

# Height Safety Training

## Tower Crane Access and Rescue



For workers who must safely access tower cranes using fall arrest equipment, and who must evacuate from tower cranes, or perform rescues of a colleague from tower cranes, using fixed-rate emergency descent and rescue equipment.

### Course Content

- ▼ UK legislation and best practices for work at height rescue.
- ▼ Tower crane access via fixed ladders with the use of personal fall protection equipment (fall arrest).
- ▼ Equipment pre-use inspection.
- ▼ Requirements for emergency response.
- ▼ Emergency self-evacuation using fixed-rate descent devices.
- ▼ Management of suspension intolerance (pre-syncope).
- ▼ Assisted lower and descent rescue practical skills.

*\*This course does not provide certification in crane operation.*

### Prerequisites

- ▼ A suitable First Aid qualification is recommended for all persons performing workplace rescue.

Course code	<b>AAG05</b>
Training time	<b>1 day</b>
Certification	<b>1 &amp; 3 years<sup>1</sup></b>
Your venues	<b>Yes<sup>2</sup></b>
Student ratio	<b>6:1</b>
Practical	<b>Yes</b>
Certification	<b>Ainscough</b>

1: Access element is certified for three years.  
Rescue element is certified for one year.  
2: Use of customer sites will be subject to an assessment.

Delegates must be medically-fit to perform the practical elements of this course and must sign a medical disclaimer to that effect.



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