

SAFE WORK AT HEIGHTS

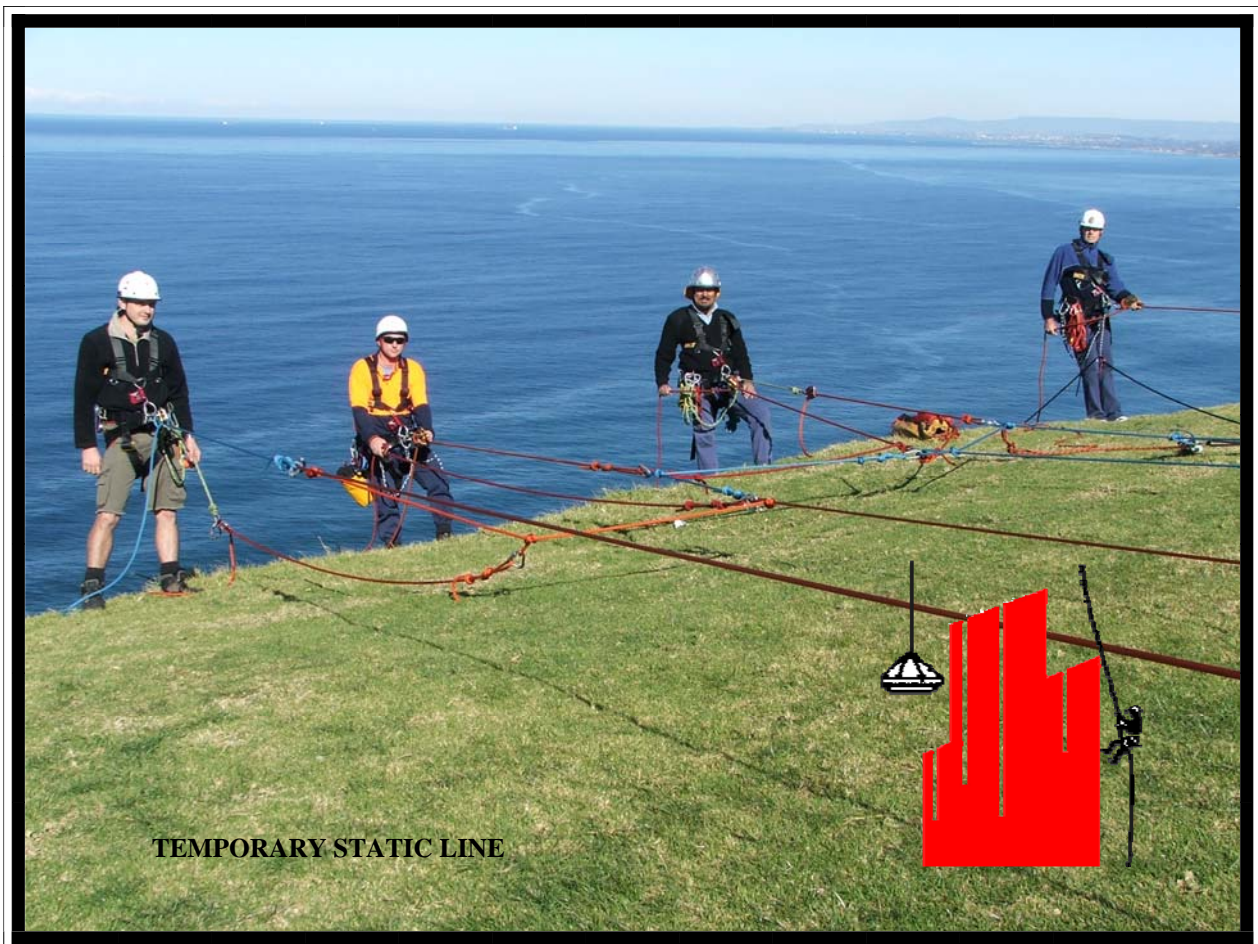
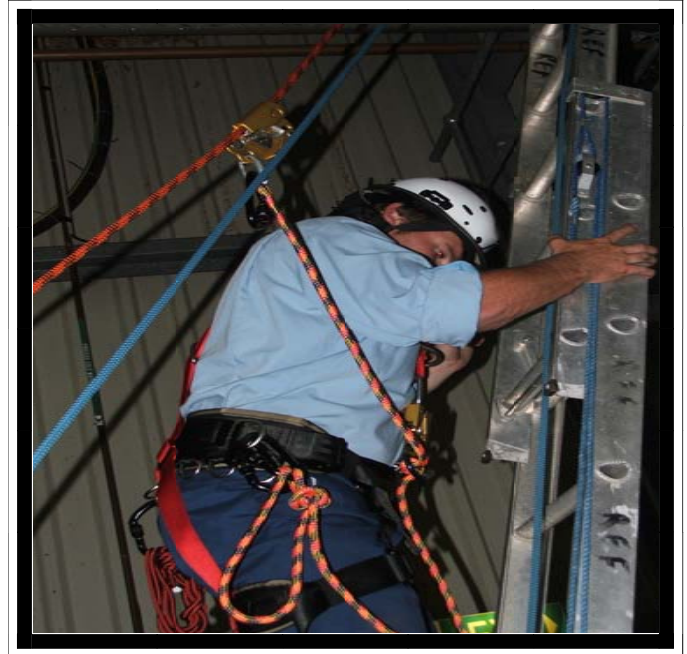
Duration:
6 to 8 hours

