



RESCUE SOUTH AFRICA  
HIGH ANGLE ONE RESCUE

# 1. BASIC RESCUE PRACTITIONER

---

## 1.1 HIGH ANGLE ONE

### **Preamble**

The instructors that will be presenting this programme are considered specialists in the field.

### Intended Audience

This course is designed for any persons who in the course of their normal duties would be required to operate in a high angle rescue environment. This includes patient access and single person rope rescues.

### **Desired Outcome**

After being assessed as competent candidates will be able to safely access a patient and perform a single person rescue and be able to operate as an integral part of a team that undertakes rescue operations in a high angle environment.

**Duration:** 10 Days

**Min/Max No of Delegates:** 10/14

### **Course Prerequisites**

Grade 12 (NQF4) certificate or equivalent ABET / RPL recognition

Medical certificate indicating that you are in good health

Current HPCSA registration

Successful completion of the institutions recommended physical fitness assessment

### **Core Content**

High Angle Rescue definitions and legislation.

High Angle Rescue equipment.

Patient based rescue approach.

Anchors (single and multiple), abseiling, ascending, belay, lowering, patient packaging and pick-offs.

Practical evolutions.

### **Course Details**

The aim of this module is to provide you with the fundamental rope rescue knowledge, skills and insight needed to access areas using single person rope work skills, lower equipment and rig basic systems in a safe and efficient manner.

This High Angle I module should provide you with the necessary rope work knowledge and skills that will act as a foundation for the High Angle II rope rescue module.

Each section has been carefully designed to provide you with important learning tasks and experiences, each of which is linked to an expected learning outcome.

On completion of each section it is important that you refer to the expected learning outcomes stated at the end of the section and ask yourself: "Have I achieved all the outcomes as stated?" If the answer is no, then the onus is on you to approach your lecturer and or revisit the learning content to ensure that remedial intervention is initiated.

It cannot be over emphasised that you will be assessed both during the module and on completion thereof in order to measure to what extent you have achieved the learning outcomes as stated. Simply put; the assessment criteria are directly linked to the various learning outcomes, failure to achieve the learning outcomes will result in you having to repeat the module.

### **Course Outline**

The learning content for the High Angle I module is divided into nine sections:

- Section A Introduction to high angle rescue
- Section B Knots
- Section C High angle equipment
- Section D Anchor points and rigging systems
- Section E Belaying
- Section F Abseiling

Section G Ascending

Section H Patient packaging

Section I Assessment