

WORKING ALOFT – ACCESS TO MASTS

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 – Know the specific equipment, its properties, and its limitations, and be able to use it safely under the supervision of designated supervisory staff for applications involving access and positioning at the workstation and moving loads using PPE equipment ;
- 6 – To understand the need to quickly rescue an unconscious person suspended in a harness, knowing the procedure to follow in the specific context of one's mission, and being able to perform a rescue maneuver applicable to foreseeable work situations ;
- 7 – To understand the specific methodologies applicable to foreseeable work situations in the context of mast work activities within the company (**Elevated Safety** double protection method),
- 8 – To understand the place and role that each person can play in the company's work at height operations, in order to contribute in the safest, most efficient, and health-conscious manner possible.

Collective goals :

- 1 – Ensure that operators' skills match the characteristics of the positions they will occupy within the company's operations ;
- 2 – Involve participants in the company's overall risk prevention approach.

TRAINING CONTENT:

1. Prevention framework,
2. Fundamental theoretical concepts (fall factor, impact force, air draft, suspension intolerance),
3. Knowledge of specific PPE equipment (properties, use, inspection),
4. Standardized methods of personal protection against falls,
5. **Elevated Safety** double protection method for working on masts – use by bridge operator,
6. **Elevated Safety** double protection method for working on masts – use by rope operator,
7. **Elevated Safety** double protection method for working on masts – use by rope operator – Rig for Rescue rope access technician,
8. Applicable rescue method (Rig for Rescue with winches).

PLANNING:

Day 1

Morning	<u>Welcome and introduction:</u> • Presentation of objectives and program, • Introduction to the regulatory and normative framework (manufacturer's instructions, recommendations) <u>Theoretical part (classroom/full group):</u> • Training in safety rules, principles of personal fall protection, • Presentation of standardized methods and specific PPE equipment for personal fall protection, • Presentation of the Elevated Safety double protection method for work on masts,
Afternoon	<u>Professional scenarios (on site):</u> • Implementation of the access and positioning system on the mast according to the Elevated Safety double protection method, • Use by bridge operators and rope operators, • End-of-day debriefing

Day 2

Morning	<u>Professional scenarios (on site):</u> • Briefing, objectives, and questions, • Review of concepts and techniques from the previous day, • Simulated scenarios at the client's site (boat): implementation of the access system and positioning on the mast using the Elevated Safety double protection method, use by deck operators and rope operators, • Implementation of the Rig for Rescue method with winches
Afternoon	<u>Professional scenarios (on site):</u> • On-site simulation at customer premises (continued): implementation of the access system and positioning on the mast using the Elevated Safety double protection method, use by bridge operators and rope operators, • Implementation of the Rig for Rescue method using winches, • Debriefing and review of skills acquired • Written assessment (multiple-choice questions, validation of acquired skills), • Issuing of training certificates to trainees who have met the assessment criteria.

COURSE DURATION:

- on-site,
- 2 days,

- 16 hours - schedules: 8h00 / 12h00 – 13h30 / 17h30

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 2 certified rope access technician, and trainer-coach.

TRAINING METHOD:

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

EVALUATION:

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

TRAINING CERTIFICATION:

At the end of the 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.

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 our representative Evelyne Moreau: evelyne.moreau@elevatedsafety.com.