

HIGH ACCESS



Training courses for Work and **Rescue** from Heights & Confined Spaces

CERTIFICATE OF TRAINING

This certifies that

KASIDIS Georgios

Has successfully completed the following Occupational Safety & Health Course:

Working at Heights - Basic Safety Training

Topics covered in this training include: National & European Legislation • Hierarchy of Fall Prevention and Protection • Risk Assessment Plan and Organize Work at Heights • Selection of Safety Methods • Selection of the Proper PFPE • Correct Fitting & Adjustment of PFPE PFPE Pre-use Check • Anchor Points & Anchor Systems • Calculating Fall Arrest Distance • Calculating the Fall Factor & Impact Force Safe Use of Portable Ladders • Safe use of Permanent Ladders & Scaffolds • Safe Use of Mobile Elevating Work Platforms • Suspension Trauma • Rescue Plan • Self Rescue • Rescue a Casualty Using Rescue Equipment • Casualty Management and First Aid after a Fall.

Issued on: 11 September 2023

Valid Until: 10 September 2026

Course duration: 8 hours

Certificate ID: 0423091102

Paschalis Zafeiriadis

Director of Training
Consultant / Instructor



The program is delivered in accordance to the British system of certification BS 8454:2006
'Code of practice for the delivery of training and education for work at height and rescue'.

