

Application 1- Incorporating Eustress into Fall Rescue Training

Use the following for step activity planning worksheet as a model to plan your eustress learning event:

Rationale Stress induced learning Increases Resilience

- Fall Rescuer role has high potential risk to the well-being of the victim
- Fall incidence are outside the regular condition of the workplace
- The act of rescuing an individual from a suspended position is time sensitive

Objective Use active learning method

- Active generation of the training workshop by the trainees will reinforce the knowledge reducing the trainees Learning curve

Condition Adding stressors

- Trainees will deliver Fall rescue theory classroom training to OHS and Leadership mastery

Degree Flawless delivery three times

- Trainee will deliver flawless training three times before proceeding to the practical portion of the training
- Fall Rescuers will be tested at least once a year after obtaining the Rescuer certificate

Save and modify the template and utilize it to outline a practical component of fall rescue training.

Notes: