

TC11

Monopole Access and Rescue



Ratio

6 Students to 1 Instructor

Duration

1 day

Overview

The aim of this course is to provide students with key information, knowledge and practical skills which are required to safely access and rescue personnel from Monopole structures.

Prerequisites

Delegates shall be of 18 years of age or over, be physically fit and have a head for heights. A self-declaration of fitness and completion of all aspects of the training is required.

Who Should Attend

This course is generally aimed at people new to the telecommunications industry who wish to work on Monopole Structures.

Course Objectives & Content

- Health and safety legislation and standards
- Assessment of hazards and risks
- PFPE fitting, characteristics, inspection and care

- Positioning and fall arrest techniques
- Anchor point selection and checking
- Awareness of fixed fall arrest systems
- Practical climbing with fall ropes, and Self Retracting Lifelines (SRLs)
- Dealing with syncope (before and after effects)
- Rescue hierarchy
- Rescue equipment fitting, characteristics, limitations, inspection, use and care
- Remote lowering of a casualty
- Demonstrate a 'Snatch' or 'Pick-off' rescue
- Use of tension pilot wires (cable ways)

Certification

The successful delegate will receive a certificate valid for 2 year, annual refresher / updates recommended.

Standards

Upon request, training conforms to the provisions established by applicable EN standards.