

# IRATA INTERNATIONAL TRAINING LEVEL 3



## TARGET GROUP

The training is addressed to experienced technicians performing or planning to perform managerial functions, fully independent and responsible for the safety at the work site.



## OBJECTIVES OF THE COURSE

- Supervise rope access work projects
- Understand relevant work techniques and legislation
- Demonstrate all the skills and knowledge required of IRATA rope access levels 1 and 2 to perform rescues in different situations;
- Demonstrate comprehensive knowledge of advanced rescue techniques
- Have knowledge of the IRATA training, assessment and certification scheme
- Be familiar with the contents of the IRATA International Code of Practice (ICOP)



## COURSE CONTENTS

The IRATA International Training LEVEL 3 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
  - Re-anchors
  - Deviations
- Retrievable rigging
- Work restraint lines
- Vertical fall arrest systems
- Tensioned lines
- Rigging for rescue and hauling
  - Lowering systems
  - Hauling systems
  - Cross haul
  - Complex rescue systems (team exercise)
- 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
  - Vertical aid climbing
  - Climbing with fall arrest equipment
- Rope rescues
  - Rescue from descent mode
  - Rescue from ascent mode
  - Passing a deviation with a casualty
  - Rope-to-rope transfer with a casualty
  - Passing a small re-anchor with a casualty
  - Mid-transfer rescue
  - Passing mid-rope knots with a casualty
  - Use of tensioned ropes for rescue
- Climbing rescues
  - Rescue from an aid climb
  - Rescue from fall arrest equipment
  - Rescue from an aid climb – short connection

## APPROVAL



IRATA - Industrial Rope Access Trade Association

## DURATION OF THE TRAINING COURSE



5 days (4 days training 1 day assessment).

## CERTIFICATE VALIDITY:



3 years

## 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.
- a valid L2 certificate with a minimum of one year of experience and 1000 hours logged since the day of passing the L2 IRATA exam (hours recorded in the logbook)