

**COURSE OVERVIEW HE0703**  
**Rescuer from Height (Level 2)**

**Course Title**

Rescuer from Height (Level 2)

**Course Date/Venue**

Session 1: May 11-15, 2025/Boardroom 1,  
 Elite Byblos Hotel Al Barsha,  
 Sheikh Zayed Road, Dubai, UAE  
 Session 2: October 13-17, 2025/Fujairah  
 Meeting Room, Grand Millennium  
 Al Wahda Hotel, Abu Dhabi, UAE

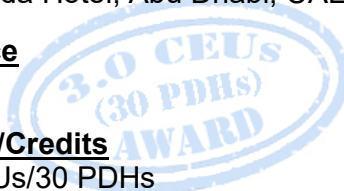


**Course Reference**

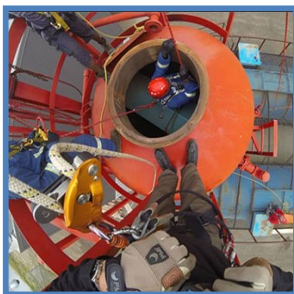
HE0703

**Course Duration/Credits**

Five days/3.0 CEUs/30 PDHs



**Course Description**



***This practical and highly-interactive course includes practical sessions and demonstration where participants carryout confined space and rescue missions. Theory learnt in the class will be applied using a rope rescue methods and equipment.***

Confined space rescue is a subset of technical rescue operations that involves the rescue and recovery of victims trapped in a confined space or in a place only accessible through confined spaces, such as underground vaults, storage silos, storage tanks, or sewers.



Confined space rescues can be technically challenging due to the environment in which they occur. Confined spaces are often narrow and constricting preventing easy access by rescuers. They are usually either unlit or poorly lit so rescuers must provide their own light source. Finally, confined spaces often contain hazardous materials in liquid or gas form which can be harmful or fatal to humans.



This course is designed to provide participants with a detailed and up-to-date overview of confined space and rescue from height. It covers the kitting out, attendance forms, CABA set description and presentation and the confined space theory; the risks and rescue techniques; the supervisor and attendants responsibilities; the operational scenario as well as BA confined space rescue, officer assessment and debrief; the implementation of confined space entry guidelines; developing personnel hoisting operations; and the application of fall protection.

### Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Apply and gain good knowledge on rescuer from height (level 2)
- Discuss kitting out, attendance forms, CABA set description & presentation and the confined space theory
- Identify the risks & rescue techniques and the supervisor & attendants responsibilities
- Practice BA confined space rescue in tunnel exercise and involve attendants responsibilities
- Recognize live operational scenario as well as BA confined space rescue, officer assessment and debrief
- Implement the confined space entry guidelines
- Develop personnel hoisting operations and apply fall protection

### Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.

### Who Should Attend

This course provides an overview of all significant aspects and considerations of rescuer from height (level 2) for fire fighters as well as facilities managers, supervisors, employees and employers who have a responsibility for or are involved in work at height.

### Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

### Course Fee


**US\$ 5,500** per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

**Course Certificate(s)**

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.


**Certificate Accreditations**

Certificates are accredited by the following international accreditation organizations: -

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

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The International Accreditors for Continuing Education and Training (IACET - USA)


Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units** (CEUs) in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

**Course Instructor(s)**

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:

