

**Course Name:** Tower Rescue and Competent Climber

**Course Overview:** This course has been reviewed by OSHA and exceeds the minimum requirements set by OSHA for the tower erection industry. The course is taught by vertical rescue specialists and experts in the tower erection industry.

**Course Length:** 3 days

**Who should Attend:**

- Field technicians
- Any employee involved in erecting towers

**You will Learn:**

- Rescue training
- Knowledge of fall arrest systems
- Anchors
- Accident Reporting procedures

**Prerequisites:** None

**Customizable Course:** No

**Course Content:**

Describe situations where there would be a need for self and/or assisted rescues.

Full Restraint Systems

Fall Arrest Systems

Hardware and Harness's used by the AHJ

Tie and define the uses of the following knots and hitches

- Figure Eight
- Figure Eight on a Bight
- Figure Eight Follow Through
- Double Loop Figure Eight
- Figure Eight Bend
- Barrel Knot
- Butterfly Knot
- Double and Triple Fisherman
- Prusik (Two and Three Wrap)
- Tensionless Hitch
- Load Release Hitch
- Water Knot



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- Square Knot

Tie and describe the uses of the following Hasty Harnesses

- Swiss Seat
- Modified Diaper
- Shoe Lace

Forces on anchors

Purposes of Directional's

How rope and/or webbing are employed in anchor systems

List suitable and unsuitable anchor points with the following areas:

- Buildings
- Vehicles
- Environmental

Circumstances where multiple anchors are needed

Load sharing/self equalizing anchors

Proper climbing techniques

AHJ and local policy for emergency rescue

AHJ and local Accident Reporting and Investigation process

AHJ and the local Incident Command Structure for handling and emergency

