



MATS: Basic Tower Climbing and Rescue

HEIGHTWORKS

Duration

1 day or 3 days
(Depending on experience)

Max. Ratio

6 delegates to 1 instructor

Course Aim

To provide enough practical skills and knowledge that candidates can work at height safely as well as rescue an incapacitated climber.



Audience

This course has been developed for anyone who is required to work at height on towers, masts and other structures within the telecommunications industry. There are two courses available:

1

All individuals new to Tower Climbing and Rescue must undertake the full 3-day initial training programme.

2

Individuals who have previously undertaken an Arqiva/MATs-approved training programme can complete the 1-day Basic Tower Climbing and Rescue renewal training programme.

Syllabus

- PPE Pre-use inspections
- Harness donning
- Common hazards
- Understanding Work Restraint
- Understanding Work positioning principles
- Understanding fall arrest principles
- Use of fixed fall arrest systems
- Use of twin energy absorbing lanyards
- Use of retractable Lifelines
- Use of work positioning Lanyards
- Understanding hierarchy of fall control
- Understanding suspension trauma
- Understanding the rescue hierarchy
- How to remotely lower a casualty
- How to abseil and snatch a rescue
- Anchor point selection

The student will be expected to complete a written and practical examination.

On successful completion of the whole course and examination the candidate will be issued with a certificate of competency.

This course is designed and delivered in accordance with Energy & Utility Skills Register (EUSR) and Mast And Tower Safety (MATS) Group requirements utilising BS84454 (code of practice for the delivery of training and education for work at height and rescue.

Prerequisites

- In date Work at Height Medical, evidence of previous training (if applicable).
- Reasonable level of health, fitness and aptitude.

Certification Expiry: The certificate is valid for 1 year.