Applications:

For people working at heights, where fall arrest is required,

Program:

- Overview of system and history
- Safe work on roofs
- Knot and Rope Techniques
- Anchor Points
- Rigging Techniques
- Static Lines
- Harness
- Risk Assessment/Accidents
- Self Rescue
- Rescue: lower from roof using reversible anchor system
- Fall Arrest devices
- Fall Factors
- Temporary safety line over roof
- Care Use & Maintenance
- Operator & Public Safety
- WorkCover requirements
- Theoretical examination



TECHNICAL ROPE ACCESS LEVEL 2

Duration:
3 days

Applications:

For use when work positioning is required such as abseiling, ascending, rigging and buddy rescue

Program:

- WorkCover Approved T.R.A.C. & Maintaining 100% safety record Internationally
- Overview of system and history
- Knots and correct Applications
- Load Sharing Anchors / Redirections & re-belays
- Self Equalising Anchors
- Anchor Points / Installation / Certification / Testing
- Rigging / Slings / Karabiners / SWL / Selection / Angle of sag 120° & Why?
- Equipment Inspection, care & maintenance / Selection & Suitability
- Harness Selection, compliance & suitability
- Rope Care / Specification / Selection / Destruction test results
- Cantilevered needles / Edge machines (OzPod, optional if time permits)
- Fall Factors / Fall Arrest / Fall Restraint / Work Positioning
- Temporary Static Lines / Shock Absorbers
- Descending & suitable Descenders
- Ascending: Ascenders / Prussic Loops
- Climbing fixed ladders/towers / Double lanyard types & correct use
- Slopes/embankments
- Rope Transfers and Knot passing –Maintaining two points of attachment /short rope and long rope
- Self Rescue, Emergency Recovery techniques
- Basic Buddy Rescue: Raising/Lowering/Rescue & recovery systems
- Buddy backup (backing up to each other)
- Suspension trauma & How to reduce risks
- Risk Assessments / Weakest Link / JSA / Hazard evaluation
- Accident Reports & Operator Safety / Unsafe products
- Public Safety / Legal Situations / WorkCover requirements
- Log Books & Record keeping
- Theoretical Examination & Practical Examination (Pass

Pre-requisite: Trainees should have some experience with rope access, otherwise additional days and practice may be required

