

Course Syllabus: Industrial Climbing and Rigging

Code: TTS7U

Intended for: Companies & individuals working in the Telecommunications field required to climb & rig antenna systems

Introduction: Covers the Industrial climbing, tower rescue, roof top safety, RF hazards, rigging & light lifting, emergency procedures

CONTENT

Knowledge: All of - syllabus TFP0 - Introduction to personal fall protection (WAHSA), plus:

Legal, personal and medical requirements for work at height.
RF hazards and other specific risks.
Risk assessment, method statements, emergency procedures.
Selection, care and maintenance of equipment.
Climbing techniques, ladder and structure.
Restraint, work positioning, fall arrest systems.
Use of ropes, knots and tensioned lines.
Emergency procedures
Roof safety systems
Rigging & lifting systems
RF hazard awareness

Practical skills: Safe use of Personal Protective Equipment.
Proper execution of simulated work task.
Competent rescue of casualty from structure
- lowering a casualty
- competent rescue of a casualty
Ensuring safety of self and others.
SWL WLL safe systems for lifting
Roof top hazards
RF Hazard awareness

Entry Requirements: A self-certified statement of reasonable medical fitness will be required prior to attendance. Should be comfortable with exposure to height.

Assessment Method: Assessment is by practical and written test of specific competence elements.

Course Duration: 5 days **Candidate Ratio:** 1:4

Revalidation Period: Certification valid for 3 year(s).

Kendal • London • Kelvedon • Aberdeen

The National Access and Rescue Centre
Lake District Business Park, Mint Bridge Road, Kendal, LA9 6NH

tel: +44 (0)845 6432211
fax: +44 (0)1539 728833

admin@narc.co.uk
www.narc.co.uk



1 year revalidation required for tower climbing

Kendal • London • Kelvedon • Aberdeen

The National Access and Rescue Centre
Lake District Business Park, Mint Bridge Road, Kendal, LA9 6NH

tel: +44 (0)845 6432211
fax: +44 (0)1539 728833

admin@narc.co.uk
www.narc.co.uk



doc ref: TS- TTS7U

issue date:

revised: 08/04/2009

Approved by: AW