

SPRAT – ROPE ACCESS CERTIFICATION

Training program

TRAINING OBJECTIVES:

Individual goals :

- 1 – Know the prevention framework applicable to operations at height with personal fall protection systems, particularly rope access (regulatory and standards framework, recommendations, manufacturer's instructions) ;
- 2 – Understand the fundamental theoretical concepts involved in working at heights with PPE, and their practical applications ;
- 3 – Know the different methods of personal fall protection 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 – SPRAT's mission is to advance the safe use of rope access and other work at height methods through education, standards development, and administering certifications :
 - a). Knowledge of the SPRAT system and international certification,
 - b). Work in compliance with SPRAT regulations,
 - c). Pass an examination (theoretical / practical) to achieve certification.
- 5 – Know the specific equipment, its properties and limits of use, and be able to use it safely under the supervision of designated supervisory personnel, for applications involving access and positioning at the workstation and moving loads with the use of PPE equipment ;
- 6 – To understand the need to provide rapid assistance to an inert person suspended in a harness, to know the procedure to be followed in the precise context of one's mission and to be able to carry out a rescue maneuver applicable to foreseeable work situations ;
- 7 – To understand the level and responsibilities of each certified technician according to SPRAT regulations and standards.

Collective goals :

- 1 – Guarantee that operator's skills are properly matched to the characteristics of the positions they will occupy in the company's operations ;
- 2 – Involve participants in the overall risk prevention approach promoted by the company.

TRAINING CONTENT:

1. Teaching of different techniques for carrying out work and rescues using rope access techniques,
2. The techniques are based on an international system.
3. In this system, we work with three levels:
 - Level 1: basic training,
 - Level 2: 500 hours + minimum 6 months of experience as a level 1 technician,
 - Level 3: 500 hours + 6 months of experience as a level 2 technician,

4. Theory presentation of SPRAT regulations and standards for rope access work; SPRAT documentation:

- Work access plan,
- Safety practices for rope access work
- Defined terms
- Certification requirements for rope access.

PLANNING:

Day 1

Theory	• Introduction + administration, • Theory of SPRAT regulations and rope access work, • Different levels: Level 1 and 2 technician responsibilities, Level 3 supervisor responsibilities.
Practical	• Training safety regulations, • Roles and responsibilities (all levels), • Equipment use and inspection (all levels), • Workplace safety (all levels), • Use of a back-up device (level 1), • Use of Descenders (level 1), • Use of Ascenders (level 1), • Change of direction (change-over) (level 1), • Passing o knot (level 1), • Repetition of level 1 exercises (level 2), • Repetition of level 2 exercises (level 3)

Day 2

Practical	• Knots : end – join – middle - stop (level 1), • Friction knots : prussik – half-capstan knot (level 2), • System installation and dynamics (level 2 and 3), • Rope transfert (level 1), • Deviation (level 1), • Re-anchor (>2 m) (level 1), • Passinf edges (level 1), • Rope and sling protection (level 1), • Aid climbing – horizontal (level 1), • Aid Climbing – vertical (level 2), • Rescue scenario's (level 3).
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Day 3

Practical	• Anchoring systems (level 1, 2, 3), • Lifting and lowering system (level 1), • Pre-rigged rope access system Edge negotiation (level 2), • Retrievable rope systems (level 2), • Raising and lowering suspended candidate and load (level 2), • Cross-hauling (level 2), • Lifting and lowering through knots (level 3), • Tensioned rope systems (level 3), • Rescue scenario level 1 (level 1), • Rescue from all-arrest (level 2), • Rescue: same rope set – rope to rope transfet (level 2),
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| | <ul style="list-style-type: none">• Rescue scenarios's (level 3): deviation / knot pass / Rope-to-Rope transfer / re-anchor/ Aid climbing. |
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Day 4

- Repetition of techniques,
- Management and communication (level 3)
- Team scenario (level 3)
- Theory exam

Day 5

Practical examination by external evaluator.

COURSE DURATION:

- on-site,
- 5 days,
- 40 hours

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 qualified rope access technician trainer, SPRAT level 3.

Rope Access Certification Requirements

	Level 1	Level 2	Level 3	Demo															
General																			
Performance Principles	6.1	7.2	8.2																
System Analysis		7.3	8.3																
Maneuvers																			
Fundamental Maneuvers	6.2																		
Edge Negotiation with Rope Protection	6.3																		
Deviation	6.4																		
Knot Pass	6.5																		
Rope-to-Rope Transfer (> 2 m)	6.6																		
Re-anchor (> 2 m)	6.7																		
Aid Climbing																			
Horizontal	6.8																		
Vertical		7.4																	
System Construction and Operation																			
Knots: ☐ Termination ☐ Middle ☐ Stop ☐ Join	6.9																		
Two-Rope System																			
Anchorage < 1 m apart	6.10																		
Edge Negotiation, Anchorages 1 m - 4 m apart		7.5																	
Retrievable Two-Rope System		7.6																	
Deviation or Re-anchor			8.4																
Raising and Lowering																			
Ground or Platform-Based	6.11																		
Suspended Candidate		7.7																	
Suspended Load		7.8																	
Through Knots			8.5																
Lateral Movement																			
Cross-Haul		7.9																	
Tensioned Rope System			8.6																
Remote Rescue System		7.10																	
Rescue																			
Adjacent Rope Set, Ascent to Descent Transition	6.12	* Note 6	* Note 6																
Same Rope Set, Rope-to-Rope Transfer		7.11																	
From Fall Arrest System		7.12																	
From Maneuver 1			8.7																
From Maneuver 2			8.7																

TRAINING METHOD:

- Theoretical and practical training by experienced trainers (SPRAT level 3),
- Demonstration of each exercise and specific techniques used.

EVALUATION:

Pass an examination by external evaluator to achieve certification.

- **Theoretical:** Test with 50 multiple choice questions – candidates must have a score of minimum 80% to pass the test.

- **Practical:** Candidates must demonstrate all exercises according to the level tested during the evaluation. SPRAT applies following evaluation principles:

- PASS: a candidate has successfully completed the evaluation,
- FAIL: a candidate has made 3 minor faults or 1 major fault during the evaluation,
- Minor fault: candidates can receive a minor during the evaluation. Three minor faults leads to a FAIL.

TRAINING CERTIFICATION:



At the end of the training course, trainees who have demonstrated that they have acquired the knowledge taught and mastered the techniques covered by the training objectives will receive a personal certificate.

SPRAT Certification is internationally recognized and valid for 3 years (mandatory refresher training every 3 years).

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.