

The new global standard in height safety

Global Standard

Global Reach

Vertical Rescue

Training



HEIGHTSAFE



Over 9000 workers trained to a global standard in the Middle East in only 5 months!

M&O Global's HEIGHTSAFE training is now available to you.... on site, world wide

REDUCE YOUR RISK NOW: Accidents from height is one of the biggest killers in industry world wide. HeightSafe training delivers the practical knowledge & skills that saves lives through proven theory and hands on training.

WE COME TO YOU: There is no need to mobilise your personnel to an established training centre. We deliver international standard height safety training at your location.

PURPOSE BUILT TRAINING CENTRES: With over 29 locations on 6 continents, there is a HeightSafe equipped training centre near you.

QUALITY COMMITMENT: We give a firm commitment to provide professional, international standard training & services to ensure safe and effective operations.

TRANSLATION: All course content can be translated to suit your language requirements.

HeightSafe is proudly delivered to you by M&O Global, a Wood Group company





Working Safely at Heights

1/2 Day Course | Basic Training

COURSE AIM

To provide trainees with a working knowledge of the dangers of working at height, and to familiarise them with the use and application of harnesses and fall protection systems available.

TARGET AUDIENCE

All personnel required to work at height > 2.0m.

COURSE CONTENT

On completion of the course, trainees will be able to demonstrate knowledge and competence in the theory and practice of the following;

- Hierarchy of control for working at height
- Definition of working at height
- Identification and management of hazards associated with work at height
- Forces involved in a fall

- Ladder and scaffolding safety
- Height safety equipment
- Equipment tagging requirements
- Lifeline types & anchor point requirements
- Fall prevention and fall arrest systems
- Suspension trauma

COURSE DURATION

The course is conducted over a period of 4 hours (half day).

METHOD OF PRESENTATION

Classroom theory and demonstrations, plus practical competence based training session.



Basic Rescue Training

1 Day Course | Basic Training

COURSE AIM

To provide trainees with the knowledge and skills to safely rescue a person who has fallen and is suspended above the ground in a harness.

TARGET AUDIENCE

Supervisors & leading hands responsible for overseeing work at height.

COURSE CONTENT

On completion of the course trainees will be able to demonstrate knowledge and competence in the theory and practice of the following;

- Hierarchy of control for working at height
- Risk assessment techniques
- Methods of rescue
- Description of equipment used in a basic rescue system
- Rescue rope characteristics and knot tying
- Rigging principles

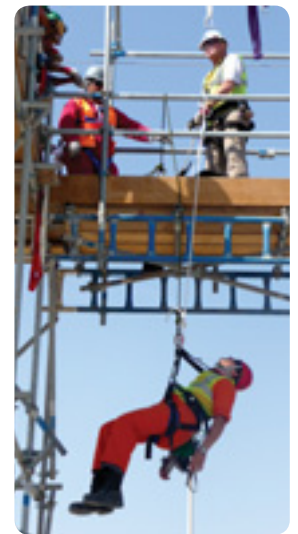
- Creating and using mechanical advantage
- Anchor selection
- Raising and lowering techniques
- Incident management

COURSE DURATION

The course is conducted over one day (7 hours).

METHOD OF PRESENTATION

Classroom theory and demonstrations, plus practical competence based training session.





Vertical Rescue

5 Day Course | Advanced Training



COURSE AIM

To provide participants with the knowledge and skills to conduct vertical rescues in an industrial setting

COURSE CONTENT

Module 1

- Standards overview
- Risk Assessment / hazard control
- Suspension trauma theory
- Risk assessment practical exercises

Module 2

- Harness appreciation
Harness standards / requirements
- Inspections and logs
- Care and maintenance of equipment

Module 3

- Height safety equipment preparation
- Basic software
 - Static life/rescue line
 - Slings
 - Personal energy absorbers
 - Rescue strops

- Rescue Stretchers
- Basic hardware
- Karabinas
- Descender devices. Auto stop, Petzel stop, ID
- Rope grabs type 1 FA devices, rockers
- Cam ascenders
- 6:1 pulley systems
- Cargo and equipment haulage systems

Module 4

- Basic access operations
- Knots
- Anchor systems

Module 5

- Basic rescue techniques
- Descending
- Climbing with rope grab
- Climbing with scaff hooks
- Ascending self rescue
- Changeover drills ascend to descend
- Twin line rescue
- Scaffolding

Module 6

- Rescue techniques single operator

- Conscious casualty – rapid response kits
- Unconscious casualty (cutaway)
- Unconscious rescue using:
 - 6:1 rescue pulleys
 - Rescue strops
 - Rescue stretchers

Module 7

- Vertical rescue techniques
- Haulage systems
- Lowering systems and belays
- Redirections
- Stretcher raise and lower

Module 8

- First Aid / casualty management

COMPETENCY

Participants are required to pass an assessment of practical skills and a written or verbal examination of theory.

PRE REQUISITE

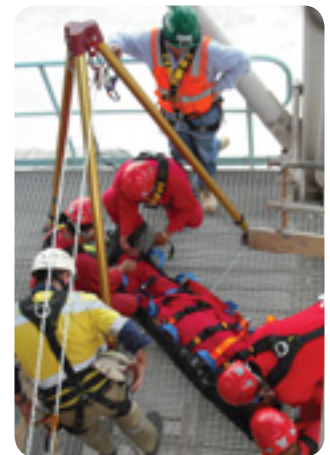
Successful completion of Working Safely at Heights.

COURSE DURATION

This course is conducted over five days.

METHOD OF TRAINING

Theory and practical assessment.





Additional HeightSafe services:

Height safety equipment inspection training

Height safety site audits



For all enquiries regarding HeightSafe courses
please email: enquiries@mando.biz

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for a Challenging World!

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