



Controlled Descent (RDS) Course

This controlled descent course (rope descent systems) provides training in the basic concepts of descent, fall protection, and working safely and efficiently at height. This course applies to workers intending to perform basic descending on structures to perform tasks such as window cleaning, inspection, painting, repairs, installations, modifications, and removal of objects from structures.

This course shall consist of 2 hours of classroom training and 14 hours hands-on training minimum.

Course objectives:

Upon completion of this course, the controlled descent student should have the skills for:

- Understanding basic concepts of descending 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 descent
- Performing self rescue
- Performing basic co-worker rescue

Course overview:

- Industry standards
- Company policies and procedures
- Personal preparedness
- Hazard recognition/mitigation
- Exclusion zones and fall hazards
- Safety plans
- Fall protection basics
- Equipment use, inspection, and maintenance
- Anchorages: engineered and improvised
- Harnesses
- Connectors
- Vertical lifelines and fall arrestors
- Horizontal lifelines
- Self-retracting lifelines
- Ropes
- Knots
- Descending and maneuvering techniques
- Rescue plan, overview and the hierarchy of rescue techniques
- Rescue performance
- Written test