MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

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RESCUE FROM HEIGHT TRAINING COURSE

"Equipping Teams with Critical Skills to Safely Perform Height Rescue Operations"

Schedule

Date	Venue	Fees (Face-to-Face)
24 – 25 Jun 2026	Doha, Qatar	USD 1995 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

Working at height poses one of the greatest safety risks in many industries, and when incidents occur, immediate rescue can mean the difference between life and death. This course is designed to train participants in the techniques, tools, and procedures required to safely and effectively carry out rescues from elevated structures.

Combining theory and practical exercises, this hands-on program prepares safety personnel, supervisors, and emergency responders to manage fall incidents, implement rescue plans, and use certified height rescue equipment in compliance with international standards such as OSHA, ISO, and IRATA.

Objectives

By the end of this course, participants will be able to:

- Identify height-related hazards and assess fall risks in the workplace
- Plan and implement safe rescue operations at height
- Select and correctly use fall arrest and rescue equipment
- Perform basic and advanced rescue techniques from various elevations
- Coordinate effectively with emergency teams during a height rescue

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Why Attend

- Build technical competence in high-risk rescue scenarios
- Comply with global safety standards for working at height and fall protection
- Understand the legal and procedural framework for emergency height rescues
- Learn to operate descent, retrieval, and anchoring systems with confidence
- Reduce time-to-rescue and improve survival outcomes during incidents

Target Audience

This program is designed for:

- Safety Officers and Emergency Response Team (ERT) Members
- Work-at-Height Supervisors and Technicians
- Construction and Maintenance Supervisors
- Wind turbine, telecom, and tower technicians
- Anyone responsible for overseeing or performing height rescues

Individual Benefits

Key competencies that will be developed include:

- Fall arrest and rescue equipment setup and inspection
- Execution of vertical and horizontal rescues
- Risk assessment and rescue route planning
- Use of harnesses, lanyards, pulleys, tripods, and descenders
- Incident management and post-rescue procedures

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved workplace safety and regulatory compliance
- Faster, more effective rescue response to height-related emergencies
- Reduction in injury severity and fatality rates from falls
- Better-prepared personnel for high-risk operations
- Enhanced emergency preparedness and incident command integration

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings – Rescue planning, legal frameworks, equipment standards
- Case Studies – Fall incidents, failures, and lessons learned
- Workshops – Rescue drills using actual harness systems and kits
- Peer Exchange – Shared experiences from various industries
- Tools – Height rescue kits, anchor systems, PPE inspection checklists

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Course Outline

Training Hours: 7:30 AM – 3:30 PM Daily Format: 3–4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

Day 1: Height Safety and Rescue Preparation

- Module 1: Understanding Working-at-Height Hazards (07:30 – 09:30) • Common risks, regulatory overview, fall statistics
- Module 2: Rescue Planning and Hazard Assessment (09:45 – 11:15) • Rescue hierarchy, anchor point evaluation, safe routes
- Module 3: Equipment Selection and Pre-use Checks (11:30 – 01:00) • Harnesses, lanyards, anchor slings, connectors
- Module 4: Workshop – Setup and Inspection of Rescue Systems (02:00 – 03:30) • Hands-on with fall protection kits and pulley systems

Day 2: Rescue Techniques and Simulations

- Module 5: Suspension Trauma and Victim Handling (07:30 – 09:30) • Medical implications, first response procedures
- Module 6: Descent, Retrieval, and Rescue Techniques (09:45 – 11:15) • Manual and mechanical systems for vertical rescues
- Module 7: Team Coordination and Incident Management (11:30 – 01:00) • Communication, role assignment, emergency debriefs
- Module 8: Final Workshop – Simulated Height Rescue Scenario (02:00 – 03:30) • Live practical rescue drill from scaffolding/tower setup

Certification

Participants will receive a Certificate of Completion in Rescue from Height, confirming their ability to conduct safe, effective, and compliant height rescue operations in industrial and high-risk work environments.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: **+601116373203**	EMAIL: **info@mawaevents.net**

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