



Rescue 3 Safe Working Near Water

In partnership with Red One Limited



Introduction

This course provides the knowledge and techniques for employees who need to work 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 Red One Limited over one day.



Course Attendees

This course is designed for those working near water and who will be issued with lifejackets but not expected to intentionally enter the water. This can include, but is not limited to, EA, SEPA, NRW personnel, construction industry workers or road and bridge workers.

Note

- Minimum age 18
- Must be a confident swimmer



Course Programme

The course will cover the following:

- About Rescue 3
- Workplace legislation
- Safe systems of work
- Risk assessments
- Pre-planning for emergencies
- Water hazards
- Cold water considerations
- Mud, ice and coastal considerations
- Biosecurity and environmental considerations
- Medical and decontamination considerations
- Lifejackets and PPE selection
- Lifejacket maintenance, periodic inspection and transportation
- Lifejacket firing mechanisms
- Lifejacket accidental inflation risks
- Pre- and post-use lifejacket checks
- Lifejacket inflation and deflation – auto / manual
- Swimming and self-rescue in lifejackets
- Throw bags and other conditional rescues
- Exiting the water



Training Certification and Assessment

Upon successful completion of the course, a Rescue 3 certification is awarded at awareness water rescue. Students must complete a requalification every three years to maintain the qualification.



Suggested Follow on and Complementary Courses

- Safe Working in Water
- Swiftwater and Flood First Responder

Training Proposal



Course Information

Course:	Rescue 3 – Safe Working Near Water
Certificated by:	Rescue 3 Europe
Course Duration:	1 Day



Open Course Option

Dates:	See dates and fees brochure or visit www.ssg.co.uk
Venues:	River Dart Country Park
Delegate Numbers:	Minimum of 7 delegates, maximum of 8 per course
Fee per Delegate:	£265 inclusive of all lunch, refreshments, handouts and certification



Private Course Option

Private Course Fees:	Fees available on request
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Please contact our customer service team for courses required outside of SSG's regional office area as fees may vary. All fees subject to VAT.