	<p><b>Mr. Raymond Tegman</b> is a <b>Senior HSE Consultant</b> with extensive experience within the <b>Oil &amp; Gas, Petrochemical</b> and <b>Refinery</b> industries. His broad expertise widely covers in the areas of <b>Rigging</b> Safety Rules, Machinery &amp; Hydraulic <b>Lifting Equipment</b>, Handling <b>Hazardous Chemicals</b>, Spill Containment, <b>Fire Protection, Fire Precautions, Incidents &amp; Accidents</b> Reporting, <b>HSEQ Audits &amp; Inspection, HSEQ</b> Procedures, <b>Environmental Awareness, Waste</b> Management Monitoring, <b>Emergency Planning, Emergency Management, Working at Heights, Root Cause Analysis, HSE Rules &amp; Regulations, Process Safety Management (PSM), Process Hazard Analysis (PHA), Techniques, HAZOP, HSE Risk, Pre-Start-up Safety</b> Reviews, <b>HSE Risk</b> Identification, Assessments &amp; Audit, <b>HSE Risk</b> Assessment &amp; Management Concepts, <b>HSE Management</b> Policy &amp; Standards, <b>HSSE Emergency Response &amp; Crisis Management</b> Operations, <b>Confined Space Entry, Quantitative Risk Assessment (QRA)</b>, Hazardous Materials &amp; Chemicals Handling, Safety Precaution &amp; Response Action Plan, <b>Hazard &amp; Risk</b> Assessment, Task Risk Assessment (TRA), <b>Incident Command, Accident &amp; Incident Investigation, Emergency Response Procedures, Job Safety Analysis (JSA), Behavioural Based Safety (BBS), Fall Protection, Work Permit &amp; First Aid, Lock-out/Tag-out (LOTO), Emergency Response, Construction Supervision, Scaffolding</b> Inspection, <b>HAZCHEM</b>, Manual Material Handling, <b>Road Traffic</b> Supervision, ISO 9001 and OHSAS 18001.</p> <p>During his career life, Mr. Tegman has gained his practical and field experience through his various significant positions and dedication as the <b>Operations Manager, Safety &amp; Maintenance Manager, Safety Manager, Road/Traffic Supervisor, Assessor/Moderator, Safety Consultant, Safety Advisor, Safety Officer</b> and <b>Liaison Officer</b> from Zero Harm, SHRA Training &amp; Services (Health &amp; Safety), Road Crete, Balwin Property Development, DEME International, Gladstone Australia, Godavari Gas Pipeline and New Castle NCIG.</p>
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**Accommodation**

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.



**Course Program**

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

**Day 1**

0730 - 0800	<i>Registration &amp; Coffee</i>
0800 - 0815	<i>Welcome &amp; Introduction</i>
0815 - 0830	<i>PRE-TEST</i>
0830 - 0930	<i>Introduction</i>
0930 - 0945	<i>Break</i>
0945 - 1100	<i>Kitting Out</i>
1100 - 1230	<i>Attendance Forms</i>
1230 - 1245	<i>Break</i>
1245 - 1420	<i>CABA Set Description &amp; Presentation</i>
1420 - 1430	<i>Recap</i>
1430	<i>Lunch &amp; End of Day One</i>

**Day 2**

0730 - 0900	<i>Confined Space Theory</i>
0900 - 0915	<i>Break</i>
0915 - 1100	<i>Confined Space Theory (cont'd)</i>
1100 - 1230	<i>Risks &amp; Rescue Techniques</i>
1230 - 1245	<i>Break</i>
1245 - 1420	<i>Risks &amp; Rescue Techniques (cont'd)</i>
1420 - 1430	<i>Recap</i>
1430	<i>Lunch &amp; End of Day Two</i>

**Day 3**

0730 - 0930	<i>Supervisor &amp; Attendants Responsibilities</i>
0930 - 0945	<i>Break</i>
0945 - 1100	<i>BA Confined Space Rescue in Tunnel Exercise</i>
1100 - 1215	<i>Involving Attendant's Responsibilities</i>
1215 - 1230	<i>Break</i>
1230 - 1420	<i>Live Operational Scenario</i>
1420 - 1430	<i>Recap</i>
1430	<i>Lunch &amp; End of Day Three</i>

**Day 4**

0730 - 0930	<i>BA Confined Space Rescue Live Fire Exercises</i>
0930 - 0945	<i>Break</i>
0945 - 1100	<i>Officer (Attendant) Assessment</i>
1100 - 1215	<i>Debrief</i>

