



TC9

Basic Tower Climber and Rescue

Ratio

6 Students to 1 Instructor

Duration

3 days

Overview

This course will provide a solid foundation for those who are new to the telecommunications industry and introduces prospective climbers to work on communications masts and towers. The Basic Tower Climber and Rescue course introduces techniques and equipment to allow people access to all areas of communications masts and towers, this includes work on open steelwork. This course will provide students with key information and the knowledge required to work safely at height. Training covers the key characteristics and limitations of personal fall protection equipment (PFPE), how to climb fixed ladders using a range of fixed fall arrest systems and how to climb open steelwork using lanyards and fall ropes. The course will also equip students with the skills required to undertake the rescue of an injured workmate stranded on a mast or tower. Regarding rescue, the training covers the limitations and use of dedicated abseil rescue equipment commonly found in the telecommunications industry. The course can be tailored to your specific rescue/ abseil descent equipment.

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 a masts or towers.

Course Objectives & Content

- Health and safety legislation and standards
- Assessment of hazards and risks
- PFPE fitting, characteristics, inspection and care
- Restraint, 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)
- Tie all knots demonstrated during the course (bowline, clove hitch, figure of eight)
- 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.