

Intended for: This entry level course is designed for those who have specific trade skills but wish to use rope access as a method of gaining access to their worksite. After the course candidates will be able to set up their own suspension system under the supervision of a rope access supervisor.

Introduction: Includes requirements of BS 7985 and draft ISO working document ISO/WD 22846-2. 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, passing a deviation, use of a back-up system, elementary rigging and rope management, elementary rescue.

CONTENT

Knowledge: ACWAHT syllabus - see TFP0
Select suitable equipment, understand specifications
Understand risks from different access methods
Understand risks arising from the work task, work situations
Understand principles of fall protection hierarchy
Understand fall factors, suspension trauma
Control all hazards e.g. from use of tools, falling objects,
Maintain, communication, exclusion zones etc.
Understand worksite rescue plan
Inspection, care and maintenance of equipment
Understand work task as defined
Carry out simple rigging

Practical skills: Methods of fall protection
Equipment fitting and pre-use checks
Use of backup system
Safe approach to point of descent / ascent
Methods of descent and ascent, change from descent to ascent and back
Elementary rigging, rope management
Install and pass a deviation, change from one rope to another, cross a knot
Simple rescue by lowering and vertical rescue by descent
Selection of anchor points
Experience of rigging and movement in specific work environment

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

Assessment Method: Practical and written test.
Assessments are carried out by a person other than the trainer.

Course Duration: 5 days

Candidate Ratio: 1:4

Revalidation Period: Certification valid for 3 years.