



# RISK OF FALLING IN WATER MANAGEMENT 32H (D.Lgs 81/08)

 **DURATION 4 days**

**32 hours**



## FOR WHO

Aimed to all those who operate as volunteers or employees in a context of high risk of slipping and falling in swiftwater

The course for Risk of falling in water management has a duration of 4 days and 32 hours, with both theoretical and mainly practical lessons. The course is organized with theoretical parts and practical tests in natural environment. It is also possible to organize the course on the workplace with such risks, in accordance with the reception.



## PREREQUISITES

Good physical health, fair swimming skills..

The program enhances the standard procedures of motion near water, in accordance with safety on workplace legislation, PPE and equipment, environmental analysis, self rescue and others' rescue procedures. The course is presented as a general formation program: it is possible to organize a customized course program with specific necessities of participants and their company or society. The School is always available for adapting the courses in accordance with actual needs, related to environment, tasks, level of risk of the company.



## TRAINING METHODOLOGIES

Theoretical lessons, practical lessons with simulations, role-playing.  
De-briefing, team work.

The course is aimed to anyone who operates near water and has a high risk of falling while operating, for example Civil Protection, Firefighters, and other private and public companies who operate near whitewater.

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.

## @ INFO & BOOKING

[info@rescueproject.it](mailto:info@rescueproject.it)

[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226



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## **HOURS**

## **ACTIVITIES & CONTENT - DAY 1**

<b>8:30 – 12:30</b>	<p>Presentation of the course – first theoretical lessons:</p> <ul style="list-style-type: none"> <li>• Water scenarios' analysis: lake, river</li> <li>• Risks, dangers, scenary evaluation</li> <li>• Hydrodynamics</li> <li>• Equipment, PPE I, applicable law (D.Lgs 81/08)</li> <li>• Standard procedures of motion near water</li> <li>• Self rescue technique in case of falling in water</li> <li>• Out-of-water rope throwing tests and use of PPE</li> </ul>
<b>12:30 - 13:30</b>	Lunch
<b>13:30 – 16:30</b>	<p>Practical lessons</p> <ul style="list-style-type: none"> <li>• Aggressive and defensive swimming</li> <li>• Rescue with ropes</li> <li>• Swimming in a strait</li> <li>• Simulation of a fall in water management – self rescue</li> <li>• First assistance</li> <li>• Simulations of self rescue and rescue of a colleague in case of fall</li> </ul>
<b>17:00 – 18:30</b>	De - briefing

## **HOURS**

## **ACTIVITIES & CONTENT - DAY 2**

<b>8:30 – 12:30</b>	<p>Theoretical lesson and practical tests out of water:</p> <ul style="list-style-type: none"> <li>• SIZE UP : Risk management – rescue intervention</li> <li>• Knots and anchoring</li> <li>• Motion on slanted surface and safety procedures</li> <li>• Advanced equipment and PPE 2 – in accordance with D.Lgs 81/08</li> <li>• Risk of falling in water prevention and management</li> <li>• Rescue of a person from artificial shore</li> </ul>
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	<p>Practical lessons:</p> <ul style="list-style-type: none"> <li>• Anchoring and lowering from natural and artificial shore</li> <li>• Joint management</li> <li>• Transport of material from a shore to another</li> <li>• Crossing techniques by foot</li> <li>• First aid and assistance – management of a traumatized person</li> </ul>
<b>18:30 – 19:00</b>	De briefing



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## HOURS

## ACTIVITIES & CONTENT - DAY 3

<b>8:30 – 12:30</b>	<ul style="list-style-type: none"> <li>• DPI part II – maintenance and choice of specific PPE</li> <li>• I devices of III category – D.Lgs 81/08 certified material and non-certified material</li> <li>• First aid in hostile environment – risk and emergency management – 112 call</li> <li>• Environment estimate: evaluation and safety condition</li> <li>• Hypothermia and drowning: prevention and management</li> </ul>
<b>12:30 - 13:30</b>	Lunch
<b>13:30 – 16:30</b>	Practical parts: <ul style="list-style-type: none"> <li>• Practical exercises and simulations of possible risks and dangers</li> <li>• If possible, visit of workplace to acknowledge actual risks of the specific environment</li> <li>• Tests and simulations</li> </ul>
<b>17:00 – 18:30</b>	De - briefing

## HOURS

## ACTIVITIES & CONTENT - DAY 4

<b>8:30 – 12:30</b>	<ul style="list-style-type: none"> <li>• Raft navigation 10 km to acknowledge risks and dangers that can be found in whitewater</li> <li>• Advanced first assistance procedures- main life-saver maneuvers – BLS-D</li> <li>• Simulations of self rescue and rescue during navigation</li> </ul>
<b>12:30 - 13:30</b>	Lunch
<b>13:30 – 16:30</b>	Practical part: <ul style="list-style-type: none"> <li>• Cartography and use of GPS</li> <li>• First aid in arduous environment</li> <li>• Practical exam</li> <li>• Final test</li> <li>• Satisfaction questionnaire</li> <li>• Debriefing and analysis of the course</li> </ul>
<b>17:00 – 18:30</b>	De - briefing



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## EQUIPMENT

The School provides:

- Neoprene swimsuit 5mm
- Homologated helmet and lashing

Each participant must bring shoes that will get wet and clean clothes to wear after practical tests. It is possible to bring one's own PPE if in accordance with company's needs and the safety conditions in 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.



## OBIETTIVI

- **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
- **Knowing** and using basic knots
- **Knowing** and using main communication systems in water