



Basic Rope Access Course

This course is intended to provide information and practical skills for the student to work competently and safely on rope in a variety of limited situations.

Course objectives:

Upon completion of this course, students should be able to satisfactorily understand and/or perform the following:

- General understanding of basic concepts of rope access
- General understanding of overall job site safety
- Understand basic fall protection concepts
- Inspection of all equipment and systems
- Basic rope access maneuvers
- System rigging
- Simple rescue

Course overview:

- Overview of safe practices for rope access work
- Review of basic fall protection concepts
- Documentation of work (forms, logbook, etc)
- Review of basic fall protection concepts
- Equipment use and inspection
- Rope use, protection and inspection
- Job safety analysis (JSA)
- Job safety measures
- Worksite communication
- Access, hazard and safe zones
- Knots, bends, hitches
- Two point contact
- Single point and multipoint anchors
- Fall factor
- Impact force
- Rope access maneuvers
- Protected lead and follow climbing techniques (ladders, structural steel)
- Belay techniques
- Simple personal and co-worker rescue techniques