GRAVITY
T R A I N I N G   (P T Y)   L T D
A MEMBER COMPANY OF GRAVITY GROUP HOLDINGS

IRATA ROPE ACCESS LEVEL 1 | US229998 & US230000

Who Should Attend:

Technicians who need to move up and down structures while being suspended from ropes to perform work at height.

Entry Requirements:

- Original certified copy of identification document/passport (driver's license not accepted).
- Be in possession of a valid medical fitness certificate.
- Learners must have a good English reading and writing ability (special needs candidates can be accommodated on request).

Price per Person:	Course Specifics:
Price list available on request.	US229998 – Explain and perform fall arrest techniques when working at height. NQF Level 1 Credits: 2
Candidates Allowed per Group:	US230000 – Perform a limited range of rope access tasks and rescues. NQF Level 2 Credits: 6
Minimum: 4 Maximum: 6	Gravity Vertical & Horizontal System User. Fallprotec Securope & Securail User. *Dependent on training venue and available systems.*
Course Duration:	Certificate is valid for 3 years.
Days: 5	Designation: IRATA Rope Access Level 1 Technician

Theoretical Knowledge:

1. Introduction to work at height.
2. Work at height definitions.
3. Legal international system.
4. Legal framework.
5. HIRA.
6. Selection of access methods.
7. Safety method statement.
8. Selection of personnel and competence.
9. Appropriate equipment care and pre-use climbing inspection methods.
10. Identification, selection, and use of climbing equipment.
11. Limitations of climbing equipment.
12. Limitations and selection of safe anchoring points.
13. Exclusion zones, permits to work etc.
14. Managing sharp edges.
15. Understanding the advantages of a "buddy system".
16. Basic knowledge of general rigging.
17. Understanding minimum free space areas.
18. Understanding fall factors.
19. Understanding the use of various knots and rope handling.
20. First aid and suspension intolerance.
21. Planning for emergencies.
22. Correct completion of a rope access log book.
23. Gravity Vertical and Horizontal lifelines.
24. Knowledge of Fallprotec Securail systems.
25. Knowledge of Fallprotec SafeAccess systems.

Practical Skills:

1. Assemble a rope access kit.
2. Perform pre-use climbing equipment inspections.
3. Rope coiling/bagging.
4. Selecting safe anchoring points.
5. Implement the "buddy system".
6. Making and using various knots.
7. Use of a rope access work seat.
8. Climbing over the edge of a building.
9. Rigging double working ropes. (Double loop figure 8 and Y-hang method)
10. Assemble 1:1 and 3:1 lifting system.
11. Perform various rope access manoeuvres:
    - 10.1 Ascending ropes.
    - 10.2 Descending ropes.
    - 10.3 Traversing a re-belay.
    - 10.4 Rope to rope transfers (long and short).
    - 10.5 Descending over the edge.
    - 10.6 Deviation (single and double).
    - 10.7 Vertical and horizontal aiding.
    - 10.8 Passing mid-rope knots.
    - 10.9 Passing mid-rope protection.
    - 10.10 Horizontal aid climbing.
12. Rig for rescue - lowering.
13. Snatch rescue from a descending device - "buddy rescue" on a separate rope system.
14. Use of fall arrest equipment.
15. Safe use of Gravity Vertical and Horizontal lifelines.
16. Safe use of Fallprotec Securail systems.
17. Safe use of Fallprotec SafeAccess systems.

Important Notes:

1. All training is done in accordance with local and international best practices as well as local acts and regulations. Candidates must be competent as per Occupational Health and Safety Act 85 of 1993 Construction Regulations 1 and IRATA requirements.

2. IRATA Rope Access Level 1 Technician must work under direct supervision of a competent Rope Access Level 3 Advanced Operative (Supervisor) as per Construction Regulation 18 (rope access work), IRATA requirements and ISO 22846-1 & 2. Competency of the supervisor shall be determined by the site/task complexity and related risks.

3. Gravity Training cannot be held responsible for any unsafe and unlawful acts or behaviour as it is the duty of the technician to ensure his/her own safety and the safety of others on the work site.