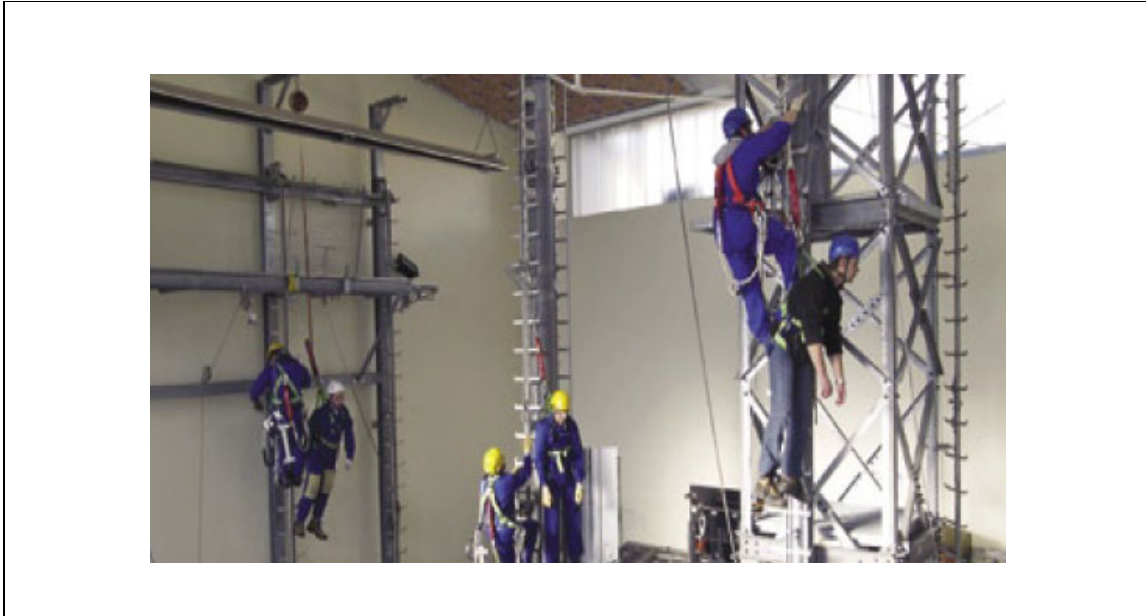
1215 - 1230	Break
1230 - 1420	<b>Confined Space Entry Guidelines</b> Scope & Application • Definitions & General Requirements • Posting Danger Signs • Procedures • Permit Preparation • Entry & Exit • Rescue Team • Training • Contractor Requirement
1420 - 1430	<b>Recap</b>
1430	Lunch & End of Day Four

**Day 5**

0730 - 0930	<b>Personnel Hoisting Operations</b> General • Alternative Methods • Pre Job Safety Meeting • Harnesses and Associated Equipment • Connecting Devices
0930 - 0945	Break
0945 - 1100	<b>Personnel Hoisting Operations (cont'd)</b> Winches and Lifting Operations • Secondary Independent – Connection Fall Protection • Personal Lifting Operations • Additional Information
1100 - 1215	<b>Fall Protection</b> General Fall Prevention • Fall Arrest System vs Fall Restraint System • Key Requirements for Fall Arrest System
1215 - 1230	Break
1230 - 1345	<b>Fall Protection (cont'd)</b> Work at Height • Fall Restraint System & Equipment • Illustrations
1345 - 1400	<b>Course Conclusion</b> Using this Course Overview, the Instructor(s) will Brief Participants about the Course Topics that were Covered During the Course
1400 - 1415	<b>POST-TEST</b>
1415 - 1430	Presentation of Course Certificates
1430	Lunch & End of Course

**Practical Sessions/Site Visit**

Site visit will be organized during the course for delegates to practice the theory learnt:-



**Course Coordinator**

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