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

# Rescue Techniques

Custom Courses / Health, Safety and Environment (HSE)

Unit Standard AATICD-0305 · NQF Level 5 · 10 Credits · 5 Days

## COURSE OVERVIEW

This course equips learners with the knowledge and practical skills to perform rescue operations in emergency situations. It covers the principles of rescue, incident management, and the use of rescue equipment, ensuring that learners can respond effectively and safely.

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|---|---|
| Category | Custom Courses |
| Subfield | Health, Safety and Environment (HSE) |
| Unit Standard | AATICD-0305 |
| Accreditation | SAQA Accredited · NQF Level 5 · 10 Credits |
| Duration | 5 days |
| Training Method | Online, On-Campus, In-House |
| Certificate | Issued via AATICD LMS — verifiable online |

## LEARNING OUTCOMES

- Apply the principles of rescue operations to various emergency scenarios.
- Analyze the dynamics of emergency incidents to determine appropriate rescue strategies.
- Evaluate the risks and hazards associated with rescue operations and implement control measures.
- Demonstrate the correct use of rescue equipment and techniques in simulated rescue exercises.
- Design an emergency response plan for a specific workplace or scenario.
- Implement effective communication and coordination during rescue operations.

## WHO SHOULD ATTEND

- This course is designed for individuals who may be required to perform rescue operations as part of their duties, including emergency response teams, safety officers, and employees in high-risk industries.

## COURSE OUTLINE

### Day 1: Foundations of Rescue

- Introduction to rescue: definitions, scope, and legal framework
- Types of rescue: road, water, high-angle, confined space, etc.
- Rescue team composition and command structure
- Personal protective equipment (PPE) and its proper use
- Basic risk assessment and hazard identification
- Communication protocols and hand signals
- Incident command system (ICS) overview
- Ethics and professionalism in rescue

### Day 2: Rope and Knots

- Rope types, construction, and specifications
- Care, inspection, and retirement of ropes
- Essential knots: figure-eight, bowline, clove hitch, etc.
- Knot strength and efficiency
- Anchor systems: natural and artificial
- Load distribution and equalization
- Rope management and coiling techniques
- Practical knot-tying drills

### Day 3: Mechanical Advantage and Rigging

- Principles of mechanical advantage
- Pulley types and their uses
- Simple systems: 3:1, 5:1, etc.
- Compound systems and progress capture
- Rigging for raising and lowering
- Friction devices and their applications
- Safety factors and load limits
- Hands-on rigging practice

### Day 4: Rescue Operations and Techniques

- Patient assessment and stabilization
- Packaging techniques: spinal immobilization, litter securing
- Litter handling and low-angle evacuation
- High-angle lowering and raising operations
- Water rescue basics: throw bags, reaching, and wading
- Vehicle extrication fundamentals
- Team coordination and communication
- Simulated rescue scenarios

### Day 5: Integrated Rescue and Scenario Assessment

- Scenario-based training: multi-casualty incidents
- Incident management and resource allocation
- Stress management and situational awareness
- Debriefing and after-action review
- Legal and ethical considerations in rescue

- Certification requirements and assessment
- Final practical assessment
- Course review and Q&A;

## 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 **10 NQF credits** at **NQF Level 5**.

## PRICING (PER DELEGATE, EX-VAT)

| Delegates | Training Method | Price per Delegate | Total |
|---|---|---|---|
| 1 | Online | R 17,700.00 | **R 17,700.00** |
| 1 | In-House | R 23,900.00 | **R 23,900.00** |
| 1 | On-Campus (Pretoria) | R 26,700.00 | **R 26,700.00** |

## UPCOMING SESSIONS

| Start | End | Method | Venue |
|---|---|---|---|
| 07 Dec 2026 | 11 Dec 2026 | Online | — |
| 07 Dec 2026 | 11 Dec 2026 | On-Campus | Maseru, Lesotho |
| 07 Dec 2026 | 11 Dec 2026 | On-Campus | Kigali, Rwanda |
| 07 Dec 2026 | 11 Dec 2026 | On-Campus | Accra, Ghana |
| 07 Dec 2026 | 11 Dec 2026 | On-Campus | Cape Town, South Africa |
| 07 Dec 2026 | 11 Dec 2026 | On-Campus | Abu Dhabi, UAE |
| 07 Dec 2026 | 11 Dec 2026 | On-Campus | Victoria Falls, Zimbabwe |
| 14 Dec 2026 | 18 Dec 2026 | On-Campus | Mbabane, Eswatini |

Contact us if no suitable date is listed — on-demand sessions can be arranged for groups.

## HOW TO GET A QUOTATION OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard AATICD-0305) and click **Get A Quotation**. 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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