

## Rescue at Heights for Seafarer



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### Beschreibung:

The training focusses on practical training elements in combination with the required theoretical knowledge to perform the duties.

#### 1. Risk Assessment and Planning:

- Identifying potential hazards
- Developing a rescue plan
- Understanding legal and regulatory requirements

#### 2. Personal Protective Equipment (PPE):

- Proper use and maintenance of harnesses, helmets, lanyards, etc.
- Inspection and care of equipment

#### 3. Anchorage Systems:

- Identifying suitable anchor points
- Installing and using anchor systems

#### 4. Rope Techniques:

- Knot tying and rope management
- Belaying and rappelling
- Ascending and descending ropes

#### 5. Rescue Systems:

- Setting up and operating pulley systems
- Mechanical advantage systems for raising and lowering victims

#### 6. Self-Rescue Techniques:

- Techniques for rescuers to extricate themselves from danger
- Evacuation methods

#### 7. Victim Rescue Techniques:

- Approaching and securing the victim
- Techniques for different rescue scenarios (e.g., unconscious victim, entangled victim)

#### 8. Communication:

- Effective use of communication devices
- Hand signals and other non-verbal communication methods

#### 9. First Aid and Trauma Care:

- Basic life support
- Handling trauma & injuries specific to falls and high-angle rescues

#### 10. Scenario-Based Training:

- Practical drills simulating real-life rescue scenarios
- Team-based exercises to build coordination and efficiency
- Legal and Documentation Requirements, Understanding relevant laws and regulations
- Proper documentation and reporting of rescue operations

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Voraussetzungen: A valid fitness for sea services certificate.

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Dauer: 2 Tage // 08:30 Uhr bis 16:00 Uhr

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Preis: 550,00 EUR

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Termin: 26.06.2025 bis 27.06.2025

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Ort: ma-co Hamburg  
Köhlbranddeich 30  
20457 Hamburg

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Weitere Termine:

- 03.03.2025 bis 04.03.2025  
Veranstaltungsort: ma-co Hamburg
- 04.09.2025 bis 05.09.2025  
Veranstaltungsort: ma-co Hamburg

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Anmeldung: Bitte schriftlich per E-Mail an:  
[anmeldung@ma-co.de](mailto:anmeldung@ma-co.de)

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#### Gleichstellung

Es ist für ma-co selbstverständlich, dass für alle Aktivitäten und in allen Angeboten alle Geschlechter gleichermaßen angesprochen werden. Dies gilt für den Kreis der Teilnehmer (m/w/d) ebenso wie für die Trainer (m/w/d) und für alle anderen denkbaren Kontakte. Zu Gunsten der besseren Lesbarkeit wird nur der allgemeine maskuline Plural verwendet.