

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
DAY ONE – Mast and Tower Safety (Initial Course)			
	20	T / D	Introductions
1	60	T / D	<p>Understand Legislation and safety standards Understand risk assessment and use of safe systems of work</p> <ol style="list-style-type: none"> Main principle of health, safety, environmental legislation and approved codes of practice for working at height <ul style="list-style-type: none"> Health and Safety at Work Act 1974 Management of Health and Safety at Work Regulations The Work at Height Regulations PPE Regulations The Construction (Design and Management) Regulations Lifting Operations and Lifting Equipment Regulations (LOLER) Provision and Use of Work Equipment Regulations (PUWER) First Aid Regulations Employer and employee duties under legislation Industry standards (MATS)
2	70	T / D	<p>Risk assessment (Assessing risks) Managing common hazards</p> <ol style="list-style-type: none"> Hazards and risks associated with broadcast masts and towers. Methods of reducing risk and injury including the hierarchy of controls relating to working at height (risk assessment process)
3	220	T / D / P	<p>Be able to inspect and use personal equipment for WAH</p> <ol style="list-style-type: none"> Equipment standards Types of personal fall protection systems and the differences between fall arrest and work restraint. Inspecting, fitting, adjusting and the use of safety harnesses correctly and understanding the various types of harnesses and their applications Preparing for working at height using Personal Fall Protection Systems (PFPS) and PPE Fall distances Anchors Maintenance of equipment
4	60	T / D	<p>Other considerations – ladders, suspension syncope and procedures for rescue</p> <ol style="list-style-type: none"> Preparing to WAH using ladders / towers Suspension syncope (trauma) Procedures for rescue, emergency at height or other incidents
End of Day One			

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DAY TWO – Ascending and Descending			
	30	T / D	<p>Review day 1</p> <ol style="list-style-type: none"> 1. Understand Legislation and safety standards 2. Understand risk assessment and use of safe systems of work 3. Risk assessment (Assessing risks) 4. Managing common hazards 5. Be able to inspect and use personal equipment for WAH 6. Other considerations – ladders, suspension syncope and procedures for rescue
5	60	T / D	<p>Selection and Inspection of:</p> <ol style="list-style-type: none"> 1. Harnesses 2. Lanyards 3. Latchways system 4. Anchoring 5. Edge protection devices 6. Retractable lines 7. Mechanical descenders 8. Back up devices 9. Rope 10. Slings <p>Common knots</p> <ol style="list-style-type: none"> 1. Bowline 2. Clove hitch 3. Figure of eight
6	30	T / D	<p>Rescue from height Rescue principles and procedures Communication Types of rescue</p> <ol style="list-style-type: none"> 1. Self 2. Stretcher 3. Remote rescue / assisted lower 4. Snatch rescue <p>Casualty management Transferring a casualty</p>
7	310	T / D / P	<p>Practical session Safe use of work positioning equipment</p> <ol style="list-style-type: none"> 1. Safety harness 2. Work positioning lanyard 3. Anchor point <p>Safe use of fall arrest systems</p> <ol style="list-style-type: none"> 1. Safety harness 2. Lanyards (twin fall arrest and single fall arrest) 3. Fixed fall arrest systems

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			4. Anchor point 5. Climbing techniques Ascend, descend and work safely on towers and masts using appropriate working at height equipment 1. Safe use of anchor points and edge protection 2. Safe use of mechanical descenders, secondary back up lines 3. Understand “off-weighting” techniques Rescue from height 1. Self 2. Stretcher 3. Remote rescue / assisted lower 4. Snatch rescue Casualty management 1. Accessing an area with 90° edge 2. Access an area over an obstacle (handrail etc) Transfer from one device to another (left or right) to work along a structure.
End of Day Two			

DAY THREE – Rescue Techniques			
	30	T / D	1. Recap day two
8	370	P	Practical session on working safely at height and rescue (including ongoing practical assessment) Safe use of work positioning equipment 1. Safety harness 2. Work positioning lanyard 3. Anchor point Safe use of fall arrest systems 1. Safety harness 2. Lanyards (twin fall arrest and single fall arrest) 3. Fixed fall arrest systems 4. Anchor point 5. Climbing techniques Ascend, descend and work safely on towers and masts using appropriate working at height equipment 1. Safe use of anchor points and edge protection 2. Safe use of mechanical descenders, secondary back up lines 3. Understand “off-weighting” techniques

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			Rescue from height <ol style="list-style-type: none"> 1. Self 2. Stretcher 3. Remote rescue / assisted lower 4. Snatch rescue Casualty management <ol style="list-style-type: none"> 1. Access an area over an obstacle (handrail etc)
	30	T / D	Written assessment End of course evaluation
End of Course			