

## OVERVIEW

- This 5 day course introduces trainees to the use of rope systems in order to gain access to, or egress from, areas of the workplace that would be otherwise inaccessible. The course content is based around the 'Code of practice for the use of rope access methods for industrial purposes', BS 7985 2002, the industry standard. Being delivered by our professional and experienced trainers the course covers rope ascending and descending coupled with simple rescue procedures. Workplace scenarios are played out in a safe and controlled environment allowing trainees to experience 'real life' situations.

## COURSE TYPE

- This course will take place both in the classroom and in a practical environment. Both a practical and written test will confirm the competence level reached at the end of the 5 days.

## CONTENT

- Legislation
- Correct use of equipment and systems
- Care and maintenance of equipment
- Basic rigging
- Descending and ascending
- Changeovers
- Rope to rope transfers
- Basic rescues

## COURSE REQUIREMENTS

- Candidates attending this course must be over the age of 18, both medically and physically fit and confident with heights. A medical certificate must be provided by the candidates doctor confirming their medical condition.

## LOCATION

- Training can be provided at our centre in Kent.

## COST

- Prices will be confirmed on enquiry. If you wish to make a block booking please contact our training team.

## CERTIFICATION

- All successful delegates will receive a certificate and ID card covering their training, which is valid for 3 years. Along with this comes a detailed manual covering Rope Access techniques coupled with technical advice.

## MAXIMUM DELEGATES

- 4 per trainer—for larger groups, please specify

## COURSE DURATION

- 5 Days



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