



PORTABLE LADDER AND POLE CLIMBING IN A FIBRE ENVIRONMENT

Who Should Attend:

Any person working on a portable ladder or making use of pole climbing shoes to gain access on height, for example: telecommunications, utilities (Eskom power lines), construction work and mining.

Entry Requirements:

- Copy of identification document/passport.
- Be in possession of a valid medical fitness certificate (SA only).
- Copy of a valid Basic Fall Arrest US229998 certificate (SA only).
- Learners must have basic numeric literacy and be able to understand, read and write English (special needs candidates can be accommodated on request).

Price per Person:

Refer to training price list.

Candidates Allowed per Group:

Minimum: 8

Maximum: 12

**Please communicate preferred group sizes to the relevant bookings personnel as some clients may require smaller groups. Please be aware that smaller group sizes may affect your course price.*

Course Duration:

Days: 1

Course Specifics:

Certificate valid for 3 years.

Designation: Portable Ladder and Pole Climbing Shoes User.

Theoretical Knowledge:

1. Introduction to work at height.
2. Work at height definitions.
3. Legislation regarding work at height.
4. Understanding on-site risk assessments.
5. Appropriate equipment care and pre-use climbing inspection methods.
6. Identification and use of climbing equipment.
7. Limitations of climbing equipment.
8. Limitations of safe anchoring points.
9. The risks of overhead powerlines.
10. Safe distance to powerlines.
11. Managing electrical hazards.
12. The advantages of a "buddy system."
13. Identification of a range of portable ladders.
14. Inspection criteria of portable ladders.
15. Identification of a range of various pole climbing shoes.
16. Minimum free space areas.
17. Fall factors.

Practical Skills:

1. Perform a pre-use inspection on a portable ladder.
2. Securing a ladder using a variety of methodologies.
3. Selecting safe anchoring points.
4. Transporting portable ladders safely.
5. Securing portable ladders to vehicles safely.
6. Implement the "buddy system."
7. Ascend and descend a portable ladder.
8. Exclusion zones/barricading.
9. Safe use of portable ladders under overhead powerlines.
10. Securing a work positioning system.
11. Movement using a shock absorbing lanyard.
12. Movement using a retractable lanyard.
13. Managing minimum free space.
14. Managing fall factors.
15. Using pole climbing shoes safely.
16. Correct fitment of pole climbing shoes.
17. Safe backup system use during the use of pole climbing shoes.
18. Correct work positioning during the use of pole climbing shoes.

Important Notes:

1. All training is done in accordance with local and international best practices as well as local acts and regulation. He/she has been found competent as per Occupational Health and Safety act 85 of 1993 Construction Regulations 1.
2. Relevant standards require a minimum of 2 competent Portable Ladder and Pole Climbing Shoes User (who are in possession of valid Portable Ladder and Pole Climbing user certificates) to be on-site at all times during any lifting process.
3. Gravity Training can not be held responsible for any unsafe and unlawful acts or behaviour as this is the duty of the technician to ensure his/her own safety and the safety of others on the work site.