

Programme

Time	Activity	Notes
9:00am	Meet at selected site	
9:00-10:15	<p>Paperwork, introductions.</p> <p>Discussion topics covered:</p> <ol style="list-style-type: none"> 1. Decision making 2. Heuristic Traps in the workplace 3. Incidents/Accidents/near miss <i>talking about previous incidents that have occurred, workplace culture for creating a space to discuss & report these.</i> 	
10:20-10:45	Bank & water characteristics assessing and identifying hazards (visible and hidden)	
10:45-11:45	<p>PPE – how to use, limitations and strengths</p> <p>Evaluate current PPE – fit for use, fit for job</p> <p>Throw bagging (on land) includes: bracing techniques, throwing techniques.</p>	Discussion includes: General maintenance and how to identify when PPE should be retired.
11:45-12:15	Lunch	Please bring your own lunch and snacks for the day
12:15-3:00	<p>Self rescue methods demonstrating competency across:</p> <ul style="list-style-type: none"> • Self rescue in full PPE - includes swim to land and getting out by themselves. • Assisted swimmer rescue in full PPE aided by colleague back onto land with throw bag • Competency of throw bagging a swimmer from bank. • Escape waders 	<ul style="list-style-type: none"> • Split into two groups if more than 8 pax
3:00 – 3:30	Managing an injured/distressed person	
3:30-4:00pm	Pack up and evaluation forms	

Please note: Timings are a guide and the course could run up to 5:00pm in order to cover all content and sign off on competencies for staff attending.

Skills covered in this training:

- Managing visible and hidden hazards while working in around waterways
- Identifying unstable banks and managing personal safety
- Managing equipment when working on water's edge/in water
- Moving in water in waders
- How to use throw lines/rescue equipment to support a swimmer
- How to respond to an incorrect throw and reset
- How to position and balance when managing a rescue from the land
- How to self-rescue
- How to assist in a rescue
- How to scull to land in full PPE (waders/life jackets/normal equipment)
- How to correctly use and wear PFD's life jackets
- How to self-rescue swim to land
- How to manage an injured, wet person until external help arrives

Please bring all of your own normal work equipment that you would have out in the field for a day programme to train with. OENZ will supply some throw bags and rescue equipment.