

ROPE ACCESS LEVEL 3

| US229997 & US230001

Who Should Attend:

Technicians who need to climb up and down structures and work while being suspended from ropes, as well as those that might act as Rope Access Site Supervisors.

Entry Requirements:

Theory Entry Requirements

- Logbook with 1000 Level 2 hours accumulated and signed by a Rope Access Level 3 Advanced Operative.
- Learners must have a good English reading and writing ability.

Practical Entry Requirements

- Successful completion of knowledge test.
- Original certified copy of identification document/passport (driver's licenses are not accepted).
- Be in possession of a valid medical fitness certificate.
- Copy of valid First Aid Level 1 certificate.
- Copy of valid Rope Access Level 2 certificate.
- Safety shoes.

Price per Person:

Refer to training price list.

Candidates Allowed per Group:

Minimum: 6
Maximum: 8

**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:

Theory: 1 Day | Test: 1 Day | Practical: 5 Days

Course Specifics:

US229997 – Select equipment and rig ropes for rope access projects.

US230001 – Supervise rope access teams and perform advanced manoeuvres and rescues.

NOF Level 4

Credits: 12 (Both unit standards combined)

Certificate is valid for 3 years.

Designation: Rope Access Level 3 Advanced Operative.

Theoretical Knowledge:

1. Introduction to work at height.
2. Work at height definitions.
3. Legislation regarding work at height.
4. Gather relevant work site information.
5. Completing an on-site pre-task risk assessment.
6. Completing a 3-monthly climbing equipment inspection form.
7. Completing a pre-use climbing equipment inspection form.
8. Identification and use of climbing equipment.
9. Limitations of climbing equipment.
10. Safe codes of practice for the placing of anchor points.
11. Selecting safe anchor points used for rigging of ropes.
12. Managing sharp edges.
13. Setting up top and bottom exclusion zones.
14. Understanding the advantages of a "buddy system".
15. Basic knowledge of vertical and horizontal lifelines.
16. Understanding principles of rigging working ropes.
17. Understanding cableways.
18. Understanding minimum free space areas.
19. Understanding fall factors.
20. Understanding the use of various rope access knots.
21. Understanding suspension trauma.
22. Understanding the "buddy rescue".
23. Correct completion of a rope access log book.
24. Responsibilities of supervising a complex rope access work site.

Practical Skills:

1. Perform pre-use climbing equipment inspections.
2. Perform 3-monthly climbing equipment inspections.
3. Placing of safe anchoring points.
4. Implement the "buddy system".
5. Making and using various rope access knots.
6. Rig various working rope systems:
 - 6.1. Vertical drops with particular attention to "rig for rescue".
 - 6.2. Set up a loop.
 - 6.3. Retrievable work ropes.
 - 6.4. Set up a lead climb.
 - 6.4. Set up a vertical drop using and equalising multiple anchoring points.
 - 6.4. Set up mid-rope knots.
7. Perform various rope access rescues:
 - 7.1. Snatch rescue in descending mode.
 - 7.2. Snatch rescue in ascending mode.
 - 7.3. Snatch rescue passing knots.
 - 7.4. Rescue of a lead climber.
 - 7.5. Rescue using a plug-in system and passing knots.
 - 7.5. Horizontal cableway rescue.
 - 7.6. Diagonal cableway rescue.
 - 7.7. Cross-haul cableway rescue.
 - 7.8. Rescue passing a deviation.
 - 7.9. Rescue passing through a re-belay.
 - 7.10. Team rescues.
 - 7.11. Stretcher rescue.
 - 7.12. Rope to rope rescue.
 - 7.13. Rescue from an aid-line.
 - 7.14. Rescue from a loaded back-up device - "self rescue".
 - 7.15. Supervising a rescue team.
 - 7.16. Ascending with a casualty.
8. Setup various rigging systems:
 - 8.1. Rig a 1:1 mechanical advantage system.
 - 8.2. Rig a 2:1 mechanical advantage system.
 - 8.3. Rig a 3:1 mechanical advantage system.
 - 8.4. Rig a 6:1 mechanical advantage system.
9. Retrieval rescue of casualty on short link on Fallprotec Rail systems.
10. Short link rescue off Fallprotec Rail systems.

Important Notes:

1. All training is done in accordance with local and international best practices as well as local acts and regulations. He/she has been found competent as per Occupational Health and Safety Act 85 of 1993 Construction Regulation 1.
2. Rope Access Level 3 Advanced Operative (if designated as the site supervisor for all simple and complex rope access work sites/tasks) is responsible for the supervision of all Rope Access Level 1 Basic Operatives and Rope Access Level 2 Intermediate Operatives. Always ensure that a rope access rescue can be performed at any time as per Occupational Health and Safety Act 85 of 1993 Construction Regulation 10.2 (e).
3. In addition, Rope Access Level 3 Advanced Operatives must ensure that all Rope Access Level 1 Basic Operatives and Rope Access Level 2 Intermediate Operatives designated to him/her work under direct supervision as per Construction Regulation 18 (Rope Access work) and ISO 22846-1 & 2.