

The Anne Arundel Radio Club

3789 Queen Anne Bridge Road, Davidsonville, MD 21035

&

Safety One

**Will be holding a
Fall Protection and Safety & Rescue**

(Tower climbing)

training in Davidsonville, MD

June 2, 2020



Please see other side for more information

AUTHORIZED (STANDARD) FALL PROTECTION SAFETY & RESCUE

This course meets the requirements of OSHA Regulation.

Get certified as an Authorized Climber in as little as ONE DAY Our Authorized (Standard) Fall Protection Training is designed to get your employees certified for tower climbing in one day, rather than the two to four-day alternative, which takes your climbers away from their daily duties longer!

COURSE CONTENT SUMMARY

This course is intended for individuals who are responsible for performing work at height. The program was developed specifically for those working on telecommunications and/or utility towers, though the material covered is relevant for climbers working in **Upon successful completion of the course, students will receive the Safety One Certification and will be able to:** construction, on above ground storage tanks, silos and other elevated locations.

- Identify and mitigate fall hazards in the workspace
- Apply proper techniques for tower climbing
- Implement and manage rescue equipment and procedures

Course Overview

- Introduction to safety standards as they pertain to tower climbing
 - Anchorage and Anchorage Connectors
 - Full Body Harness
 - Work Positioning and Work Positioning Lanyards
- PREREQUISITES FOR COURSE**
- Fall Arrest Devices including Ladder Safety Systems, No formal prerequisites for this course.

This course requires the physical ability to climb and demonstrate skills at an elevated position. A healthy respect of heights is encouraged.

Vertical and Horizontal Lifelines and Fall Arrest Lanyards

- Structure Types and Hardware
- Equipment Inspection
- Climbing Techniques
- Controlled descent

Job Safety Analysis (JSA) **COURSE DURATION & CLASS SIZE One Day (8 hours)**

- Job Hazards Assessment and necessary hazard mitigation
- The documented rescue plan, and employee duties

Class Size: 8 maximum (1 Instructor)

Tower Climbing

- Proper techniques, industry best practices, and tips for avoiding injury

Tower Rescue

- Procedures, equipment, and suspension trauma
- Controlled descent
- Self-rescue and co-worker rescue

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