

ROPE ACCESS LEVEL 1

| US229998 & US230000

Who Should Attend:

Technicians who need to move up and down structures while being suspended from ropes to perform work at height.

Entry Requirements:

- Original certified copy of identification document/passport (driver's licences are not accepted).
- Be in possession of a valid medical fitness certificate.
- Learners must have a good English reading and writing ability (candidates with special needs can be accommodated on request).

Price per Person:

Refer to training price list.

Candidates Allowed per Group:

Minimum: 6
Maximum: 8

**Please communicate preferred group sizes to the relevant bookings personnel as some clients may require smaller groups. Please be aware that smaller group sizes may affect your course price.*

Course Duration:

Days: 5

Course Specifics:

US229998 – Explain and perform fall arrest techniques when working at height.
NQF Level 1
Credits: 2

US230000 – Perform a limited range of rope access tasks and rescues.
NQF Level 2
Credits: 6

Gravity Vertical & Horizontal System User.
Fallprotec Securope & Securail User.
**Dependent on training venue and available systems.*

Certificate is valid for 3 years.

Designation: Rope Access Level 1 Basic Operative.

Theoretical Knowledge:

1. Introduction to work at height.
2. Work at height definitions.
3. Legislation regarding work at height.
4. Understanding on-site risk assessments.
5. Appropriate equipment care and pre-use climbing inspection methods.
6. Identification and use of climbing equipment.
7. Limitations of climbing equipment.
8. Limitations of safe anchoring points.
9. Managing sharp edges.
10. Understanding the advantages of a "buddy system".
11. Basic knowledge of vertical and horizontal lifelines.
12. Understanding minimum free space areas.
13. Understanding fall factors.
14. Understanding the use of various rope access knots.
15. Understanding suspension trauma.
16. Understanding the rescue principles.
17. Correct completion of a rope access log book.
18. Knowledge of Gravity Vertical and Horizontal lifelines.
19. Knowledge of Fallprotec Securail systems.
20. Knowledge of Fallprotec SafeAccess systems.

Practical Skills:

1. Assemble a fall arrest and rope access kit.
2. Perform pre-use climbing equipment inspections.
3. Rope coiling/bagging.
4. Selecting safe anchoring points.
5. Implement the "buddy system".
6. Making and using various rope access knots.
7. Use of a rope access work seat.
8. Use fall arrest techniques and equipment.
9. Climbing over the edge of a building.
10. Rigging double working ropes. (Double loop figure 8 and Y-hang method)
1. Assemble 1:1 and 3:1 lifting system.
- 11.
12. Perform various rope access manoeuvres:
 - 12.1 Ascending ropes
 - 12.2 Descending ropes
 - 12.3 Traversing a loop (long and short)
 - 12.4 Traversing a re-belay
 - 12.5 Rope to rope transfers (long and short)
 - 12.6 Descending over the edge
 - 12.7 Deviation (single and double)
 - 12.8 Vertical and horizontal aiding
13. Rescue from a loaded back-up device - "self rescue".
14. Snatch rescue from a descending device - "buddy rescue".
15. Safe use of Gravity Vertical and Horizontal lifelines.
16. Safe use of Fallprotec Securail systems.
17. Safe use of Fallprotec SafeAccess systems.

Important Notes:

1. All training is done in accordance with local and international best practices as well as local acts and regulations. Candidates must be competent as per Occupational Health and Safety Act 85 of 1993 Construction Regulations 1.
2. All Rope Access Level 1 Basic Operatives must work under competent supervision as per site/task requirement, ensuring 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).
3. In addition Rope Access Level 1 Basic Operatives must work under direct supervision of a competent Rope Access Level 3 Advanced Operative as per Construction Regulation 18 (rope access work) and ISO 22846-1 & 2. Competency of the supervisor shall be determined by the site/task complexity and related risks.
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.