

Rescue from Height (RWAH01)

This course is aimed at personnel who work at height and are required to legally implement a rescue plan for all working at height.

Each delegate will gain knowledge that will help them plan for rescue, realise the correct equipment choice, and carry out a rescue.

Delegates must be physically able to carry out the practical elements of the course.

Course Contents

- Practical use of fall protection and work positioning equipment
- Rescue planning
- Practical use of Constant Rate Descender rescue kit
- Practical fixed ladder & over edge rescue of a casualty
- Edge protection
- Roof access, egress and associated hazards
- Suspension syncope
- Rescue planning



All attendees must hold a valid certification in harness & lanyard training with the PPE appropriate to the type of rescue. It is recommended that regular practice of rescue is carried out in the interim period between courses. Please speak to us if you would like assistance with this.

Learning Outcomes

- Understand legislation governing working work at height
- Prepare to work at height safely
- Perform pre-use inspection of rescue equipment
- Understand the limitations of the use of equipment
- Able to perform a rescue of a casualty from a ladder
- Able to perform a rescue of a casualty from an over edge fall

Course Assessment

- Written assessment
- Practical assessment



One Day



Maximum of 6 people



Training Academy
or on-site



Eurosafe Certificate
Valid for 3 years