

# Safety at Heights<sup>SM</sup> Training



## MSA Fall Protection Tower Climbing Training—EU

### Course No. ZT-TOWER

This Course provides individuals with the skills and confidence to climb open structure steelwork to access exposed tower or mast areas, and to work safely outside the confines of a safe working platform. The course can be delivered onsite, providing that minimum theory and practical facilities are available (including accounting for radio frequency hazards—RF), or at an MSA training venue.

### Recommended For

Individuals who are required to climb open steelwork structures such as telecommunication towers and masts as well as utility towers.

### Course Content

#### Theory:

- Relevant legislation
- Personal fall protection equipment (PFPE)—ABCs
- Selection of work equipment—work restraint, work positioning, fall arrest, permanent fall arrest systems
- Pre-use equipment inspection
- Associated hazards
- Emergency considerations (including suspension trauma)

#### Practical:

- Pre-use inspection of harness and associated PFPE
- Correct fitting of harness and associated PFPE
- Site hazard identification
- Basic knots
- Personal techniques—restraint/work positioning/fall arrest
- Basic haulage techniques—light loads (20 kg)
- Emergency considerations—action in the event of a fall

### Course Assessment

Both written and practical assessments are required

### Course Duration

Two days

### Maximum Instructor/Student Course Ratio

Six delegates to one instructor

### Course Prerequisite

- Medically fit
- Body mass within safe working limit of equipment
- Good understanding of local language, spoken, written and read

### Course Validity

Upon successful course completion, delegates will be issued a certificate of competence that is valid for three years.

Please register for this MSA training course at [training.EU@msasafety.com](mailto:training.EU@msasafety.com).