

Work-At-Height Rescue Course

The programme covers the following topics:

Module 1: Rescue Fundamentals & Theory - Legal & Regulatory Framework, Rescue Principles, Understanding Suspension Intolerance (Suspension Trauma). Module 2: Work-At-Height Rescue Team & Rescue Equipment & System - Work-At-Height Rescue Team, Personal Protective Equipment (PPE) for Rescuers, Introduction to Pre-Engineered Rescue Kits, Anchorage Points. Module 3: Core Rescue Techniques - Self-Rescue Techniques, Remote Rescue (Lowering/ Lifting), Assisted Rescue (Rescuer-Based). Module 4: Scenario-Based Rescue Drills - 3 Work-At-Height emergency scenarios for discussion on rescue methods deployed to safely and effectively bring a fallen person down. Module 5: Assessment & Debrief - Group discussion on what went well and areas for improvement, Reinforcement of key safety principles,

Learners are expected to be at least 18 years of age and currently employed in a supervisory role. Learners are assumed to:

- Have a solid foundational knowledge of the relevant sector and specific site operations.
- Be able to listen and speak English at a proficiency level equivalent to the Employability Skills (ES) level 3 to 4 (Functional workplace communication).
- Be able to read and write English at a proficiency level equivalent to ES level 3 to 4 (Capable of completing incident reports and reading work orders).
- Be able to manipulate numbers at a proficiency level equivalent to ES level 3 to 4 (Basic scheduling, resource counting, and safety distance calculations).
- Be medically fit to supervise activities in their specific work environment (e.g., fit for work at height or in confined spaces).

Course Duration: 8 Hours (including 30mins (WA) and 60 mins (PA)).

1 Day course. 100% Attendance is required.

Passing criteria: Theory – 60%, Practical - 100%

Course Schedule: Kindly visit our website for latest schedule.

Course Venue – 1 Harrison Road, 33 Hillview Terrace.

Course Fee: \$161.32 (Inclusive of GST).

Student Registration form				
Company Name				Company Reg. no.
Company Address				Course Date
Contact Person Name				Course Language
Contact Person Email				Course Venue
Contact Person Mobile		Tel no:		Fax no:
Participant details				
Participant Name				NRIC / FIN
Participant Email				Participant mobile no.
Nationality		Date of Birth		Race
Designation		Education		Gender
Salary Range: (1 - Below \$1000, 2 - \$1000-\$1499, 3 - \$1500-\$1999, 4 - \$2000-\$2499, 5- \$2500-\$2999, 6 - \$3000-\$3499, 7 - \$3500 & above)				
Refund Policy: Requests for refund, change or cancellation of course registrations must be submitted in writing and are subject to our terms and conditions. Please refer to our website for our terms and conditions, before registering for the course.				
Absolute Kinetics Consultancy Pte Ltd Tel: 6690 5555				Company seal
Website: www.sg-akc.com Registration Email: register@sg-akc.com				