



## ***Rope Access Worker (Level I) Course***

This course is intended to provide information and practical skills for the student to work competently and safely on rope. In addition, this course will present to the student the skills needed to successfully pass the SPRAT Rope Access Worker (Level I) evaluation.

### **Course objectives:**

Upon completion of this course, the level I worker candidate should have the skills for:

- Understanding of overall concepts of rope access and SPRAT guidelines
- Understanding of overall job performance and site safety
- Understanding basic fall protection concepts
- Performing a safety inspection of all equipment and systems
- Performing basic rope access maneuvers
- Assisting in system rigging
- Performing a limited self and co-worker rescue

### **Course overview:**

- Overview of SPRAT Safe Practices for Rope Access Work
- Overview of SPRAT Certification Requirements for Rope Access Work
- Overview of levels of qualification
- 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)
- 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
- Lead and follow climbing techniques (ladders, structural steel)
- Belay techniques
- Rescue techniques