

Course Name: Pole Climbing and Ladder Safety

Course Overview:

This course will provide four days of focused training on the fundamentals of safe pole climbing and working aloft while using wood pole climbing equipment and extension ladders intended for poles and suspension strands. Emphasis will be placed on utilizing the 3 point contact method of climbing while incorporating OSHA standards on climbing equipment, personal protection equipment, electrical hazards, climbing hazards, testing and inspecting poles and associated climbing equipment.

This is a pass fail certification course designed with progressive testing at the 6 foot, 12 foot and 18 foot levels along with a with on-line testing assessment. This course is to be followed up by post completion climbing assessment requirements by a supervisor within two weeks of completion.

Course Length: 4 Days

Who should attend?

- Telecommunication Technicians whose job responsibilities require climbing certification
- Managers/Field Supervisors
- Outside Plant Personnel

You will learn:

- Proper clothing, equipment, PPE, proper fit of equipment and how to inspect equipment
- Pole identification, inspection, unbalance loads, high/low side, unsafe pole tags
- The climber cut out test, care and treatment of climbing equipment
- The initial gaff and step followed by 2', 6', 12' 18' climb
- Pole climbing, maneuvering and working techniques
- Electrical and climbing hazards, inspection of insulating gloves, foreign voltage detectors, safe grounding principles
- Extension ladder climbing techniques, inspections, securing/lashing, carrying and storing techniques

Prerequisites: Physically fit, proper clothing (long sleeve shirt, pants, climbing boots, climbing gloves) PPE and company provided climbing equipment

Customizable Course: Yes



Course Content:

- Introduction to working aloft
- General Safety Tips
- Review of prerequisite exercises
- Ladders v/s Climbing
- Proper Clothing
- Climbing Equipment
- Equipment Inspection
- Climbers Safety
- Body Belt Safety
- Proper Fit of Climbing Gear
- Climber Cut Out Test
- Pole Climbing Techniques
 - Three-Point Method
 - Belted Climbing
 - Proper Angle
- Initial Gaff & Step Up On Pole
- Climb # 1 – Two (2) Foot Climb
- Arresting Gear and Usage
- Climb # 2 – Six (6) Foot
- Ascending & Descending climb
 - Safety on & Safety Off
 - Move Up & Move Down
- Test - Six (6) Foot Climb Video & Assessment
- Pole Climbing Techniques – Stepped Poles
- Test - Stepped Pole Climb Video & Assessment
- Electrical Hazards
- Foreign Voltage Detector (FVD)
- Testing Poles for Safety
- Climb #3 Six (6') Maneuvering
- Techniques
 - Lateral Move Left
 - Lateral Move Right
- Review of quick reference Card
- Safety review
- Climber cut out test
- Carrying tools up the pole
- Climb #3 - twelve (12') foot climb
- Test-twelve (12') foot Maneuver Video & Assessment
- Cleaning and Storage of Equipment
- Climb #4 Eighteen (18') foot Climb & Maneuver
- Test-Eighteen (18') Foot Video & assessment
- Utilizing Ladders-Poles & Suspension Strands
- Safety Review
- Review Climbing Eighteen (18') Foot
- Utilizing Ladders on Poles/Buildings
- Ladder Safety
 - Pole Centering Devices
 - Straps/Attachment Devices
- Ladder Techniques
 - One Man
 - Two Man
- Ladder Techniques
- Gaffs v/s Ladders
- Review Course Objectives

