



EMERGENCY RESCUE COURSE



AN ESSENTIAL LIFE SAVING SKILL FOR ROPE RESCUERS

Course Overview

A person falling from height survival shall depend on both the speed and effectiveness of the emergency response and rescue team on site. Therefore, the capability of the in-house rescue team and prompt medical aid is critical to the survival of the casualty. This course is designed to equip candidates to draw up a site specific ER Plan and to train ER team leader/members in responding to a fall emergency and managing a casualty post-rescue.

As stipulated under the **Code of Practice for Working Safely at Heights, clause 3.10.1 states** "A written emergency response plan must be established" and **3.10.2** states "As rescue operations are often carried out under extreme pressure, consideration should be given to all aspects of the rescue process....including training required for rescuers and first aiders"; and as mandated under **WSH (Risk Management) Regulations (4)**, the employer, self employed person and principal shall implement safe work procedures to control risk; 'safe work procedure' means any procedure for carrying out work safely, and include any procedure which is to be taken to protect the safety and health of persons in the event of an emergency'.

Learning Outcomes

- To implement a site specific Emergency Response Plan.
- To demonstrate competency in emergency rescue including selection of fall rescue equipment/system, reacting and responding to a fall emergency, lowering and lifting techniques for a suspended fall casualty; confined space rescue; initial first aid treatment and managing a casualty post-rescue.

Course Content

- Identify the relevant Workplace Safety & Health (WSH) legislations / Approved Code of Practice / Singapore Standards applicable to Emergency Response and Rope Rescue.
- Identify the various roles of each Rescuer, and their responsibilities in executing a fall emergency rescue operation.
- Identify, inspect and maintain rope rescue equipment.
- Perform high angle rope rescue safely and efficiently.
- Apply knowledge through demonstrations and realistic rescue scenarios.
- Apply knowledge of trauma and spinal management for fall victim.

Who should attend?

This course is mainly for emergency rescue team leader and members including first aiders as well as supervisors for working at heights activities

Entry Requirements

- Candidates who possess work at heights training.
- Workplace Literacy and Numeracy Level 3.
- Physically fit to perform moderately strenuous practical activities such as rescue operations,
- Language proficiency, recommend WPLN Level 2 and above or equivalent for English language.

Duration 2.5 days

Class size 10 candidates (maximum)

How is it assessed?

The course is assessed by a written test and practical assessment. Certificate of Attainment will be issued to learners who have achieved 100% attendance, a minimum score of 65% for written test and 100% for practical assessment.