Occupational health and safety

Rescue of a Victim at Height

One day to know how to rescue quickly a colleague left hanging in their harness or stuck on a structure. Participants prepare the rescue plan of an intervention, use an evacuation kit and practise access, lowering and hoisting techniques while waiting for the specialist emergency services. Exercises are run with an equipped partner trainer, on an exercise structure or on your installations.

Duration : 1 day

Objectives

1. Explain why a person suspended in their harness must be rescued without delay
2. Build a rescue plan before every job at height: means, roles, alert, access to the victim
3. Use a rescue kit to lower or hoist a victim
4. Ensure one’s own safety as a rescuer throughout the intervention
5. Look after the victim on the ground and hand over to the emergency services

Programme

Day 1 — morning

• Lessons learned: falls arrested by the harness and late rescues

• Effects of motionless suspension and what to do once the victim is on the ground

• Rescue plan: scenarios according to the situations of your site, means available, alert

• Equipment: evacuation kits, descenders, hoisting systems, anchors; pre-use checks

Day 1 — afternoon (workshop)

• Exercises on reaching the victim while remaining secured

• Evacuation by controlled lowering or by hoisting depending on the configuration

• Rescue from a caged ladder, a walkway or a structure, according to your installations

• Practical assessment in pairs and knowledge test

Teaching methods

• Real exercises with an equipped partner trainer, listed and rated on Inspirra

• Scenarios built from the work-at-height positions of your site

• Use of the rescue kits present at your site or brought by the trainer

• Rotating roles: rescuer, alert coordinator, victim simulated by a manikin or a secured team member

• Debriefing after each exercise

Assessment and documents

Practical assessment of each participant on a rescue scenario and a knowledge test, plus a day+1 learner feedback survey. Numbered training certificate, verifiable online, and the trainer’s opinion passed to the employer; training report given to the company with the rescue plans worked on.

Bilingual materials for every participant; each classroom course comes with its digital twin on OmniLearn.

Good to know

This course assumes mastery of the harness and of movement at height, acquired in “Working at Height and Harness Use”. First aid on the ground is covered in “Workplace Rescue and First Aid”.

Practical information

Duration	1 day
Audience	Workers at height, team leaders, scaffolders, maintenance technicians, response team members
Prerequisites	Course “Working at Height and Harness Use”; medical fitness for work at height
Group size	Groups of 6 to 12 participants, in-company
Format	In-company, face to face on your site
Language	French, Darija or English; bilingual materials
Funding	OFPPT special training contracts (TFP), GIAC, Maroc PME: we prepare the applications with you, at no extra cost.
Programme customisation	Programme adapted to your procedures, your equipment and your audience

Frequently asked questions

Why not wait for the fire service?

The arrival of the public emergency services and their access to a victim at height can take time, whereas suspension in a harness quickly becomes dangerous. Rescue must be able to start on the spot, with means and people planned in advance.

Who should be trained?

At least one person in each team working at height, present throughout the work: team leaders, maintenance technicians, scaffolders, response team members.

Do we need to buy a rescue kit?

The course helps you choose a kit suited to your configurations: heights, anchors, access. Exercises are done with your equipment if you have it, otherwise with that of the partner trainer.

Is this a first aid course?

No. It teaches how to bring the victim safely back to the ground. First aid actions fall under the course “Workplace Rescue and First Aid”, useful for at least one member of each team.