



Climbing Awareness and Basic Fall Protection (Authorized Climber) Course

This authorized climber course provides training in the basic concepts of climbing, fall protection, and working safely and efficiently at height. This includes discussion of multiple types of structures that are commonly encountered such as various towers, and buildings and all applicable equipment the climber will utilize on the jobsite.

This course shall consist of 8 hours of classroom training and 8 hours hands-on training minimum.

Course objectives:

Upon completion of this course, the competent climber student should have the skills for:

- Understanding basic concepts of climbing towers and working on structures
- Understanding of overall job performance and site safety
- Understanding basic fall protection concepts
- Performing a safety inspection of all equipment and systems
- Performing basic climbing maneuvers

Course overview:

- Industry standards
- Company policies and procedures
- Types of structures and access options: ropes, climbing, ladders, scaffolds, manlifts
- Personal preparedness
- Hazard recognition/mitigation
- Exclusion zones and fall hazards
- Working with cranes, jin poles, manlifts, manbaskets, hoists, and winches
- Safety plans
- Fall protection basics
- Equipment use, inspection, and maintenance
- Anchorages
- Harnesses
- Connectors
- Energy absorbers and lanyards
- Self retracting lifelines
- Vertical lifelines and fall arrestors
- Ladder climbing systems
- Horizontal lifelines
- Climbing plan/pre climb checklist
- Climbing, descending, and maneuvering techniques
- Engineered systems and regulatory requirements
- Basic rope and knots
- Basic controlled descent
- Rescue plan, overview and the hierarchy of rescue techniques
- Simple rescues
- Written test