



Rope Access Supervisor (Level III) 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 Supervisor (Level III) evaluation.

Course objectives:

Upon completion of this course, the level III supervisor candidate should have the skills for:

- Thorough understanding of overall concepts of rope access and SPRAT guidelines
- Thorough understanding of overall job performance and site safety
- Implementing fall protection concepts
- Performing a safety inspection of all equipment and systems
- Performing basic and advanced rope access maneuvers
- System rigging and anchorages including system analysis and safety evaluation
- Performing advanced self and co-worker rescue including mechanical advantage and lowering systems

Course overview:

- Overview of SPRAT Safe Practices for Rope Access Work
- Overview of SPRAT Certification Requirements for Rope Access Work
- Review 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
- Resultants
- Advanced anchorage installation and mechanical anchorages
- Rope access maneuvers
- Lead and follow climbing techniques (ladders, structural steel)
- Belay techniques
- Advanced rescue techniques
- Advanced rigging skills
- Friction hitches
- Load release hitches
- Pull-through anchors
- Lowering anchors
- Haul systems
- Cross haul systems
- Guideline and highline systems
- Team work and rescue systems