

**Intended for:** Individuals who generally work with experienced climbers / riggers. Contains practical exercises with classroom lectures.

The RF section is not sufficient to gain access to Arqiva broadcasting sites. Please see TSK4U RF Hazards course half day duration.

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

Includes the elements of a Safe System of Work, including equipment selection and pre-use 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.

Complies with the climbing elements of MOD JSP375 Advanced Climber

## CONTENT

**Knowledge:** All of - syllabus TFP0 - Introduction to personal fall protection (WAHSA ), plus:

Legal, personal and medical requirements for work at height.  
Awareness of Radio Frequency hazards.  
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:** Climbers should undertake a proper medical examination before undertaking work at height. Candidates should be comfortable with exposure to height.

**Medical Req:** Physical fitness with no contra-indications for working at height. A self-certified statement of reasonable medical fitness will be required, prior to attendance.

**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. The tower rescue module requires a 1 year revalidation