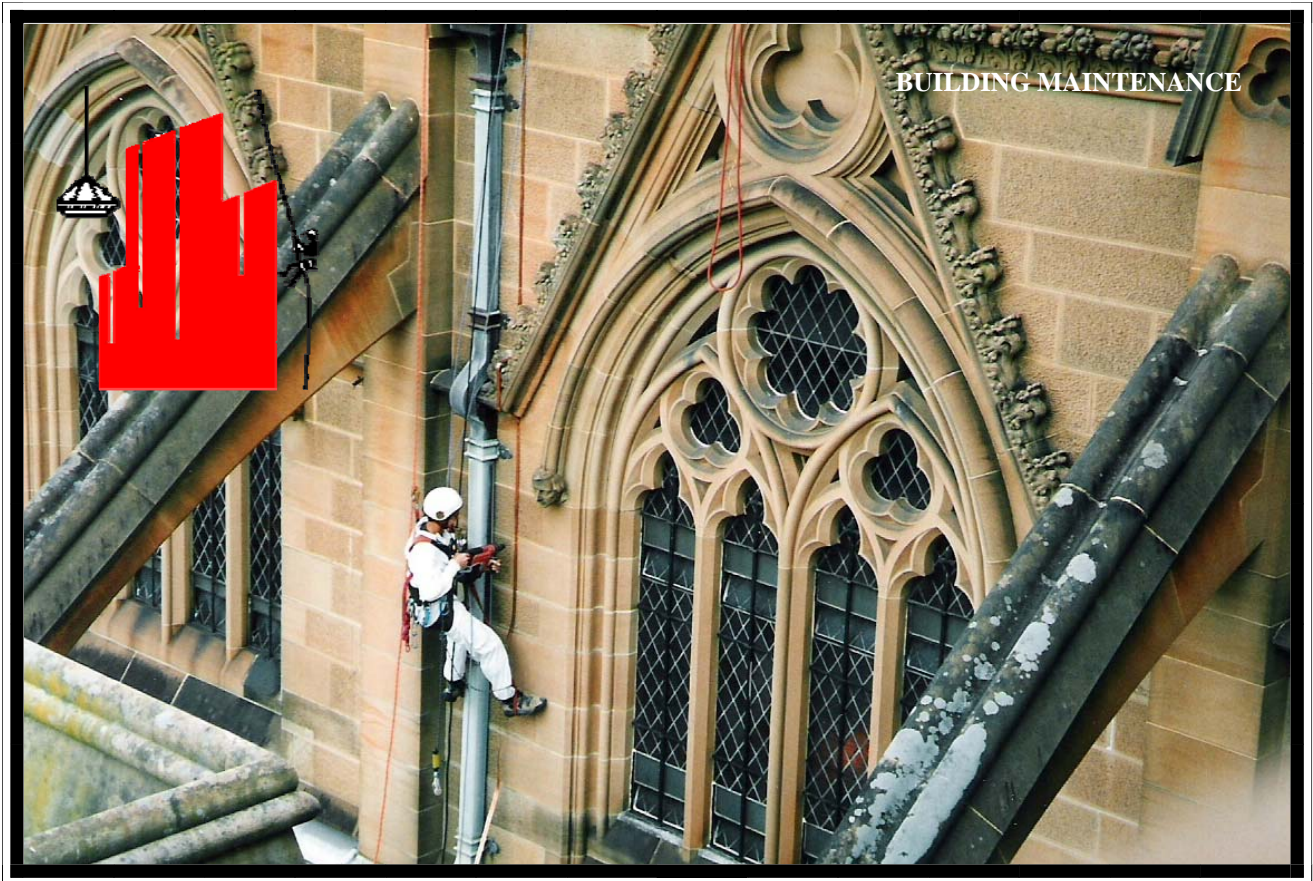
IMAGES: Technical Rope Access Level II

GEOLOGICAL SURVEY



BRIDGE INSPECTION

IMAGES: Technical Rope Access Level II



BASIC VERTICAL RESCUE (KISS)

