

Rescue 3 Safe Working in Water

In partnership with Devon and Somerset Fire and Rescue and Red One

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..

Note

- Minimum age 18
- Must be a confident swimmer

Delegates will need to supply the following

- Dry suit
- Woolly bear suit – dry underlayer suit
- Dry suit boots
- Gloves
- Helmet – EN1385 Kayak helmet
- PFDs – personal flotation device

Course Programme

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

Theoretical

- Planning for rescue
- Training standards and legislation
- Best practise 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

Practical

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

Training 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.

Suggested Follow on and Complementary Courses

- Water Safety and Awareness
- Safe Working Near Water