

01

Height Safety
Lifting
Lashing
Safety Management

HS MODULE 3

Occasional Industrial
Climber

DURATION

3 hours / 1/2 Day

RATIO OF TRAINERS TO TRAINEES

1 Trainer to 6 Trainees

PRE-COURSE INSTRUCTIONS AND ENTRY REQUIREMENTS

SpanSet Module 1 (1 Day duration for modules 1 and 3)

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height. (A list of conditions that could affect practical training and work at height are available on request.)

SpanSet reserves the right to exclude unsuitable delegates from training courses.

Delegates must be 18 years or over.

OVERVIEW

- This course is designed for those who intend to access towers, masts, or similar structures using pre-installed fall arrest systems and use work positioning techniques to carry out work at height.
- On completion of the course they should be able to carry out pre-use checks and use pre-installed access systems on masts, towers and similar structures. They will also be able to safely position themselves to work in these environments.
- During training delegates will be expected to carry out activities at a height in excess of 20m. This will provide an insight into the delegates' ability to operate in such conditions. This is only an indication of their capability, as it is not possible to recreate exact working environments.
- The actual height and exposure will be set out on the certification, but this is only to show what was included in the training. The height shown on the

certification is not intended to limit the height at which the delegate can operate.

- An awareness of the requirement for rescue provision while working with fall arrest and work position systems.
- Further details of the training facilities, first aid provision, insurance, etc are available upon written request.

Occasional Industrial Climber continued.

COURSE JOINING INSTRUCTIONS

COURSE ASSEMBLY

Unless otherwise stated, all courses are held at QISC Doha, Qatar and will assemble at 0800hrs daily unless otherwise agreed. Delegates should report to the main training reception upon arrival.

EQUIPMENT & CLOTHING

All equipment required throughout the course will be provided by QISC/SpanSet Ltd.

Candidates should provide their own comfortable clothing and footwear, with provision made for inclement weather conditions, i.e. fleeces, waterproofs, windproof, etc.

FOOD & REFRESHMENT

Refreshments will be provided throughout the day on all courses.

A lunch will be provided on all courses of a day or more in duration held at SpanSet.

ACCOMMODATION

Details of local accommodation on request.

COURSE SYLLABUS

The course is designed to allow trainees to;

Theory

- Delegates will have an understand of the common features of permanently installed guided type fall arrest systems used for access onto towers and masts
- They will have an awareness of potential dangers and bad practices when using guided type systems, such as operative suspension, fall back and hoop ladder issues.
- They will have an understanding of the limitations of Fall Arrest equipment and how to improve safety with respect to:
 - Reducing impact forces
 - Reducing Fall Distance
 - Clearance Requirements
- Delegate will have an awareness of basic Work Positioning techniques and where these can be applied to increase safety over the use of Fall Arrest techniques.
- They will have an awareness of the common equipment abuses and how to select appropriate equipment to avoid this.
- The delegates will also be given an awareness of rescue techniques and rescue equipment.
- Have an awareness of other hazards relating to work at height such as dropped objects, exposure to environmental conditions.

Practical

- The delegates will gain practical experience of climbing using the following types of equipment / systems:
 - Full Body Harness for Work Position and Fall Arrest
 - Fall Arrest Blocks
 - Permanently installed guided type fall arrest systems
 - Temporary guided type fall arrest systems
 - Double Fall Arrest Lanyards
 - Work Position Lanyards
- This will include climbing a permanently installed access system on a 25m structure.
- Delegates will be shown and given the opportunity to use an example temporary horizontal anchor-line system

ASSESSMENT METHODS

Details of other assessment methods

- During the course of the day the candidates will be continually verbally assessed by the trainer using working examples and scenarios to determine the delegates understanding of a specific topic.
- In addition to the test carried out in module 1 all delegates will be monitored by the trainer throughout the practical sessions. Any concerns will be addressed by delegate and trainer on a continual basis.
- The trainer will use practical tasks to assess the delegates competence and understanding.

EQUIPMENT COVERED DURING TRAINING

- Full Body Harnesses
- Example anchor devices (Wire Strop, ATSL, HSL, etc)
- Double Legged Fall Arrest Lanyards
- Fall Arrest Blocks
- Permanently Guided Typed Fall Arresters
- Temporary Guided Type Fall Arresters
- Work Position Lanyard and Harness
- Rescue Demo Kit (SHARK)

FEEDBACK TO CLIENT AFTER COURSE

- Photo ID card for all delegates, valid for three years.
- Certificate for all delegates, valid for three years.

RECORDS TO BE MAINTAINED BY SPANSET

- Course registration sheet, including results of the assessment.
- Digital photo for duplicate issue of ID cards.
- Course feedback forms where completed.



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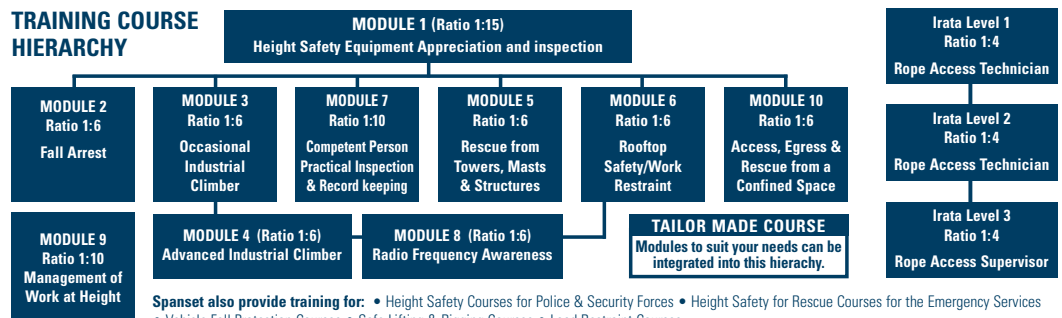
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TRAINING COURSE HIERARCHY



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