

Specialized Rescue Training

Lynden Training Center (formerly Alaska West Training Center) has been providing training in hazardous materials transportation, emergency response for hazardous materials, specialized rescue, Incident Command System, hazardous waste and work place safety training to Alaska since 1995. Lynden Training Center, a division of Alaska West Express, Inc., is 'the hands-on training facility'.

Our goal is to provide focused, intensive, professional development courses using hands-on training methodology to meet these needs. Classroom instruction followed by exercises and drills utilizing personal protective equipment in simulated response situations will significantly improve your skills and safety performance.

The Lynden Training Center uses course materials which meet or exceed emergency management, emergency response, environmental, safety and health laws, statutes, regulations and standards.

We offer a better all-around product to our customers through industry-proven best practices supported by real world experiences, realistic training props and the Lynden family of companies.



Customized Training

We customize our training to your company and personnel needs. Our courses are designed to meet relevant regulatory requirements and can add industry best practices. We can utilize your Emergency Response Plan and company specific procedures to develop course material that will be relevant to your specific needs.



Real World Experience

Our team of instructors have a wide range of industrial (oil and gas, transportation, refining, and military) and emergency services experience. Including:

- Process and terminal operations
- Transportation operations
- Health, safety, security and environmental
- Municipal and industrial fire departments
- Specialized rescue teams
- Hazardous materials response teams

Specialized Rescue Courses Offered

- ▶ Confined Space Technician
- ▶ Rope Rescue Technician
- ▶ Fall Protection and Rescue
- ▶ Incident Command and Safety Officer
- ▶ First Aid, CPR and AED
- ▶ Wilderness First Aid
- ▶ Emergency Trauma Technician
- ▶ Custom Courses designed for you
- ▶ Refresher training available



Incident Commander and Site Safety Officer

This specialist course will cover and exercise the requirements set forth in 29 CFR 1910.120(q)(6)(v), "...will assume control of the incident scene beyond the first responder awareness level..." NFPA 1521 "Standards on Fire Department Safety Officer", NFPA 1561 "Incident Management System", and NIMS All Hazards ICS will be referenced.

Fall Protection and Rescue

This 8-hour course focuses on fall protection and the techniques to rescue a person that has fallen while using fall protection. The course is designed to teach employees hazard assessment, hazard evaluation, control measures, proper equipment selection and inspection, rescue plans, rescue equipment and techniques.

Industrial and Wilderness First Aid

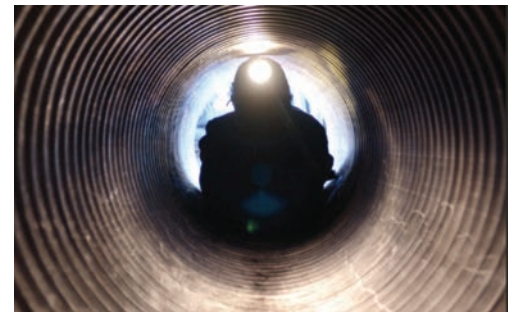
This comprehensive 16-20 hour course focuses on wilderness environments. These environments create special situations not usually encountered in an urban or suburban environment. The course meets the needs of everyone with outdoor interests, from easy day trips to challenging and technical activities.

Rope Rescue Technician

This 40-hour training in rope rescue technique focuses on high and low angle rescue techniques. The course includes equipment selection, inspection and maintenance, ropes and knots, anchorage, patient packaging, mechanical advantage systems, belaying, rappelling, raising and lowering systems, response and system safety, litter rigging and tending, and pick-off operations. This course applies practical hands-on scenarios to reinforce the material taught.

Confined Space Entry and Rescue Technician

This 40-hour course is designed to meet the requirements of OSHA 29 CFR 1910.146 – Permit Required Confined Space Entry, NFPA 1670: Standard for Operations and Training for Technical Search and Rescue Incidents, and NFPA 1006: Standard for Technical Rescuer Professional Qualifications. The course will consist of both classroom and hands on sessions reinforced through practical exercises. The course will be centered around personal safety, pre-incident planning, personnel protective equipment, air monitoring, communications systems, patient packaging and removal, anchorage points, safe work practices and rescue access systems. Realistic hands-on scenarios allow the student to gain confidence in their abilities.



Additional course information is available at www.lynden.com/training

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