

Sage Safety and Training Ltd

I6 Dowding Way
Leavesden
Watford
Herts. WD25 7GA
T: 01923 679764
F: 01923 672574

2C, Brunel Close
Drayton Fields
Daventry
Northants. NN11 8RB
T: 01327 705460
F: 01327 700164



E: training@sage-safetyandtraining.co.uk

W: www.sage-safetyandtraining.co.uk

Restricted Tower Climber.

To provide delegates with the knowledge and practical experience to enable them to climb a structure using fall arrest systems and to work safely in protected areas at heights.

- Who should attend?** Persons who are required to climb on towers & masts, for survey or inspection purposes and are not required to leave ladders or protected areas on the tower.
- Medical requirements** All candidates must be physically fit without contra-indications for working at height. The Working at Height Regulations requires that a medical is conducted of all personnel working at height.
- Course requirements** Delegates must arrive with their own full body harnesses with associated equipment. Evidence of recent inspection must be available for inspection.
- Full climbing kits are available for purchase.
- Course content**
- Working at height confidence assessment.
 - Legislation standards and guidelines.
 - Working at heights categorisation.
 - Personnel Protective Equipment.
 - Generic and specific hazard identification and assessments.
 - Fall protection equipment and systems.
 - Emergency Procedures
 - Assessment and multiple-choice questionnaire.
- Duration of course** 1Day
- Materials:** Course Handout
- Intended outcomes:** Delegates who successfully complete the course will receive a certificate of training & ID card valid for 3 years.