WYSOKOŚCIÓWKA.ORG
wszystko co związane (z) linami

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Warsaw, 21 November 2026

Training offer: First Aid

Course

PETZL technical partner

A course for everyone who works at height and for companies that want to train their people.

The course takes 1 day (8 h). You practise on manikins and with real equipment. There is 1 instructor for every 6 participants. You can extend the course with a second day: scenarios and extended exercises, including at height.

On top of standard first aid, you learn what matters when working at height. How to help someone hanging in a full body harness. What to do after a fall from height. How to use an AED in a difficult place.

Law and safety

- The duty to give help.
- Legal protection for the person giving help (art. 5 of the Polish State Emergency Medical Services Act).
- Your own safety and the safety of the scene.
- Gloves and a rescue breathing mask.
- Calling for help and talking to the 112 dispatcher.

Assessing the casualty

- Life-threatening bleeding first. Then assessment using the ABCDE approach.
- The recovery position and when not to use it.

CPR and AED

- Chest compressions and rescue breaths on manikins.
- Using an AED (automated external defibrillator).
- CPR and AED in a difficult place: on a platform, on a roof, in a tight space.

Bleeding control

- Direct pressure on the wound.
- Haemostatic dressings and wound packing.
- Tourniquets (tactical tourniquets): you apply one to yourself and write down the time of application.
- Pressure bandages: Israeli bandage, OLAES.

Wounds and injuries

- Dressing wounds.
- Fractures and immobilisation.
- Head and pelvic injuries.
- Suspected spinal injury after a fall from height: limiting movement of the head and neck.
- Burns: cooling and dressing.
- Electric shock.

HHS, harness hang syndrome

- Symptoms and why time matters.
- Helping someone hanging in a full body harness: raising the legs, suspension relief straps.
- After lowering: lying the casualty flat, then standard first aid.

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Choking and sudden illness

- Choking: back blows and abdominal thrusts, in turn.
- Chest pain and helping the casualty take aspirin.
- Stroke: the FAST test.
- Low blood sugar and giving glucose.
- Seizures and fainting.

Hypothermia

- Protecting the casualty from heat loss while waiting for the emergency services.
- A blanket or thermal blanket and insulation from the ground.

Working with the ambulance and fire service

- What to tell the paramedics when they arrive.
- Preparing the casualty for transport.

First aid kit

- A kit matched to the hazards in the workplace and at height.
- Clearly marked, easy to reach and checked regularly.

Stress

- How to cope with your emotions while giving help and afterwards.

Day 2 is scenarios and extended exercises. There are 6–8 scenarios, most of them at height. You help the casualty as you would in a real accident, and after each scenario we discuss what went well and what to improve. Examples:

- a worker hanging in a full body harness after a fall has been arrested,
- a casualty after a fall from height,
- a suspected heart attack in a tight, hard-to-reach place that turns into cardiac arrest,
- bleeding after a cut from a saw, chainsaw or cut-off saw,
- an electric shock while working at height.

The second day is the day after the course, on Sunday for dates in our calendar. It costs PLN 450, so the extended course (2 days) is PLN 1,050 per person. The same discounts apply as for the basic course.

Tailored programme

Swap topics
The programme can be modified by swapping topics for the ones that matter in your work.

Two-day training
More time for topics that need more practice, such as bleeding control or helping after an accident at height. The exercises are more extensive.

Workshops and simulations
We recreate accidents that could happen at your site, also at height.

Training at your site
We can run the one-day or two-day course at your company. Training at your site is arranged on request and priced individually.

Why train with us

We use up real supplies

During the course we really use up expensive, professional dressings, airway management equipment and

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other supplies.

Professional manikins and equipment

You practise on professional manikins and with real equipment. We don't skimp on equipment for our trainees.

We know you can find cheaper courses, but not of this quality.

First Aid – course details

DURATION	**1 day (8 h): basic course** **2 days (16 h): extended course**
PRICE	**1 day: PLN 600 per person** **2 days: PLN 1,050 per person**
CLOSED GROUP PRICE	**up to 6 people: PLN 3,600 (1 day), PLN 6,300 (2 days)** **up to 12 people: PLN 6,000 (1 day), PLN 10,500 (2 days)**
DISCOUNTS	**Renewal of the course: 20%; another course with us: 15%; early booking or several people signing up: up to 15%; package with another of our courses: PLN 200–200 less. Discounts and promotions cannot be combined; only the largest one applies.**
GROUP SIZE	**up to 12 people**
INSTRUCTORS	1 instructor per 6 people
VENUE	**WYSOKOŚCIÓWKA.org Training Centre, Warsaw, or at your site**
TRAINING AT YOUR SITE	**priced individually**
PRICE INCLUDES	instructor supervision, all equipment and issue of the certificate.

Dates and sign-up: www.wysokosciowka.org/en/courses/first-aid/

Contact: tel. +48 666-202-702, szkolenia@wysokosciowka.org