

Intended for: Entry level course covering a wide range of working locations. Recommended for candidates who wish to enter the industry as rope access subcontractors.

Introduction: Characteristics of a safe system of work, including equipment, legal requirements, objective hazards, risk assessment and method statements, conformity and certification, inspection, emergency considerations and rescue procedures.

Basic principles of movement on ropes - ascent, descent, changing from ascent to descent, changing from rope to rope, crossing a knot, aid climbing and traversing, passing re-anchors and deviations, use of a back-up system, elementary rigging and rope management, elementary rescue.

CONTENT

Knowledge: ACHWAT syllabus - see TFP0
Legislation, guidelines and standards
Awareness of risk assessment and safety method statement, permit to work systems, exclusion zones, working practices and worksite organisation

Categories of personal protective equipment (PPE)
Selection, use and maintenance of equipment, equipment checks and inspection
Hazardous substances
IRATA syllabus and certification scheme, logbooks

Anchor types and systems, angle loading
Awareness of fall factors, hauling systems, suspension trauma and casualty management

Practical skills: Assembly, fitting and checking of personal equipment, use of the back-up device
Rigging skills, including tying, dressing and setting of appropriate knots.

Manoeuvres: descent, ascent, changeovers, descent using ascenders, ascent using a descender, passing knots, passing deviations, passing a re-belay, rope-to-rope transfer, passing an edge or obstruction at the top, the use of a work seat (comfort seat), passing mid-rope protection.

Climbing with cow's-tails and fall arrest lanyards.

Rescue / hauling in descent and an awareness of basic hauling and lowering.

Entry Requirements: Minimum age of 18 years
Candidates should be free from any disability or medical condition that may prevent them from working safely.

Assessment Method: Independent written and practical IRATA assessment.

Course Duration: 5 days

Candidate Ratio: 1:4

Revalidation Period: Certification valid for 3 years.