

Course code	OTC302
Course name	Training for Rescue from Confined Spaces and Heights
Duration	3 days
Target group	It is intended for emergency response team members who will act at heights and confined spaces.
Prerequisites	<ul style="list-style-type: none"> - Passport (Expatriates); - Occupational Health Certificate or certificate of good physical and mental health conditions; - Provide a copy of valid certificates for Work at Heights and Confined Space Training according to the Regulatory Norms 35 and 33;
Objective	<p>This training aims to provide a set of definitions, competencies and procedures for the composition of a service of rescue from heights and confined spaces. Part of this is also to introduce safety and protection procedures for rescuers, correct use and selection of appropriate equipment and the stabilization and removal of casualties at heights and confined spaces. Finally, meet national and international legal and contractual requirements for rescue at heights and confined spaces.</p>
Contents	<p>Theory Module 02 hrs:</p> <ul style="list-style-type: none"> - Introduction; Foundations; First Aid. <p>Theory Module 02 hrs:</p> <ul style="list-style-type: none"> - Rescue at Heights: Definition of Rescue at Heights Team. - Common Accidents and Injuries produced by protection equipment and Inert Suspension Trauma. - Rescue in Confined Space: Examples of Confined Spaces. - Emergency and Rescue. - Rescue Techniques and Rescue Team. <p>Practical Module 20 hrs:</p> <ul style="list-style-type: none"> - Presentation of equipment; Familiarization; Knots and Anchors; Ascension and Descent ; Safety briefing; Simple Rescue; Rescue with Lanyards; Fulfill Rescue at Height Plan; Presentation of Equipment for Confined Space; Familiarization; Breath Protection; Practice out of Confined Space; Reduction Force System; Horizontal Rescue Without Respiratory Protection; Horizontal Rescue with Respiratory Protection; Vertical Rescue; General Simulation (Fulfill Rescue Plan for Confined Space); Completion of practical training. <p>Technical Reference: MTE Ordinance n.º 202, 22/12/06, NR-33; SIT Ordinance n.º 313, de 23/03/12, NR 35;</p>
Exam	<p>N/A</p> <p>Validity: 3 years</p>