





## **COURSE OVERVIEW**

Designed for persons required to work on rope systems or to assist in Rope Access Operations. Designed for members of Rope Access Teams to become aware of situations and build solutions into problem areas with safety margins in place. All access operators who may be required to perform rescues from height

# **Pre-requisites**

Persons attending this course must be medically fit.

## Who Should Attend?

This course is for personnel with no current Industrial Rope Access experience, and is designed to ensure that candidates are fully competent in all industrial rope access techniques currently used, including simple rescue techniques.

## **COURSE OBJECTIVES AND CONTENT**



- Introduction and course overview
- Methods of fall protection Equipment fitting
- pre-use checks
- Use of backup system Safe approach to point of descent / ascent
- Methods of descent and ascent
- change from descent to ascent and back
- Elementary rigging, rope management
- Install and pass a deviation, change from one rope to another
- Simple rescue by lowering and vertical rescue by descent
- Selection of anchor points
- Experience of rigging and movement in specific work environment

## Certification

All delegates receive a certificate valid for 3 years.

### **Course Ratio / Duration**

6:1 (10 delegates to 1 instructor) 21 guided learning hours i.e. 3 days

TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144 or email us at: training@zerogravitysafety.co.uk