



Occasional Industrial Climber (MOD 3W)



Course Aim

To provide delegates with the knowledge and practical skills to carry out pre-use checks and use pre-installed access systems on masts, towers and similar structures. Delegates will also be informed on how to safely position themselves to work in these environments.

This course now includes Harness - Height Safety Equipment Appreciation and Inspection (MOD1) in the morning.



Certification

Delegates successfully completing the course will be awarded a Certificate of attendance and photo ID card valid for three years.



Who Should Attend?

Those who intend to access towers, masts, or similar structures using pre-installed fall arrest systems and use work positioning techniques to carry out work at height.

Course Entry Criteria

During training, delegates will be expected to carry out activities at a height in excess of 20m.

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height.



Course Duration

This is a 1 day course.

Safety / Value / Availability / Support



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Agenda

Morning

Harness - Height Safety Equipment Appreciation and Inspection (MOD1) - for full course details please click here.

Afternoon - Theory

- Delegates will have an understand of the common features of permanently installed guided type fall arrest systems used for access onto towers and masts
- They will have an awareness of potential dangers and bad practices when using guided type systems, such as operative suspension, fall back and hoop ladder issues
- They will have an understanding of the limitations of Fall Arrest equipment and how to improve safety with respect to reducing impact forces, reducing fall distance and clearance requirements
- Delegates will have an awareness of basic Work Positioning techniques and where these can be applied to increase safety over the use of Fall Arrest techniques
- They will have an awareness of the common equipment abuses and how to select appropriate equipment to avoid this
- The delegates will also be given an awareness of rescue techniques and rescue equipment
- Have an awareness of other hazards relating to work at height such as dropped objects, exposure to environmental conditions

Practical

- The delegates will gain practical experience of climbing using the following types of equipment / systems:
- Full Body Harness for Work Position and Fall Arrest
- Fall Arrest Blocks
- Permanently installed guided type fall arrest systems
- Temporary guided type fall arrest systems
- Double Fall Arrest Lanyards
- Work Position Lanyards
- This will include climbing a permanently installed access system on a 25m structure
- Delegates will be shown and given the opportunity to use an example temporary horizontal anchor-line system

Equipment Covered During Training

- Full Body Harnesses
- Example anchor devices (Wire Strop, ATSL, HSL, etc.)
- Double Legged Fall Arrest Lanyards
- Fall Arrest Blocks
- Permanently Guided Typed Fall Arresters
- Temporary Guided Type Fall Arresters
- Work Position Lanyard and Harness
- Rescue Demo Kit (SHARK)

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