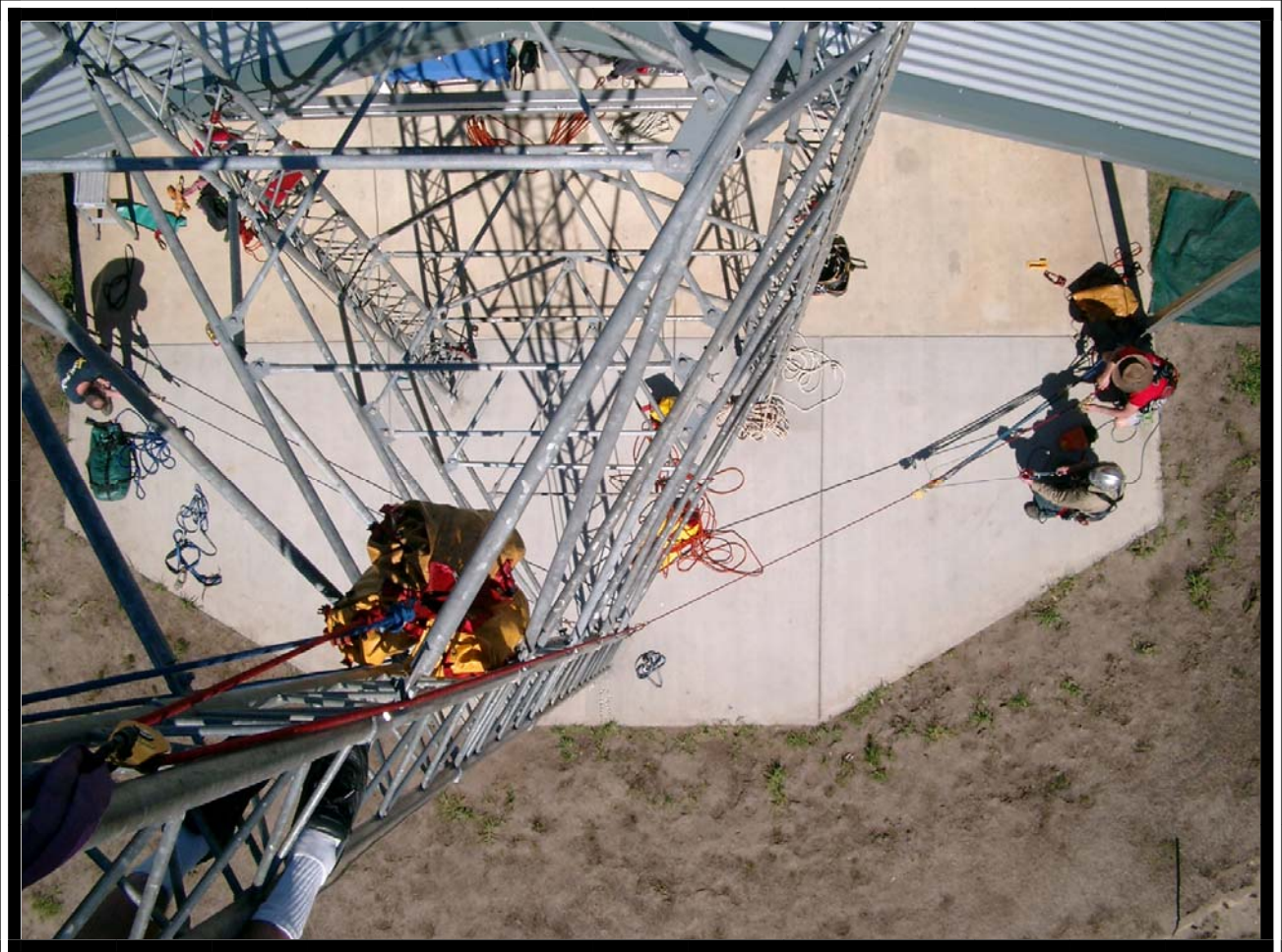
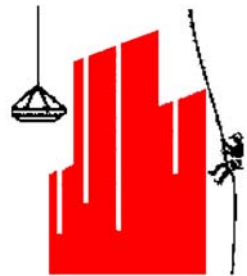
Duration:
1 day*

Applications:

For use when rescue may be needed using a pre-rigged system.

Program:

- Overview of system and history
- Raising/Lowering made easy
- Anchoring
- Stretcher Handling
- Patient Packaging
- Care and Maintenance
- Edge Machines
- Alternative configurations



Pre-requisite: Trainees should have completed Technical Rope Access Level 2 before undertaking Basic Vertical Rescue.

