

	Day 1	Day 2	Day 3	
0845-0900	Introduction	Re-cap Day 1	Re-cap Day 2	
0900-0915	Lesson 1 – Stats, Legislation, Definition	Lesson 6 – Access Equipment	Lesson 7 – Tension Lines	
0915-0930	Lesson 2 – Hazards and Controls		Practical Session	
0930-0945				
0945-1000	Lesson 3 – Access Systems			
1000-1015				
1015-1030				
1030-1045	Break	Break	Break	
1045-1100	Lesson 4 – Personal Equipment	Practical Session	Lesson 8 – Emergency Rescue	
1100-1115			Practical Session	
1115-1130				
1130-1145				
1145-1200				
1200-1215	Lesson 5 – Other Considerations			
1215-1230				
1230-1300	Lunch	Lunch	Lunch	
1300-1315	Practical Session	Practical Session	Practical Session	
1315-1330				
1330-1345				
1345-1400				
1400-1415				
1415-1430				
1430-1445	Break	Break		
1445-1500	Practical Session	Practical Session		
1500-1515				
1515-1530			Break	
1530-1545			Written Assessment	
1545-1600	Written Assessment			
1600-1615				End of Course Evaluation