

# WAH – ZGT204

## MATS CLIMBING AND TOWER RESCUE REFRESHER

### COURSE OVERVIEW

The Mast and Tower Safety Group 1 day Tower Climb and Rescue course is designed for climbers re-validating their MATS certification. The course framework, managed by Energy Utility Skills, refreshes delegates' knowledge with the key information and practical training to work safely at height and gain access to telecoms tower sites owned by Arqiva and other telecoms companies.

### Pre-requisites

Delegates must bring their own safety footwear and gloves and be physically fit to participate. **Delegates must have obtained their MATS Tower Climb and Rescue Initial Validation (3 day course) Certificate prior to booking on this course.**

### Who Should Attend?

This MATS course is designed for industry professionals re-validating their certification for working on high structures wearing personal protective equipment (PPE) and require rescue status in line with the 2005 work at height regulations.

### COURSE OBJECTIVES AND CONTENT

- Introduction, Legislation, Standards & Guidance
- Hazards associated with work at height on towers and masts.
- Management of falling object hazards.
- Selection of personal fall protection equipment (PFPE).
- Access and anchor systems including temporary rope lifelines.
- Principles of safe climbing / knots & uses
- Pre-use inspection of basic PFPE.
- Climbing fixed ladders with installed systems and PFPE.
- Use of work positioning and fall arrest PFPE on open structures
- Rescue from lanyards & casualty care
- written and practical assessment

### Certification

All delegates receive a certificate and ID card valid for 1 year. Course is designed to allow access to Arqiva sites under MATS accreditation.

### Course Ratio / Duration

6:1 (6 delegates to 1 instructor)  
7 guided learning hours i.e. 1 day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144  
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