

MATS: BASIC TOWER CLIMBING AND RESCUE

HEIGHTWORKS TRAINING

- Duration:** 1 day or 3 days (Depending on experience).
- Audience:** The course has been developed for anyone who is required to work at height on towers, masts and other structures within the telecommunications industry. There are two courses available:
- All individuals new to Tower Climbing & Rescue must undertake the full 3-day initial training programme.
- Individuals who have previously undertaken an Arqiva/MATS-approved training programme can complete the 1-day Basic Tower Climbing & Rescue renewal training programme.
- Course Aim:** To provide enough practical skills and knowledge that candidates can work at height safely as well as rescue an incapacitated climber.
- Syllabus:**
- PPE Pre-use inspections
 - Harness donning
 - Common hazards
 - Understanding Work Restraint and Work positioning principles
 - Understanding fall arrest principles
 - Use of fixed fall arrest systems
 - Use of twin energy absorbing lanyards
 - Use of retractable Lifelines
 - Use of work positioning Lanyards
 - Understanding hierarchy of fall control
 - Understanding suspension trauma
 - Understanding the rescue hierarchy
 - How to remotely lower a casualty
 - How to abseil and snatch rescue
 - Anchor point selection
- Prerequisites:** In date Work at Height Medical, evidence of previous training (if applicable). Reasonable level of health, fitness and aptitude.
- Max. Ratio:** 6 Delegates to 1 instructor.
- Certification Expiry:** The certificate is valid for 1 year.

Throughout the course, the student will be continually assessed and expected to complete a written and practical examination.

On successful completion of the whole course and examination the candidate will be issued with a certificate of competency.

This course is designed and delivered in accordance with Energy & Utility Skills Register and MATS requirements utilising BS8454 (code of practice for the delivery of training and education for work at height and rescue).

