



# RESCUE I

## Learning Methods and Skills for Assisted and Self-Rescue

This two-day course concentrates on the various uses and applications of the **ARK™** (our modular Assisted Rescue Kit), and the **SRK-11™** (our patented self-rescue system). Each student will learn efficient deployment methods and effective Kit preparation in order to be rescue-ready in the event of an emergency. Basic fall protection principles, climbing techniques, and pre-rescue readiness are explained and demonstrated.

### Other course objectives include:

- Pre-emergency Planning
- Equipment selection & use
- Victim assessment
- Suspension Trauma awareness
- Communications
- Raising and Lowering
- Equipment Care & Maintenance



The greater portion of the class is held on an elevated structure. After becoming comfortable with the simple processes used in the **ARK™** and the **SRK-11™**, students will perform and participate in several simulated rescue scenarios. These exercises will include a variety of real-life situations:

- Accessible victim
- Remote victim
- Pick-offs
- Self-rescue/refuge
- Other challenging drills

Each student must have appropriate PPE, including a full body harness, double-legged lanyard and any personal fall protection devices normally used. Students should be prepared to climb an actual structure several times each day.

The focus of the Tech Safety Lines technique is simple: What it takes to conduct a rescue SAFELY! By emphasizing low-risk rescue methods and minimal rescuer exposure, we equip students with the knowledge and skills to be a competent and confident rescuer.



Tech Safety Lines, Inc. 3737 Atwell, Suite 205 Dallas, Texas 75209  
**Phone:** 214.987.4680 | **Fax:** 214.750.9260 | [techsafetylines.com](http://techsafetylines.com)