



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Advanced Fall Arrest Rescue Techniques

Services / Cleaning, Domestic, Hiring, Property and Rescue Services

Unit Standard 229999 · NQF Level 4 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with advanced skills to perform fall arrest rescues in complex and elevated environments. It covers the planning, execution, and evaluation of rescue operations using specialized equipment and techniques, ensuring compliance with South African health and safety regulations. The training emphasizes rapid response, team coordination, and victim care during rescue scenarios.

Category	Services
Subfield	Cleaning, Domestic, Hiring, Property and Rescue Services
Unit Standard	229999
Accreditation	SAQA Accredited · NQF Level 4 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Evaluate rescue scenarios and determine appropriate advanced fall arrest rescue techniques based on risk assessment and site conditions.
- Apply advanced rescue methods including mechanical advantage systems, controlled descent, and ladder-based rescues in simulated and real environments.
- Demonstrate correct use and inspection of advanced rescue equipment such as tripods, winches, and rescue pulleys.
- Coordinate team roles and communication during a rescue operation to ensure efficiency and safety.
- Implement post-rescue procedures including victim assessment, equipment recovery, and incident documentation.
- Analyze rescue incidents to identify improvements and update rescue plans accordingly.

WHO SHOULD ATTEND

- This course is designed for experienced fall arrest system users, safety officers, and rescue team members who require advanced rescue competencies for high-risk workplaces such as construction, mining, and industrial sites.

COURSE OUTLINE

Day 1: Advanced Fall Arrest Rescue Techniques

- Review of fall protection hierarchy and equipment.
- Principles of mechanical advantage in rescue systems.
- Rescue plan development and risk assessment.
- Anchor systems and load calculations.
- Advanced knot tying and rope management.
- Rescue techniques: pick-off, lowering, and raising systems.
- Patient care during rescue and descent control.
- Equipment inspection, maintenance, and documentation.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **4 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

No sessions are currently scheduled. Please contact us to arrange a session at a time and location that suits your team.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 229999) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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