

Timetable: Rope access - User

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------------|--|---|---|---|---|
| coffee | Legal requirements Medical requirements Principles of risk assessment | Review - practical exercise Change descent to ascent | Exclusion zones Rigging exercises - roofs | Emergency planning Lowering a casualty | Knowledge review Review - practical exercise |
| | Methods of fall protection Fitting of access eqpt RA eqpt characteristics | Deviations - install and pass | Exposure to height - practical | Suspension trauma Choosing a safe rescue route Rescue, person in descent Casualty handling | Group exercise |
| LUNCH | | | | | |
| coffee | Pre-use check Fitting of access eqpt Back-up systems Safe approach to descent Using a back-up device | Change from rope to rope | Eqpt care and maintenance Eqpt - inspection | Pulley systems - elementary Assemble a z-rig | Practical assessment |
| | Fall factors Descending a rope Ascending a rope | Elementary knots Elementary rigging Suitability of anchorages | Knowledge review Review - practical exercise | Use of tools - knowledge Group exercise | Written test Debrief |