

Rescue 3 – Safe Working in Water



Introduction

This course provides the knowledge and techniques for employees who need to work in or near water. It covers appropriate PPE and simple rescue techniques to allow safe rescue from water and gives simple rescue techniques that can be used to rescue co-workers.



Course Duration

SSG are able to offer this course in partnership with Devon and Somerset Fire and Rescue Service over two days. This course is delivered at various fire stations across Devon and Somerset.



Course Attendees

It is advisable when working within 3 metres of water that staff are trained in basic rescue techniques and know of emergency procedures. This course is suitable for delegates in the environmental, construction, highways, civil engineering, groundworks or leisure trade.



Course Requirements

- Minimum age 18
- Must be a confident swimmer



Course Programme

Candidates will participate in theoretical and practical training / assessment covering the following:

Theoretical:

- Planning for rescue
- Training standards and legislation
- Best practice guidelines
- Hydrology and water hazards
- Personal equipment
- Technical and team equipment
- Risk assessments

- Safe systems of work
- Medical and decontamination considerations
- Considerations for night / poor visibility operations
- Communications

Practical:

- Swiftwater swimming techniques
- Conditional rescues – talk, reach, throw
- Shallow water techniques
- Strainer swim
- Tethered boat options
- Casualty management
- People and equipment entrapments



Certification and Assessment

Upon successful completion of the course, a Rescue 3 certification is awarded at awareness water rescue. Students should requalify every three years.