

**Course Name:** Construction Safety – 30 Hour

**Course Overview:**

This course, as prescribed by OSHA, covers the minimum safety training to workers in the tower erection industry and will review the basic hazards they are normally faced with on the job site.

**Course Length:** 3 day

**Who should attend?**

- Tower Erectors and Construction Contractors
- RF Field Service Technicians
- RF Managers/Field Supervisors
- RF Field Engineers
- RF Installers

**You will learn:**

- Self and Assisted Rescues
- Full Restraint and Fall Arrest Systems
- Hardware and Harnesses
- Knots, Hitches, Harnesses
- Anchors and Anchor Point Systems
- Authorities Having Jurisdiction (AHJ) and Accident Reporting

**Prerequisites:** None

**Customizable Course:** No

**Course Content:**

Rescues

- Self rescues and situations
- Assisted rescues and solutions

Arrest Systems

- Full restraint systems
- Fall arrest systems
- Harnesses and hardware

Knots, 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
- Square Knot

#### Harnesses

- Swiss Seat
- Modified Diaper
- Shoe Lace

#### Anchors and Anchor Point Systems

- Forces, magnification and reduction
- Purpose of Directionals
- Rope and webbing in anchor systems
- Anchor points – suitable and non-suitable
- Multiple anchors
- Load sharing and equalizer anchors

#### Proper climbing techniques-Accidents and Reporting

- Training, visual inspections, tests, records
- Describe the AHJ and local policy for emergency rescues
- Accident reporting and investigation
- The local incident command structure
- Handling emergencies
- Investigation Processes

