



RISK MANAGEMENT SAFETY AND RESCUE TRAINING COURSES

About Rescue 3 Europe

Rescue 3 Europe develops state of the art technical rescue courses, providing internationally recognised accreditation for organisations and individuals operating in high risk environments.

As an international accrediting body, Rescue 3 provide up to date best practice guidance that is constantly evolving in line with new research and testing. All changes and developments of Rescue 3 courses go through a process of peer review and oversight by a steering committee made up of industry experts from all over the world.

Rescue 3 training providers deliver courses worldwide, in multiple disciplines, including: rope, water, boat, ice and confined space rescue. Our large suite of courses have been adopted by mountain rescue teams, wind turbine operators, fire and rescue services, ambulance teams, utilities providers, and military personnel.

Within each discipline, Rescue 3 accredited courses cover every level of operations, whether this is at an awareness level, avoiding risks and applying simple safe systems of work; or at more advanced levels where practitioners must acquire high levels of personal skills and understanding to access and navigate difficult environments.

For over four decades Rescue 3 has provided the standard for technical rescue training, offering guidance and support for maintaining best practice.





The course learning outcomes are provided as pre- and post-course reference for people involved in the delivery of Rescue 3 courses (eg Rescue 3 training providers, instructors and students). They are not to be used for any other purpose without the express written permission of Rescue 3 Europe.

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Outdoor Risk Management (ORM)

Course overview and target audience

The Outdoor Risk Management (ORM) course is for people working in remote areas, coastal areas, upland terrain and/or unfamiliar terrain. It enables them to identify associated hazards and to give them basic skills to work safely and deal with any incidents in these environments.

Contact hours 12 hours (2 days)	Prerequisites None
Qualification valid for 3 years	Accredited by Rescue 3 Europe

Taught by

- Outdoor Risk Management Instructor (ORMI)

Assessment

The assessed elements of this course are:

- Foundation knowledge
- Navigation



Outdoor Risk Management (ORM) skill sheet contents

Theory
1. Rescue 3 philosophy
2. Training standards
3. Weather for remote areas
4. Personal kit for use in remote areas
Practical
5. Navigation
6. Risk assessments
7. Hazard recognition
8. Emergency situations



Outdoor Risk Management (ORM) learning outcomes and key teaching points

	Skill sheet element		Learning outcome	Key teaching points
1	Rescue 3 philosophy	1.1	Recall the steps required in order to develop judgement	Training. Practice. Experience. Judgement
		1.2	Explain the order of priorities at a rescue scene	Self > team > victim
2	Training standards	2.1	Recognise the different training courses within the Rescue 3 scheme	Risk management courses. Industry-level courses. Water rescue courses. Boat rescue courses. Rope rescue courses. Confined space rescue courses
		2.2	Recall the remit and role of an individual trained to this level	Outdoor Risk Management remit and role
		2.3	State how the Rescue 3 scheme fits within national and international standards	Rescue 3 scheme, NFPA, applicable local standards
		2.4	State how the Rescue 3 scheme fits within agency policy and agency standard operating guidelines	Agency policy and agency standard operating guidelines
3	Weather for remote areas	3.1	Choose appropriate weather forecasts from internet sources	Knowledge and understanding of internet weather sources, eg Met Office, Windfinder
		3.2	Interpret a weather forecast	Basic understanding of wind, rain, altitude and timescale of weather
		3.3	Relate weather forecast to upland/coastal environment	Wind, rain, altitude and timescale of weather in relation to upland/coastal environment
4	Personal kit for use in remote areas	4.1	Identify personal kit for use in remote areas, its benefits and limitations	Rucksack - size of rucksack. Map - appropriate scale, eg 1:50,000 and 1:25,000. Compass - type of compass. Considerations for electronic GPS and phone navigation apps
		4.2	Choose appropriate waterproofs, clothing and footwear for the environment you're working in	Practical demonstration of rucksack type and size. 45 litre is ideal. Advantages of waterproof breathable clothing, eg Gore-Tex. Use of appropriate thermal layering. Appropriate footwear for the terrain
		4.3	Select appropriate group equipment for the environment	Eg, group shelter, first aid kit, spare thermal clothing and a torch. Concept of having shelter from the elements. Hypothermia basics, eg core temperature and the effects of wind and rain on core body temperature. Show suitable types of head torch and suitable spare clothing
		4.4	Demonstrate use of group shelter and blizzard bag	When and how to use group shelter and blizzard bag

ORM



	Skill sheet element		Learning outcome	Key teaching points
5	Navigation	5.1	Identify the key features of a map used for navigation	1:50,000 and 1:25,000 maps. Show scale, contours, feature differences, and the benefits of a laminated map
		5.2	Identify your location as a grid reference	Eastings then northings. 4- or 6-figure grid references
		5.3	Correlate local features and mapped features to identify your location	Map features, eg contour lines, valleys, ridges etc. Matching map to actual geography
		5.4	Demonstrate taking and following a bearing	Deducting magnetic variation. Keeping navigation legs short to aid accuracy. Tips for walking on a bearing. Timing and pacing
		5.5	Demonstrate use of a map and compass to navigate to a feature/ marker	Orient the map using the compass. Pacing, timing and ground interpretation
		5.6	Use strategies to navigate successfully	Simple strategies to navigate, eg handrails, attack points, overshoots and contour interpretation
		5.7	Demonstrate use of electronic navigational aid (eg GPS) to navigate to a feature/marker	Phone navigation apps. Waterproofing your phone. Limitations
		5.8	Choose an appropriate route, taking into account ground conditions	Relation of appropriate ground to route choice
6	Risk assessments	6.1	Identify the elements of an effective generic or site-specific risk assessment	Identify the hazards, decide who might be harmed and how, evaluate the risks and decide on precaution, record your findings and implement them, review your assessment and update if necessary
		6.2	Identify the elements of an effective dynamic risk assessment	Identify the hazards, decide who might be harmed and how, evaluate the risks and decide on precaution, implement your findings
		6.3	Perform a dynamic risk assessment of an outdoor site	Identify the hazards, decide who might be harmed and how, evaluate the risks and decide on precaution, implement your findings
7	Hazard recognition	7.1	Identify hazards in an outdoor environment, and their control measures	Weather status. Wet ground. Slippery rocks. Temperature decrease at height. Effects of hypothermia. Distance from vehicle. Available daylight. Available communications. Reporting whereabouts. Implications for a lone worker
		7.2	Relate outdoor hazards to route choice	Visual observations to help with good route planning



	Skill sheet element		Learning outcome	Key teaching points
8	Emergency situations	8.1	Identify how and when to contact the emergency services in the event of an incident	Emergency service contact details, 112 Europe-wide emergency number, rescue capability of relevant bodies, phone access, mobile signal, radios. Information to pass on
		8.2	Identify key information to pass on to the emergency services in the event of an incident	Including location, grid references, nature of incident. Understanding of rescue operations



Outdoor Risk Management (ORM) equipment list

- Waterproof clothing
- Hat
- Gloves
- Suitable footwear
- Thermal layers
- Compass, eg Silva type 4 or equivalent
- 1:50,000 and 1:25:000 maps of area
- Group shelter
- Survival bag, eg Blizzard bag or equivalent
- Head torch
- Spare clothing
- GPS - phone app or handheld GPS
- Mobile phone in waterproof container
- Food and drink

Venue information

Upland, moorland, coastal and/or unfamiliar terrain, away from roads. Proper mountain or winter terrain is beyond the remit of this course.





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