



## ***Rope Access Worker (Level I) for Tower and Communication Workers Course***

This course is intended to provide information and practical skills for the student to competently and safely work on rope, perform a self-rescue, and to apply basic rescue procedures to assist a co-worker in the event of an emergency. 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
- Perform limited self, co-worker and team rescue skills

### **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