

Fall Protection & Basic Rescue

PT Samson Tiara certified Fall Protection & Basic Rescue training covering working at height hazards, fall protection requirements, fall arrest systems, harnesses, anchors, connecting components, lifelines, rescue planning, suspension trauma awareness, rescue equipment, and practical basic rescue exercises.

DURATION	VALIDITY	LANGUAGES	DELIVERY	ACCREDITED BY
2 Days	3 Years	English · Indonesian	On Request	Samson Tiara



Overview

Fall Protection & Basic Rescue is a PT Samson Tiara certified course designed to provide workers with the knowledge and practical skills required to work safely at height using fall protection equipment and techniques. The course also introduces the information and practical capability needed to identify when fall protection rescue may be required and to carry out basic rescue operations from an elevated height within the scope of the training.

Working at height presents serious risks that require proper training, hazard awareness, teamwork, and correct use of equipment and procedures. Falls remain one of the leading causes of workplace fatalities and serious injuries, making fall prevention, fall protection, and timely rescue planning critical parts of workplace safety.

The course covers hazards of working at height, fall protection requirements, types of fall protection, fall arrest systems, harnesses, anchors, connecting components, lifelines, rescue equipment, rescue planning, and practical rescue exercises. Delegates will also develop awareness of suspension trauma and the importance of ensuring that a suspended worker can be rescued quickly and safely.

Medical and physical note: This is a physical training course. Delegates are expected to be in a good state of health and must be able to participate in all physical training requirements.

Who is it For?

This course is suitable for personnel who work at height, supervise work at height, or may be required to support basic rescue actions following a fall arrest event, including:

- Workers who perform tasks at height
- Maintenance personnel
- Construction personnel
- Industrial workers
- Scaffolding and access support personnel
- Supervisors responsible for work at height activities
- HSE personnel
- Emergency response team members
- Personnel required to use fall protection equipment
- Personnel who may be required to support basic rescue from an elevated height

Course Delivery

The course is delivered over **2 days** at PT Samson Tiara's Cilegon training facility.

Training includes classroom instruction, equipment familiarisation, practical exercises, and basic rescue exercises conducted in a controlled training environment.

Learning Objectives

Upon successful completion of this course, delegates should have an adequate understanding of fall protection equipment and be deemed competent to carry out basic rescue operations from an elevated height within the scope of the course.

Delegates will develop knowledge and practical capability in:

- Recognising hazards associated with working at height.
- Understanding when fall protection is required.
- Understanding passive and active fall protection systems.
- Understanding fall restraint, fall arrest, and work positioning concepts.
- Selecting and using appropriate fall protection equipment within the scope of the course.
- Understanding the function and limitations of harnesses, anchors, connecting components, and lifelines.
- Inspecting fall protection equipment before use.
- Understanding basic fall arrest principles, including free fall distance, arrest force, total fall distance, and safe clearance.
- Recognising the need for timely rescue following a fall arrest event.
- Understanding suspension trauma awareness and the risks of prolonged suspension.
- Selecting and using appropriate basic rescue equipment and techniques within the scope of the course.
- Participating in practical basic rescue exercises from an elevated height.

Course Content

- Hazards of Working at Height

- Requirements for Fall Protection
- When Fall Protection Is Needed
- Types of Fall Protection
- Passive and Active Fall Protection Systems
- Fall Restraint Systems
- Fall Arrest Systems
- Work Positioning Systems
- Fall Protection Programme Awareness
- Fall Arrest Principles
- Free Fall Distance
- Maximum Arrest Force
- Total Fall Distance
- Minimum Safe Clearance
- Harnesses
- Anchors
- Connecting Components
- Lifelines
- Rescue Equipment and Techniques
- Suspension Trauma Awareness
- Basic Rescue Planning
- Practical Rescue Exercises

Practical Exercises

Practical exercises are conducted in a controlled training environment and may include:

- Fall protection equipment familiarisation
- Harness fitting and adjustment
- Inspection of harnesses and related equipment
- Use of anchors, connecting components, and lifelines
- Basic fall protection system set-up
- Basic rescue equipment familiarisation
- Practical rescue exercises from an elevated height

Training Scope Note

This course provides fall protection and basic rescue training for work at height activities. It is not a rope access qualification and does not provide advanced technical rescue certification.

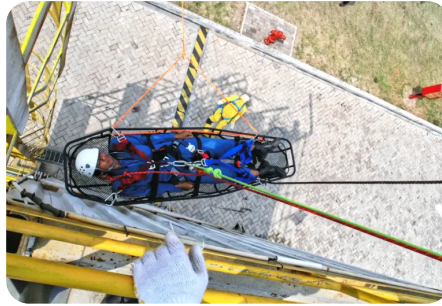
Assessment

Delegates must successfully complete the course based on the required performance standards in order to receive certification.

Certificate

Delegates who successfully complete the course and meet the required performance standards will receive:

- PT Samson Tiara Fall Protection & Basic Rescue certificate.
- Laminated wallet course qualification card.



Ready to book?

Contact our booking team for the latest schedule and registration.

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