

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.
The RF section is not sufficient to gain access to Arqiva 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.

Includes a review of equipment selection, fitting, inspection and use. Emergency procedures are followed by evacuation and rescue which 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:

Selection, care and maintenance of equipment.
Awareness of Radio Frequency hazards.
Emergency procedures.
Climbing techniques, ladder and structure.
Restraint, work positioning, fall arrest systems.
Use of ropes, knots and tensioned lines.
Emergency procedures
Harness suspension issues

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. This course is not intended to teach the elementary use of fall protection equipment. It is essential that all candidates are already competent in such use, including understanding how to fit and use a harness, the need for safe connection at all times and the use of energy absorbing lanyard. Candidates must have a valid in-date NARC climber certificate or equivalent to attend this course. Candidates will be required to produce suitable valid certification prior to acceptance on course

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: 1 day **Candidate Ratio:** 1:6

Revalidation Period: Certification valid for 3 years. The tower rescue module requires a 1 year revalidation