

# HIGH ANGLE RESCUE INTRO

## Course Outline

Specifically designed for emergency services professionals, the high angle rescue introduction workshop will acquaint the student rescuer to the fundamental safety principles of working with heights. The student rescuer will learn the about the equipment, basic rope skills, and gain valuable hands on experience performing these skills in a mentored environment. Student rescuers will exit this workshop with a solid foundation to build on well preparing them for more advanced techniques.

### Course topics include:

- Donning and doffing equipment
- Knots and types of rope
- Inspecting equipment for damage and wear
- Principles of anchoring
- Fall arrest systems
- Belay systems
- Ascending a line
- Descending a line
- Switching devices while suspended

Pre-Requisites	None
Course Length	6 – 8 hours
Required equipment	CSA approved helmet and safety boots, and utility gloves
Instructor	Experienced High Angle Rescue Professional and Paramedic
Completion criteria	100% attendance, demonstrated proficiency on all course topics
Certification	Introduction to High Angle Rescue Techniques certificate

To register for this course or to learn more about our other courses offered call **1.866.FRO.EMS.1** or visit us on the web at [froems.com/training.html](http://froems.com/training.html)



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