

## IRATA ROPE ACCESS LEVEL 3

| US229997 & US230001

### Who Should Attend:

Technicians who need to move up and down structures to perform work at height, while being suspended from ropes, as well as those that might act as Rope Access Site Supervisors.

### Entry Requirements:

#### Theory Entry Requirements

- Logbook with 1000 level 2 hours accumulated and signed by an IRATA Rope Access Level 3 Technician.
- Learners must have a good English reading and writing ability.

#### Practical Entry Requirements

- Successful completion of knowledge test.
- Original certified copy of identification document/passport (driver's licenses are not accepted).
- Be in possession of a valid medical fitness certificate.
- Copy of valid First Aid Level 1 certificate.
- Copy of valid IRATA Level 2 certificate.
- Safety shoes.

#### Price per Person:

Refer to training price list.

#### Candidates Allowed per Group:

Minimum: 4  
Maximum: 6

#### Course Duration:

Theory: 1 Day | Test: 1 Day | Practical: 5 Days

#### Course Specifics:

IRATA level 3 – Select equipment and rig ropes for rope access projects.

IRATA level 3 – Supervise rope access teams and perform advanced manoeuvres and rescues.

NQF Level 4

Credits: 12 (Both unit standards combined).

Certificate is valid for 3 years.

Designation: IRATA Rope Access Level 3 Technician.

#### Theoretical Knowledge:

1. Introduction to Work at Height.
2. Work at Height definitions.
3. Legislation regarding Work at Height.
4. Gather relevant work site information.
5. Completing an on-site pre-task risk assessment.
6. Completing a 3-monthly climbing equipment inspection form.
7. Completing a pre-use climbing equipment inspection form.
8. Identification and use of climbing equipment.
9. Limitations of climbing equipment.
10. Safe codes of practices for the placing of anchor points.
11. Selecting of safe anchor points used for rigging of ropes.
12. Managing sharp edges.
13. Setting up top and bottom exclusion zones.
14. Understanding the advantages of a "buddy system".
15. Basic knowledge of vertical and horizontal lifelines.
16. Understanding principles of rigging working ropes.
17. Understanding cableways.
18. Understanding minimum free space areas.
19. Understanding fall factors.
20. Understanding the use of various rope access knots.
21. Understanding suspension trauma.
22. Understanding the "buddy rescue".
23. Correct completion of a rope access log book.
24. Responsibilities of supervising a rope access work site.

#### Practical Skills:

1. All level 1 skills.
2. All level 2 skills.
3. Rig various working rope systems:
  - 3.1. Vertical drops with particular attention to "rig for rescue".
  - 3.2. Set up a loop.
  - 3.3. Retrievable work ropes.
  - 3.4. Set up a lead climb.
  - 3.5. Set up a vertical drop using and equalizing multiple anchoring points.
  - 3.6. Set up mid rope knots.
4. Perform various rope access rescues:
  - 4.1. Snatch rescue in descending mode.
  - 4.2. Snatch rescue in ascending mode.
  - 4.3. Snatch rescue passing knots.
  - 4.4. Rescue of a lead climber.
  - 4.5. Rescue using a plug-in system and passing knots.
  - 4.6. Rescues using tensioned lines.
  - 4.7. Rescue passing a deviation (single & double).
  - 4.8. Rescue passing through a re-belay.
  - 4.9. Complex team rescues.
  - 4.10. Stretcher rescue.
  - 4.11. Rope to rope transfer with casualty.
  - 4.12. Rope to rope rescue.
  - 4.13. Rescue from an aid-line (advanced & short link).
  - 4.14. Rescue from a loaded back-up device - "self rescue".
  - 4.15. Supervising a rescue team.
  - 4.16. Ascending with a casualty pass knots.
5. Setup various rigging systems:
  - 5.1. Rig a 1:1 mechanical advantage system.
  - 5.2. Rig a 2:1 mechanical advantage system.
  - 5.3. Rig a 3:1 mechanical advantage system.
  - 5.4. Rig a 6:1 mechanical advantage system.
9. Retrieval rescue of casualty on short link on Fallprotec Rail systems.
10. Short link rescue off Fallprotec Rail systems.

### Important Notes:

1. All training was done in accordance with local and international best practices as well as local acts and regulations. He/she has been found competent as per Occupational Health and Safety act 85 of 1993 Construction Regulation 1 and IRATA requirements.
2. IRATA Rope Access Level 3 Technician (if designated as the site supervisor for all simple and complex rope access work sites/tasks) is responsible for the supervision of all IRATA Rope Access Level 1 and Level 2 Technicians. Always ensure that a rope access rescue can be performed at any time as per Occupational Health and Safety act 85 of 1993 Construction Regulation 10.2 (e) and/or ICOP/TACS.
3. In addition, IRATA Rope Access Level 3 Technicians must ensure that all IRATA Rope Access Level 1 and Level 2 Technicians designated to him/her work under direct supervision as per Construction Regulation 18 (Rope Access work), IRATA requirements and ISO 22846-1 & 2.
4. Gravity Training cannot be held responsible for any unsafe and unlawful acts or behaviour as this is the duty of the technician to ensure his/her own safety and the safety of others on the work site.