



## COMPETENT CLIMBER COURSE (TSL)

**Course Number: AS 1103**

**Duration of course: 4 days (8 hours each)**

**Ratio: 6 to 1 students to 1 instructor**

*A comprehensive course in the safety procedures and equipment involved in fall protection and tower rescue.*

### SYNOPSIS OF COURSE:

A comprehensive course in the safety procedures and equipment involved in fall protection and tower rescue.

### TOPICS COVERED:

#### *Fall Protection Basics*

**Regulations:** basic CFR's and ANSI standards as they apply. CFR 1926 /1910 ANSI Z359.1.

Who is legally responsible. OSHA focused inspection.

**Hierarchy:** covers all parts of the fall protection hierarchy, including the appropriate steps for Eliminating, Preventing, and Controlling falls.

**Fall Restraint vs. Fall Arrest:** based on application and equipment. Emphasis placed on fall prevention.

Covers principles, components, and limitations of Fall Arrest Systems.

**Equipment Selection:** proper selection of suitable Fall Arrest Systems following appropriate fall hazard analysis which includes clearance distance and swing fall calculation methods. Care and maintenance.

#### Body holding devices

- + Anchorages
- + Rope construction, hardware
- + Industry Hazards
- + Rescues considerations
- + Site Analysis
- + Horizontal lifelines, vertical lifelines, ladder systems, self-retracting lifelines and lanyards, hoist/winch systems, controlled decent devices
- + Connectors
- + Specialty Systems
- + Climbing techniques
- + Field applications

### Certifications/Completion Cards Received After Successful Completion:

Tech Safety Lines Competent Climber Certification

**Required Equipment:** Work boots (steel-toed preferred), cotton pants and cotton long sleeve shirts. PPE will be provided.

*Note: Students must be medically and physically fit with a desire to work at heights.*



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