

Course code	OTC346
Course name	NR-35 - Work at Height Supervisor and Rescue at Height Training
Duration	16 Hours
Target group	It is intended for members of the emergency response team who will work in places with work at height.
Prerequisites	- RG and CPF (Brazilians); - Passport (Expatriates); - Occupational Health Certificate or certificate of good physical and mental health conditions; - Provide a copy of valid certificate for Work at Heights Training according to the Regulatory Norm 35.
Objective	This training aims to present a set of definitions, competencies, and procedures necessary for the composition of a rescue service at height. Part of it is also to introduce safety and protection procedures for rescuers, correct use and selection of appropriate equipment as well as stabilization and removal of victims at height. Finally, meeting the national and international legal and contractual requirements for rescue at height.
Contents	Theory Module: Legal Aspects and Responsibilities; Norms and Procedures; Definition of Work at Height; Definition of the Rescue Team at Height; Typical Accidents and Injuries Produced by Protective Equipment; How to Plan Work Activities to Reduce the Risk of Falls; Selection, Inspection and Use of Personal Fall Protection Equipment; Self-Rescue and Inert Suspension Trauma; Presentation of Rescue Equipment. Practical Module: Introduction; Presentation of Rescue Equipment; Knots and Anchorages; Effort Reduction System; Rescue using Lanyards; Completion of the Rescue at Height Plan; Rescue practice with envelope stretcher / basket / rescue triangle / KED; Rescue practice with fixed and temporary platforms. Total Contact Time: 16h Theory: 04h Practice: 12h Technical Reference: Decree 3214/78 and the CLT, NR-06, NR 35, and Saipem procedures.
Exam	N/A
	Validity: N/A