



Competent Climber with Basic Rescue (Competent Climber) Course

This competent climber and rescue course provides training in the fundamentals of climbing, fall protection, and working safely and efficiently at height. This includes multiple types of structures that are commonly encountered such as various towers, and buildings and all applicable equipment the climber will utilize on the jobsite. In addition, basic rescue techniques are covered to provide for self and co-worker rescues. It is recommended that participants complete a basic fall protection course prior to attending this course.

Note: if student desires to meet NATE requirements, prerequisites for this course include a minimum of 90 days documented, full time climbing experience related to the tasks expected at the workplace.

This course shall consist of 16 hours of classroom and hands-on training.

Course objectives:

Upon completion of this course, the competent climber student should have the skills for:

- Understanding overall concepts of climbing towers and working on structures
- Understanding of overall job performance and site safety
- Understanding basic fall protection concepts
- Performing a safety inspection of all equipment and systems
- Performing basic climbing maneuvers
- System rigging
- Performing limited self and co-worker rescue

Course overview:

- Industry standards
- Company policies and procedures
- Types of structures and access options: ropes, climbing, ladders, scaffolds, manlifts
- Personal preparedness
- Hazard recognition/mitigation
- Exclusion zones and fall hazards
- Working with cranes, jin poles, manlifts, manbaskets, hoists, and winches
- Safety plans
- Fall protection
- Equipment use, inspection, and maintenance
- Anchor selection and application
- Harnesses
- Connectors
- Energy absorbers and lanyards
- Self retracting lifelines
- Vertical lifelines and fall arrestors
- Ladder climbing systems
- Horizontal lifelines
- Ropes
- Knots, bends, hitches
- Climbing plan/pre climb checklist
- Climbing, descending, and maneuvering techniques
- Descent control



- Engineered systems and regulatory requirements
- Work simulation at height
- Rescue plan, overview and the hierarchy of rescue techniques
- Use of pre-rigged rescue kits
- Rescue performance: basic access and simple rescue
- Written test