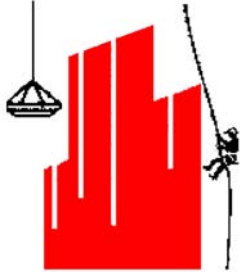
TECHNICAL ROPE ACCESS LEVEL 3

Duration:
Additional
1 to 2 days*

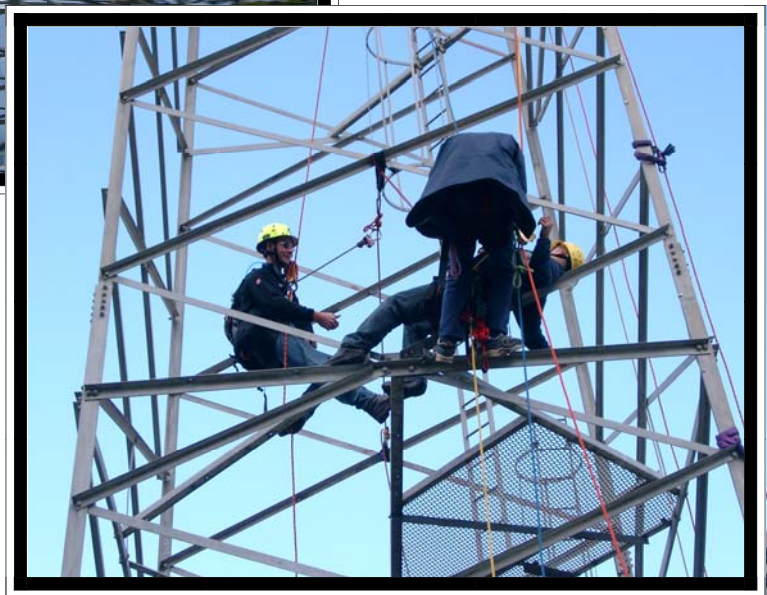
Applications:

For use when more technical rigging or rescue procedures may be required

Program:



- Overview of system
- Tyrolean traverse
- Buddy rescue using cableway to clear structure
- Rescue—raise/lower on Tower: remote controlled from ground
- Rescue: aid climb up across & down/shortlink rescue lower off
- Knot passing
- Advanced Rigging Techniques
- Mechanical advantage: 2:1, - 6:1, 12:1
- Lead climb man-made structure
- Edge Machines / OzPod
- Practical Examination



Pre-requisite: Trainees should have completed Technical Rope Access Level 2 before undertaking Tower Rescue.

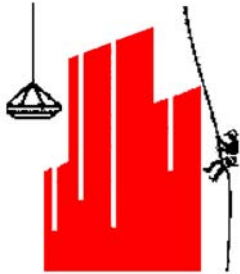
TOWER RESCUE

Duration:
Additional
1 to 2 days*

Applications:

For use when working on trusses

Program:



- Overview of system and history
- Raising/Lowering
- Cableway/Flying Fox
- Rescue techniques
- Anchoring
- Lead Climbing (optional)
- Multipitch Lowering (optional)
- Rigging Techniques
- Practical Examination



Pre-requisite: Trainees should have completed Technical Rope Access Level 2 before undertaking Tower Rescue.

VERTICAL RESCUE

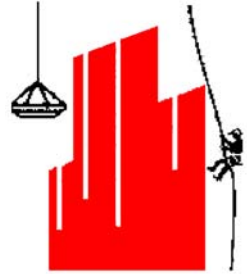
Duration:
Additional
3 to 4 days*

Applications:

For use when Vertical Rescue may be required in numerous circumstances.

Program:

- Overview of system and history
- Knot and Rope Techniques
- Anchoring Systems
- Equipment familiarization, care & maint.
- Raising/Lowering, Knot Passing
- Rope Care and specification
- Edge Machines
- Re-direction and re-belays
- Risk Assessments/Weakest Link
- Fall Factors
- Tower Rescue
- Stretcher Handling
- Patient Packaging
- Cableways/ Flying Fox / Traversing
- Edge Machines
- Operator Safety
- General Recommendations
- WorkCover and OH&S requirements
- Public Safety & Log Books



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Pre-requisite: Trainees should have completed Technical Rope Access Level 2 before undertaking Vertical Rescue.

RECOVERY FROM ALOFT

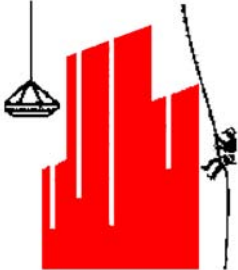
Duration:
Additional
1 day*

Applications:

For use when working on sailing ships where rescue from mast may be required.

Program:

- Setting up & operating tag lines
- Advanced redirections
- Lowering casualty to ground
- Lowering via shrouds & ratlines
- Controlling raising/lowering from deck



Pre-requisite: Trainees should have completed Technical Rope Access Level 2 before undertaking Tower Rescue.