

# TALL STRUCTURE RESCUE INDUSTRY (TSR)



## Recommended For

People required to rescue or evacuate a casualty from tall structures e.g. from a tower crane cab, crane structure e.g. ladder, walkway or counter-jib, rescue a casualty suspended from a lanyard after a fall etc. This training complies with all requirements of 'Construction Plant Hire Association original Technical information Note TIN 013 - Rescue of Personnel From Height on Tower Cranes' and the more recently updated "CPA TCIG 2101 GPG Emergency Action Planning & Rescue From Height on Tower Cranes".

## Course Objective

To give the candidates the knowledge & skills to evacuate/rescue a casualty using a Constant Rate Descender (CRD), from a tall structure to a place of safety and into the care of professional clinicians. To use a reach pole to gain an attachment point onto the casualty and to lower them safely to the ground/surrounding structure (place of safety). To be able to select suitable anchorage points on the structure(s) and give casualty care throughout the rescue.

## COURSE DETAILS

**1 DAY COURSE  
RATIO: 1:6**

### ASSESSMENT

**Practical & Written**

Certification valid for: 3 years

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All PPE & Equipment is provided for the duration of the course.

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This training course is delivered on your UK jobsite using your site plant & equipment.

## Course Requirements

Candidates must have a current Using Height Safety Equipment/Fall Protection certification, with a minimum of six months remaining. Generally comfortable with working at height and/or accessing Tall Structures such as scaffolding and tower cranes. Delegates are expected to participate willingly in the practical activities, training & demonstrations at points of height & exposure. Previous First Aid at Work training would be desirable but not essential.

## Course Content

### Knowledge

- Pre-use checks of all equipment
- Selecting a suitable anchorage point
- Safe systems of work
- Methods of fall protection
- Using fixed and temporary fall arrest systems
- The use of constant rate descenders (CRD's)
- The use of the rescue/reach pole
- Use of twin fall arrest lanyards, positioning, & restraint belts
- Protecting sharp edges
- Casualty handling and suspension intolerance
- The use of stretchers
- Inspection care and maintenance
- Execution of Rescue Plan

### Skill Base

- Fitting and adjustment of harnesses
- Fitting and use of twin lanyards
- Practical use of energy-absorbing lanyards
- Fitting and use of work positioning equipment
- Correct use of PPE anchors and anchor systems
- Methods of ladder climbing
- Correct use of fall arrest blocks
- Knowledge of temporary & fixed vertical fall arrest systems
- Practical use of constant rate descenders (CRDs)
- Practical use of rescue/reach poles
- Practical use of stretchers
- Knowledge of casualty management skills

## Medical Requirements

A reasonable level of fitness will be required to complete the practical element of this course. Attendees should be generally fit and well. It is recommended that attendees also have a current Safety Critical Medical, with at least 12 months remaining. A signed statement of medical fitness is to be completed & signed prior to the commencement of the course.