



RISK OF FALLING IN WATER MANAGEMENT 16H (D.Lgs 81/08)

 **DURATION 2 days**
16 hours



FOR WHO

Aimed to all those who operate, both in workplace and voluntary work, in supervision of river banks or similar context with a high risk of falling in water .



PREREQUISITES

Good physical health, fair swimming skills.



TRAINING METHODOLOGIES

Theoretical lessons, practical lessons , simulations, role-playing, team work.



INFO & BOOKING

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The course for risk of falling in water management has a duration of two days and 16 hours, divided in both theoretical lessons and practical tests in water.

The first day is mainly focused on explanation of contents and basic skills for an efficient rescue, following standard procedures in accordance with applicable laws.

The second day is gathered toward specific methods to deal with different possible sceneries when operating near water, where the risk of slipping and falling in water is very high. The necessary PPE and their use for a good intervention in water will be enhanced, with a specific analysis of their strengths and weaknesses when operating with high risk of falling in water.

The course is aimed to all those who need a specific formation on risk of falling in water, both in their workplace and voluntary work, to deal with intervention near whitewater, supervision of rivers and other similar conditions.

The articles 36 and 37 of Italian Consolidated Act in matter of Safety on Workplace clearly states the requirement for an employer to supply an exhaustive formation and information to their employees. Each institution has its own specific characteristics and peculiarities, therefore Rescue Project School supplies a generic program that can be elaborated and structured after the specific necessities of the institution or company, without undermining the fundamental basis content.



PROGRAM RISK OF FALLING IN WATER MANAGEMENT COURSE (D.Lgs 81/08)

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 12:30	Presentation of the course – theoretical lesson: <ul style="list-style-type: none"> • Water sceneries' analysis: lake, river • Risks, dangers, scenery estimate • hydrodynamics • Equipment, PPE, applicable law (D.Lgs 81/08) • Standard procedures of intervention near water • Self rescue techniques in case of fall in water • Out-of-water rope throwing tests
12:30 - 13:30	Lunch
13:30 – 16:30	Practical tests <ul style="list-style-type: none"> • Aggressive and defensive swimming • Rescue with ropes • Swimming in a strait • Simulation of fall in water management – self-rescue • First aid and assistance • Simulations of a colleague's rescue and self rescue in case of fall
17:00 – 18:30	De - briefing

HOURS

ACTIVITIES & CONTENT – DAY 2

8:30 – 12:30	Theoretical and practical lessons out of water: <ul style="list-style-type: none"> • SIZE UP : Risks management – rescue intervention • Knots and anchoring • Motion on slanted surface – safety procedures • Advanced equipment and PPE – in accordance with D.Lgs 81/08 • Risks management and prevention • Rescue of a person from artificial shore
12:30 – 13:30	Lunch
13:30 – 18:30	Practical tests: <ul style="list-style-type: none"> • Anchoring and lowerings from artificial and natural shores • Joint management • Transport of material from a shore to another • Crossing techniques by foot • Raft navigation of 10 km to evaluate risks and dangers that can be found in whitewater • Basic contents of first aid – Management of traumatized person
18:30 – 19:00	De briefing Satisfaction questionnaire and final test Licenses' release – end of the course



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EQUIPMENT

The School provides:

- 5 mm Neoprene swimsuit
- Homologated helmet + lashing

Must bring: shoes that will get wet and dry clothes to wear after. Those who own proper PPE can bring and use them during the course, if they match technical requisites of whitewater.

It is suggested to bring snacks and drinks based on saline supplements. It is fundamental to communicate to the instructor any possible shortcoming to the activity.



GOALS

- **Developing confidence** with specific environment and skills needed to deal with **fall in water**
- **Knowing and using** safely and correctly **equipment** and main PPE
- **Knowing and practicing** correct basic maneuvers of rescue in whitewater
- **Swimming** and **communicating**, in whitewater during emergencies
- **Knowing how to intervene** with basic procedures of first aid and assistance
- Correctly **using basic self rescue** procedures