



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



DURATION

8 hours - 1 day



FOR WHO

Aimed to all those who need a proper formation on management of risk of falling in water on workplace in accordance with Italian applicable law D.Lgs 81/08 in matter of safety on workplace.

Safety on workplace is fundamental for any aspect of each company and institution, regarding any possible sector. Workplaces specifically related to water have the necessity to form and inform their employees with a precautionary perspective in matter of risk of falling into water in accordance with Italian applicable law D.Lgs 81/08.

The course of "Risk of falling in water management" has a duration of 8 hours of formation and is aimed to those who operate near rivers or stretches with a medium-low risk of falling in water.



PREREQUISITES

Good physical health, fair swimming skills.

The course is gathered toward standard procedures to avoid falling in water, but also and most importantly toward procedures of management of an actual fall in water. The training will focus on specific PPE and their correct use, and the intervention procedures in case of fall.



TRAINING METHODOLOGIES

Theoretical lessons, practical tests in water, simulations, role-playing.
De-briefing, team work.

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

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

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 12:30	<p>Presentation of course – theoretical part:</p> <ul style="list-style-type: none"> • Water sceneries overview: lake, river... • Risks, dangers, estimate of scenery • Equipment, PPE, Italian applicable law (D.Lgs 81/08) • Standard procedures of motion near water • Self rescue techniques in case of fall • Basic theoretical and practical out-of-water tests of lowering from a natural or artificial shore <p>Rope throwing tests out of water and use of equipment and PPE</p>
12:30 - 13:30	Lunch
13:30 – 16:30	<p>Practical lessons</p> <ul style="list-style-type: none"> • Aggressive and defensive swimming • Rescue with ropes • Swimming in a strait • Simulations of a fall management – joint management • Simulation of a lowering from shore • First aid basis • Simulations of self rescue and rescue of colleague in case of fall
17:00 – 18:30	<p>De - briefing</p> <p>Satisfaction questionnaire – final test and awarded licenses</p> <p>End of course</p>



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