

**DURATION**

Two days

**RATIO OF TRAINERS TO TRAINEES**

Normally 1:4

**REGISTRATION AND PRE-COURSE INSTRUCTIONS**

- All delegates to be registered on the course registration form
- All delegates to be advised of the following:
  - Fire procedure
  - Toilets and welfare

**INTRODUCTION**

HSR 3 is designed to provide:

- Rescue Personnel with a relevant skills required for the safe operation of the FR Kit
- An outline of the current and proposed Legislation
- A guide to options for compliance
- A background to the equipment
- Details of the equipment standards to allow usage within it's intended purpose
- The criteria for issue, ID Marking, inspection, record keeping, maintenance and withdrawal from service

**COURSE SYLLABUS****Theory**

- Principles of the FR Kit
- Strengths and weaknesses of components
- Selection of Anchorages
- Principles of Raising / Lowering
- Principles of tension lines / cable ways
- Principles of twin line working
- Equipment Storage
- Equipment Maintenance
- Equipment Inspection

**Practical**

- Personal Safety at height
- Anchorage/ Rigging
- Raising or lowering a casualty

- Raising or lowering a Rescuer
- Tension lines or cableways
- Working in Restraint
- Use of casualty Harness
- Application of Stretchers

**COURSE SUMMARY**

- Summary of the topics covered
- Delegates carry out a multiple choice test
- Clarify areas of concern
- Issue of course feedback forms
- Thank you for attendances

**ASSESSMENT OF FIRE FIGHTERS**

- In addition to the test carried out in HSR1 all delegates will be continually assessed by the instructor through the practical course. Any concerns will be brought to the attention of the delegate immediately. The course will be passed on successful completion of a final exercise

**SPECIALIST EQUIPMENT REQUIRED**

- Fire Rescue kits
- Fall arrest harnesses
- Fall arrest and restraint lanyards
- Work positioning systems
- Additional fall arrest equipment
- Stretchers
- Casualty Harness
- Edge rollers

**FEEDBACK TO FIRE FIGHTERS AFTER COURSE**

- Certificate for all successful delegates, valid for three years
- Photo ID Card for all successful delegates, valid for three years

**RECORDS TO BE KEPT BY SPANSET**

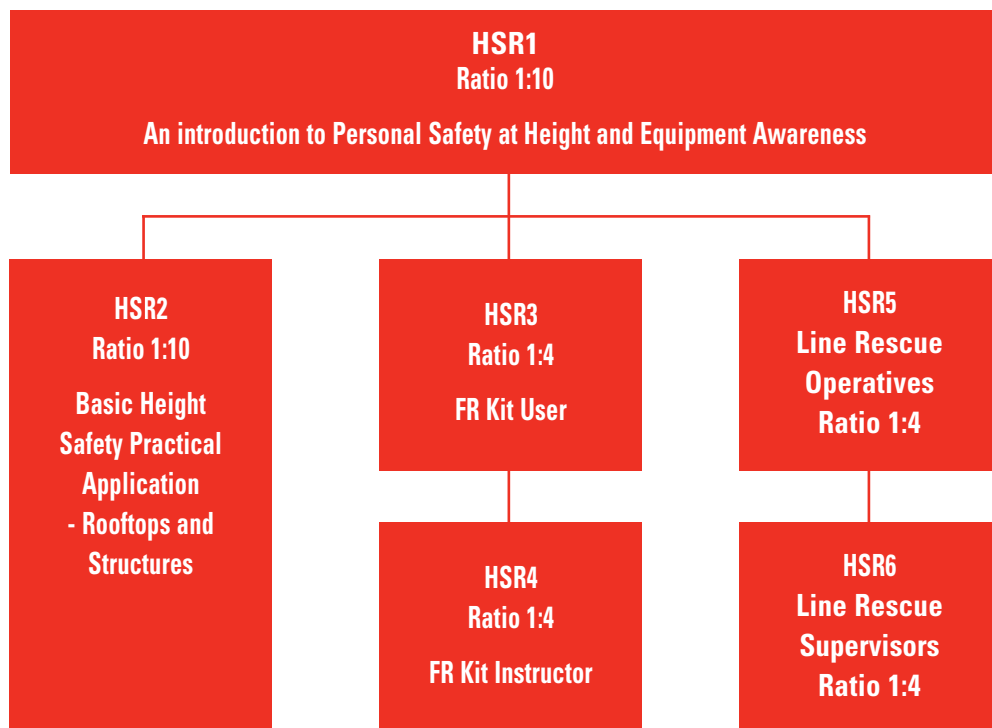
- Course registration forms
- Copy photo for duplicate issue
- Course feedback forms



# GENERAL INFORMATION

**SpanSet®**

## TRAINING COURSE HIERARCHY



## COURSE JOINING INSTRUCTIONS

### Course Assembly

Unless otherwise stated, all courses are held at SpanSet (UK) Limited and will assemble at 0900 hrs daily. Delegates should report to the main training reception upon arrival.

### Food & Refreshment

Refreshments will be provided throughout the day on all courses.

A lunch will be provided on all courses of a day or more in duration held at SpanSet.

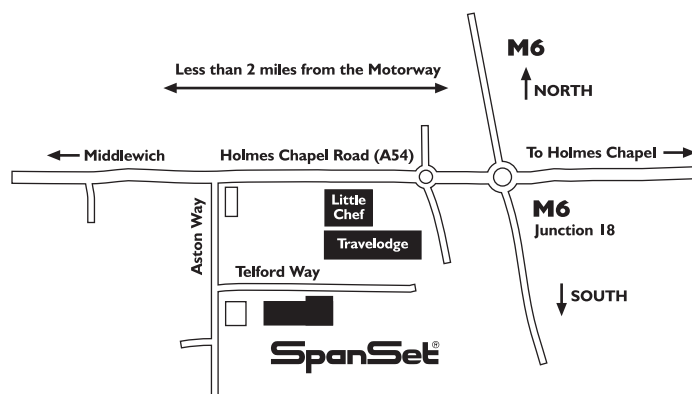
### Equipment & Clothing

All equipment required throughout the course will be provided by SpanSet Ltd.

Candidates should provide their own comfortable clothing and footwear, with provision made for inclement weather conditions, i.e. fleeces, waterproofs, windproof, etc.

### Accommodation

Details of local accommodation on request.



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SpanSet Ltd, Telford Way, Middlewich, Cheshire CW10 0HX, UK  
Tel: +44 (0)1606 737494 Fax: +44 (0)1606 737502 [www.spanset.co.uk](http://www.spanset.co.uk)