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ADVANCED CLIMBER (refresher)

Overview: This course is designed for those Advanced Climbers whose current certification is about or expire. The course will update the climber on current legislation and any advancements in the systems and techniques used within the practical areas of tower climbing. The course also aims to develop and build on the current skill level of the individual candidates.

Who should attend: Those whose current Advance Climber certification is about to expire.

Course requirements: Candidates must be physically fit (a 12m open structure climb is carried out on the practical) and free from any medical condition that prevents them from climbing. Current indate Advance Climber certification MUST be produced prior to commencement of the course. Candidates may use their own Fall Arrest equipment providing written evidence is produced to confirm in date inspection (If no proof of inspection is produced, the SST instructor will determine as to whether equipment can be used – SST equipment is available). Protective footwear is required for the practical elements of the course.



Course content: The course covers both theory and practical elements and is run as a form of revision, with practical scenarios to confirm and develop candidates current standard;

- Relevant Health and Safety Legislation
- Selection and inspection of restraint/fall arrest equipment
- Hazards associated with climbing on towers
- Emergency procedures
- Harness fitting and adjustments
- Practical assessment of hazards and associated risks
- Practical use of restraint and fall arrest systems
- Practical use of work positioning
- Open structure climbing
- Construction and use of temporary fall arrest systems
- Simple lifting techniques
- Demonstration of emergency procedures
- Climbing assessment
- Confirmatory question and answer session

Duration of course: 1 day.

Course outcome: Successful candidates will be issued with a new certificate and ID card covering their training, valid for a period of 3 years.