

IRATA INTERNATIONAL TRAINING LEVEL 1



TARGET GROUP

This training course is intended for any person who is going to work in Rope Access industry. The training is addressed to beginners including those with no experience, even those who did not have any contact with ropes at all.



OBJECTIVES OF THE COURSE

- Inspect their own personal rope
- Correctly use access equipment
- Assist in rig and non-standard operations under the guidance of a higher graduate
- Undertake a rescue involving descent by them self and use of hauling systems



COURSE CONTENTS

The IRATA International Training LEVEL 1 course covers the following topics:

- Planning and management
 - IRATA International system
 - Legal framework
 - Hazard identification and risk assessment
 - Selection of access method
 - Selection of personnel and competence
 - Safety method statement
 - Exclusion zones, permits to work etc.
 - Planning for emergencies
 - First aid and suspension intolerance
- Equipment
 - Selection of equipment
 - Care and maintenance of equipment
 - Pre-use checking of equipment
 - Detailed and interim inspections
- Assembly of equipment and buddy check
- Rigging
 - Anchor selection
 - Knots and rope handling
 - Basic anchor system
 - Y-hangs
 - Hazard avoidance and rope protection
- Rigging for rescue and hauling
 - Lowering systems
 - Hauling systems
- Rope manoeuvres
 - Back-up devices
 - Descent
 - Ascent
 - Changeovers
- Descent using ascending devices
- Ascent using a descending device
- Deviations
- Rope-to-rope transfers
- Re-anchors
- Passing mid-rope knots
- Edge obstructions at the top
- Use of work seats (comfort seats)
- Passing mid-rope protection
- Climbing techniques
 - Horizontal aid climbing
 - Climbing with fall arrest equipment
- Rope rescues
 - Rescue from descent mode

APPROVAL



IRATA - Industrial Rope Access Trade Association

CERTIFICATE VALIDITY:



3 years

DURATION OF THE TRAINING COURSE



5 days (4 days training 1 day assessment).

ENTRY STANDARDS



- 18 years of age;
- physically fit and unaffected by any disability or medical condition that may prevent them from working safely;
- have an adequate level of fitness, are physically able to perform the tasks expected in terms of strength, agility and co-ordination;
- are able to withstand the stresses of the working environment, such as heat, cold, and other inclement weather. Candidates are required to certify that they do not have any medical disabilities or contraindications that may prevent them from working safely. The minimum requirement is a self-certification statement.
- If a candidate has a contra-indicated condition which is controlled with medication, he/she shall obtain a signed doctor's note to show training member company or employer that the condition should not prevent that person doing rope access work providing they have access to the required medication.