

AHD – Artificial High Directionals

Training program (3 days)

TRAINING OBJECTIVES:

Individual objectives :

- 1 – Understand the prevention framework applicable to working at height and rescue operations using boom systems, in particular tripod, bipod, and monopod configurations (regulatory and normative framework, recommendations, manufacturer instructions);
- 2 – Master the fundamental theoretical concepts related to the use of boom masts and understand their practical applications (analysis of forces, resultants, stability, and bracing); 3 – Understand the different possible configurations (basic, advanced, exotic), their limits, and their practical applications;
- 4 – Master the different securing methods and be able to implement them as a user of the systems under the supervision of a safety supervisor appointed by the company manager;
- 4 – Master the various safety methods and be able to implement them, as a user of the systems, under the supervision of a safety supervisor appointed by the company manager;
- 5 – Know the specific equipment, its properties and its limits of use, and be able to use it safely under the supervision of designated supervisory staff, for applications involving access and positioning at the workstation and the movement of loads or victims using PPE equipment;
- 6 – Analyze accidents/incidents related to the use of offset masts, perform appropriate risk analyses;
- 7 – Understand the place and role that each person can play in the company's work and rescue operations at height, in order to contribute in the safest, most efficient, and healthiest way possible; know how to integrate offset masts into an overall risk prevention system;

Collective objectives :

- 1 – Ensure that operators' skills are appropriate for the characteristics of the positions they will occupy in the company's operations;
- 2 – Involve participants in the company's overall risk prevention approach;
- 3 – Create common standards for the installation and inspection of offset masts adapted to different types of working environments (urban, natural, industrial, and confined spaces).

TRAINING CONTENT :

1. Prevention framework,
2. Fundamental theoretical concepts (forces and resultants, bracing rules)
3. Knowledge of specific equipment (properties, use, inspection),
4. Basic configurations of offset masts
5. Advanced configurations of offset masts
6. **Elevated Safety** method for securing systems (AHD checklist)
7. Risk analysis and accidentology related to offset masts

PLANNING:

Day 1

Morning	<u>Welcoming and presentation:</u> • Presentation of objectives, program, and safety rules • Participant's expectations and choice of configurations <u>Theoretical part (classroom/full group):</u> • Knowledge of manufacturer's instructions, limits of use, regulatory framework • Understanding of forces and resultants • Tripod workshop
Afternoon	<u>Workshop and professional scenarios:</u> • Monopod workshop (reading forces, stability and bracing rules, dynamometer reading) • On-site scenario: basic configurations (tripod, asymmetrical tripod, anchor bar) • End-of-day debriefing

Day 2

Morning	<u>Theoretical part:</u> • Briefing, objectives, and questions • Presentation of advanced configurations: Doortex (Ram Head), Fishing pole • Presentation of exotic configurations and their limitations • Accidentology related to offset masts and risk analysis <u>Professional scenarios (on site)*:</u> • On-site scenarios: basic configurations (continued)
Afternoon	<u>Professional scenarios (on site)*:</u> • On-site scenarios: advanced configurations • Offset mast model workshop (optional) • AHD offset mast comprehension questionnaire • End-of-day debriefing

Day 3

Morning	Professional scenarios (on site)*: - On-site scenarios: advanced configurations (continued), multi-configuration scenarios - Stretcher evacuation with validation of critical points (stability, loading, control, and management of the stretcher)
Afternoon	Final professional scenarios (on site)*: - Management of a complex rescue with a stretcher (sequence of several configurations) - Evaluation of the training by the trainees - End-of-course debriefing

** Depending on the training course, an average of 20 operational implementations of offset masts will be carried out. This schedule may change depending on the requests of the trainees.*

COURSE DURATION:

- In person,
- 3 days,
- 24 hours - Hours: 8:00 a.m. / 12:00 p.m. – 1:30 p.m. / 5:30 p.m.

PREREQUISITES AND TARGET AUDIENCE:

No prerequisites. Anyone who meets the medical requirements (no contraindications to wearing a harness and being suspended).

GUIDANCE:

Trainees are supervised by a SPRAT and/or IRATA certified rope access trainer (the trainer's name will be listed on the training agreement).

(1 ELEVATED SAFETY trainer for a maximum of 6 trainees).

TEACHING RESOURCES AND METHODS:

- Presentation of theoretical content and demonstration of techniques by the trainer,
- Skills-based approach,
- Practical cases and scenarios consistent with the client company's usual and foreseeable work situations.

ASSESSMENT:

- Continuous assessment of candidates during practical activities, through observation and questioning of participants by the trainer.
- Written assessment of knowledge acquired by trainees using a multiple-choice questionnaire.

TRAINING CERTIFICATION:

At the end of the training course, trainees who have demonstrated that they have acquired the knowledge taught and mastered the techniques targeted by the training objectives will be awarded a certificate in their name.

ACCESSIBILITY:

Anyone with a handicap can contact us to study the conditions of access to training.



If you would like to discuss this with us, please contact Evelyne Moreau: evelyne.moreau@elevatedsafety.com.