

Heights Rescue



**SAFETYTM
ACTION**

**AXIOM
TRAINING**

Gain the essential skills to plan, prepare, and carry out effective rescues during height-related emergencies.



Capacity

12 Attendees



Duration

8 Hours



Locations

At our local training centre
At your own site or workplace

Overview

This course provides learners with the knowledge and skills to prepare and carry out an emergency rescue of a suspended individual following a fall while working at height. Learners will evaluate rescue methods, develop a site-specific rescue plan, and perform a supervised simulated rescue in line with industry best practice. Ideal for those in supervisory or safety roles, the course helps ensure readiness to manage fall incidents effectively and minimise suspension trauma.

Prerequisites

Students must hold unit standard 23229

Course Content

- ✓ Evaluate emergency rescue methods for a suspended individual in a work context, considering retrieval strategies, medical needs, and rescuer safety.
- ✓ Prepare a comprehensive emergency rescue plan, including roles, resources, procedures, and communication.
- ✓ Perform a simulated emergency rescue of a suspended individual under supervision and adjust the rescue plan based on identified deficiencies.

Unit Standards

UNIT 23232 Prepare an emergency rescue plan and perform a rescue to recover a suspended individual after a fall in a work context

Book your training today

0800 222 388

safetyaction.co.nz