

**Course reference: TTS2U**

**Syllabus reference: TS-TTS2U**

General information:

**Start 9.30      Finish 5.00 or as required**

Each session below is approximately 90 minutes duration.

Lunch break 45 mins – coffee breaks 15 mins.

	Day 1	Day 2
	Introduction and induction Goals of the course Introduction to work at height: Legal requirements Selection of persons Medical requirements Weather RF hazards	Creating a work plan Selecting and fitting PPE (resume) Simulated work task on structure (Requires use of all content covered so far)
coffee	Obtaining permission to climb Signing, guarding, exclusion zones Selection of PPE Pre-use checks and inspection of equipment	Planning for emergencies Communication & procedures Introduction to a selection of rescue systems
lunch		
	Common vertical safety systems Use of lanyards / rope adjusters Ladder climbing. Exposure to height and safe movement on the structure	Lowering a casualty Use of descent equipment Low level rescue of casualty
coffee	Use of tools Use of ropes and other equipment for light and medium lifting Tensioned guidelines	Live rescue of casualty from height Assessment: small multiple choice paper with discussion. Continuous assessment of suitability for work on tall structures work is also carried out.