

Mast and Tower Climbing Course Syllabus

This document details the basic minimum requirements of the course syllabus that Arqiva will accept to access sites where mast and tower climbing training is required.

Classroom Session

- Legislation
- Risk associated with working at height (inclusive of):
 - Falls
 - Falling objects
 - RF hazards
 - Weather and exposure to the elements
 - Risk assessments
- Control measures (inclusive of)
 - Control hierarchy – Avoid, Prevent, Mitigate
- Falls
 - Persons prevention – medical fitness, competence, safe climbing methods, work positioning equipment, weather
 - Persons mitigation – fall arrest equipment (latchway, railock, double lanyards)
 - Objects prevention – lanyards, closed bags
 - Objects mitigation – helmets, signage, drop zones
- Safe systems of work - Risk assessments, method statements, site access permits, supervision, dual person climbing
- Work Methods (inclusive of)
 - Work positioning equipment
 - Climbing methods – double hooking, 3 points of contact
 - Lifting equipment
- PPE
 - Types – harnesses, fall arrest trolleys (latchways, railock), climbing helmets, safety boots, fall arrest lanyards, work positioning lanyards, rope systems
 - Care and maintenance – storage, cleaning
 - Inspection regimes – statutory requirements, pre-use inspections
- Emergencies – inclusive of First Aid, getting help, reporting of incidents and accidents
- Policies and Procedures

Practical Session

The practical session to follow the classroom should include for demonstrating an ability to successfully climb and access the structure. Students should demonstrate as a minimum the following:

- Ability to identify all components of the climber PPE system e.g. harness, work positioning lanyard, latchway trolley, railock trolley, fall arrest lanyard and shock absorber, RF monitor.
- Ability to use an RF monitor and identify its alarm set up

- Attach a latchway and raillock trolley and their use
- Demonstrate an ability to double hook on a ladder system during ascent and descent
- Ability to climb away from the ladder access system whilst remaining attached.
- Ability to move around the external face of a structure whilst attached
- Ability to identify common antenna's and their RF propagation e.g. panel, omni, directional antennas
- Confidently access the structure during supervision and exercises

The practical session and assessment should allow for individuals to be assessed for their ability to undertake these tasks.

Course Duration

To adequately cover the items listed above and undertake the practical training and assessment we would expect the training session to last approximately one day. This session does not include for RF Awareness training, rope access, tower rescue or first aid. The above course syllabus is used for first time climbers and offers an introduction to tower climbing.