



306 Country Club Drive  
Wilmington, DE 19803-2920  
Phone: (302) 571-8470  
Fax: (302) 571-0756  
Website: [www.FallSafety.com](http://www.FallSafety.com)  
Email: [efss@FallSafety.com](mailto:efss@FallSafety.com)

**Recipient of the National Safety Council's  
Distinguished Service to Safety Award**

## **COMPETENT PERSON TOWER CLIMBER AND RESCUE TRAINING**

**Duration:** Two days - taught at your site and customized to your industry and facilities.  
Optional 3<sup>rd</sup> day for rescue training.

**Description:** This course is intended for those whose job responsibilities require them to actively climb or supervise climbers, as part of their job responsibilities. Fall protection procedures, rules, training, and development of site-specific applications are covered. This is an interactive session conducted at your classroom facility the first day and at your nearby field tower facilities the second day.

**Content:** Upon completion of the course, graduates will have a basic understanding of the following:

- Fall hazards and methods of minimization and/or elimination of those hazards. Horizontal (edgework, roofs, etc.) and Vertical (tower climbing) applications will be covered.
- Personal fall arrest systems (PFAS) that are commercially available.
- Maintenance, inspection and use of PFAS.
- Rationale for specific fall protection standards, regulatory basis and their application in the workplace.
- Developing practical experience and confidence in identifying and controlling fall hazards.
- "First person up" climbing methods using lanyards and using a "first person up" device.



Field instruction will be tailored to your specific industry and company applications. A general outline is included below.

A course manual will be issued to each student. Students will be required to bring their personal fall arrest equipment to class for use and demonstration. Upon successful completion of the course, students will be considered for competent person status by their employer and will receive a certificate with applicable expiration date for retraining/recertification.

# **COMPETENT PERSON TOWER CLIMBER AND RESCUE TRAINING**

## **General Outline**

**Class Size** - Each student will receive classroom and field training as follows:

- Eight hours of classroom instructions not to exceed an 8:1 student to instructor ratio (Day 1).
- Eight hours of **field instruction and demonstration of skills** not to exceed a 8:1 student to instructor ratio (Day 2).
- Optional Eight hours of **rescue training** not to exceed an 8:1 student to instructor ratio (Day 3).

### **Classroom Curriculum – Day 1:**

- Fall protection basics
- Regulations
- Hierarchy of Fall Protection
- Fall restraint vs. fall arrest
- Proper selection, inspection, care & maintenance of equipment
- Rooftop and leading edge
- Scaffold overview
- Ladder safety

#### **Body Holding Devices**

- Body harness vs. safety belt
- Dynamics of a fall

#### **Connectors**

- Ropes - rigging, knots, inspection, care, maintenance
- Hardware - snap hooks, carabiners, straps
- Lanyards

#### **Anchorage**

- Engineered vs. non-Engineered
- Regulatory requirements
- Selecting proper anchor points
- Selecting proper equipment

#### **Fall Protection Systems**

- Vertical & Horizontal lifelines
- Ladder safety systems
- Self-retracting lifelines
- Hoist and winch systems
- Controlled descent - descent devices, rope grabs, etc

#### **Industry Hazards**

- Types of towers, structures (monopoles, self support, guyed, roof tops, smokestacks, etc)
- Access
- Ladders & climbing systems

#### **Weather**

- Lightning
- Snow & Ice
- Wind

#### **Clothing**

##### **Falling Objects**

- Tool lanyards
- Exclusion zones
- Equipment restraints

##### **RF/EME**

- RF site safety requirements
- Lockout/Tag-out
- Personal protection monitors

##### **Crane Usage**

- Setup, Outriggers, Rigging
- Swing radius hazards

##### **Suspended Personnel Platform Usage**

- OSHA requirements
- Fall protection
- Pre-lift meeting
- Trial and test lift
- Man basket certification and inspection
- Required rigging

##### **Climbing Techniques**

- 3-point contact
- Free Climbing prohibition/policy

##### **Tower Inspection**

- Safety limbs
- Corrosion
- Insects (wasp, hornets, etc.)
- Power lines
- Step bolts (missing, loose, etc.)
- Tower grounds

# **COMPETENT PERSON TOWER CLIMBER AND RESCUE TRAINING**

## **General Outline**

### **Field Application - Tower Exercises - Day 2**

#### **Pre-Job planning –**

- Inspecting tower structure
- Proper selection of fall protection system
- Written rescue plan and equipment

#### **Fall Protection Equipment**

- Proper fitting, donning
- Removal
- Care and maintenance
- Inspection

- Actual work simulation from elevated heights
- Transitioning
- Determining anchor points
- Proper equipment use
- Tower Inspection
- Pre-climb plan
- Falling object protection
- Rigging
- Job completion/down rigging

#### **Tower Exercises**

### **Field Application - Rescue – Day 3 (Optional)**

#### **Training and Tower Exercises**

- Pre job planning
- Company rescue plan, policies and responsibilities
- Rescue overview
- Rescue techniques
- Proper tower access
- Proper connecting
- Transferring
- Lowering
- Raising
- Assisted rescue
- Self-rescue

### **Review and Test**