



TRAINING PLAN

Subject	
Confined Space Rope Rescue	
Instructors	
<u>A</u>	<u>B</u>
<u>C</u>	
Logistics	
<u>Time Required</u> 2 hrs (2 Companies per drill)	<u>Equipment Needed</u> Hardware / Software Life Safety & Utility Rope Stokes Litter / SKED

DESCRIPTION

Objectives:

1. Review the Rope Rescue inventory available on the apparatus
2. Review basic knots, anchors and basic rope rescue systems
3. Review the requirements, and application of rope rescue systems for Confined Space Rescue

Description / Outline:

1. Review the Rope Rescue inventory available on the apparatus
2. Review the basic knots, anchors, and systems:

KNOTS

- Figure 8
- Figure 8 on a Bight
- Figure 8 Follow Through
- Overhand Bend (Water Knot)

ANCHORS

- Girth Hitch (Lark's Foot)
- Locking Girth Hitch
- Basket Sling (3 Bight)
- Wrap-3-Pull-2
- Self-Adjusting Anchor

SYSTEMS

- Safety Line (Simple Brake)
- RPM
- 2:1 MA (Ladder Rig)
- 3:1 MA (Z Rig or Pig)

3. Review the procedure/options basic rope rescue systems:
 - 2:1 MA (Ladder Rig)
 - 3:1 MA (Z or Piggy Back)
 - RPM
4. Review the requirements / application of the MA systems for Confined Space Rescue:
 - Means of non-entry retrieval
 - Fall protection (when necessary)
 - Mechanical Advantage / Braking System (when fall protection is necessary)
 - Rescuer and Victim Packaging Considerations
 - When is it allowable to remove the retrieval line / rope system?

Prepared By:	Date / Date Revised:
Calista	8-01-2014