

**Intended for:** For persons who generally work with experienced riggers but who may be required to work with climbers of similar experience. Practical exercises with classroom lectures.

**Introduction:** Provides a range of skills for climbing, including the use of all safety equipment, RF hazards, elementary rescue and an introduction to light lifting.

Includes the elements of a Safe System of Work, including equipment selection and inspection, RF hazards, use of tools, risk assessment, method statements and emergency procedures. Evacuation and rescue are practised at height.

Climbers will be expected to work almost entirely from within the confines of protected areas but are able to move to exposed areas if necessary to carry out straightforward work tasks.

### CONTENT

**Knowledge:** ACWAHT syllabus - see TFP0  
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

**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.

**Entry Requirements:** A self-certified statement of reasonable medical fitness will be required, prior to attendance. Climbers should undertake a proper medical examination before undertaking work at height. Should be comfortable with exposure to height.

**Assessment Method:** The trainer will assess safety, competence and aptitude during practical work. Multiple choice written test with discussion.

**Course Duration:** 2 days

**Candidate Ratio:** 1:4

**Revalidation Period:** Certification valid for 3 years.