



UNITED
KINGDOM
RESCUE
ORGANISATION
Advancing
professional
rescue

UKRO Challenge 2023

CAPTAIN'S BRIEFING – Extrication Workshops

- All participants taking part in the UKRO Challenge must be passed fit to compete by their individual Service.
- Any participant will be required to divulge if they are on any form of medication that may affect them during the Challenge, or require a specialist response.
- Any injury must be reported immediately to a Challenge official who will take the appropriate actions regarding first aid and welfare. They must report all injuries to UKRO Command, who will ensure Lincs FRS Command is aware.
- All participants are reminded of the importance of maintaining their own fluid levels, and to monitor the wellbeing of other team members, reporting any concerns to the Challenge officials.
- A supply of water will be made available throughout the event.
- An appropriate level of PPE must be worn at all times in accordance with the risk assessment carried out for the workshop and any instructions given to you by UKRO officials. It is the wearer's responsibility to ensure the PPE they are wearing is in good order.
- All jewellery must be removed. Any items that cannot be removed must be taped up.
- All smoking materials must be removed prior to commencement of the scenarios.
- All mobile phones must be removed and left with your personal kit before a scenario is commenced. No unofficial photographs are to be taken during scenarios.
- Please remember hand hygiene and cleaning of kit.
- Lifting and handling must be carried out in accordance with how you have been trained.
- A Dynamic Risk Assessment must be carried out prior to/and during any work carried out to identify any evolving hazards i.e. protruding objects, spillages etc.
- Any hazards/risks identified must be brought to the attention of Challenge officials.
- Any participant, who feels unwell at any point during the workshop, must inform a Challenge official. The workshop can then be stopped whilst they are removed and provided with first aid care.
- First Aid if required will be available on site throughout the Challenge.
- If evacuation is required during any point of the challenge the evacuation signal will be sounded. Challenge officials will coordinate the evacuation.
- Participants must comply with all instructions given by Challenge Officials immediately.
- Any questions/concerns are to be brought to the attention of UKRO Health and Safety Lead/UKRO lead.