to perform essential self-rescue skills.

Self-Rescue Techniques

1. Understand the value of risk management during a rescue.
2. Identify various self-rescue options.
3. Demonstrate an ability to set up and execute a self-rescue technique.

Summary and Review

1. Review key learning concepts of industrial rescue.
2. Identify the preliminary contents of an application rescue kit.