

# Sage Safety and Training Ltd

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## ROPE ACCESS to BS7985

**Overview:** This course is aimed at persons who will be supervised whilst working at heights in an abseil method of work. The course is developed in line with BS7985 2013 (in conjunction with BS ISO 22846-1:2003 & BS ISO 22846-2:2012), the British Standard for Industrial Rope Access and aims to give the candidate skills in the descent and ascent of ropes in order to reach their work place, coupled with the ability to rescue themselves, and their work colleagues should the need arise.

**Who should attend:** Those who have current access issues, and can see the use of ropes as a viable option, along with those employers who wish to broaden the options available to them with regard access methods. It is recommended that employers send at least two persons per work team as rope access technicians should always work in pairs allowing rescue should one become injured.



**Course requirements:** Delegates must be physically fit and free from any medical condition that could prevent them from climbing. No previous experience in tower/industrial climbing is required. Delegates may use their own Rope Access equipment providing written evidence is produced to confirm in date inspection (If no proof of inspection produced the SAGE instructor will determine as to whether equipment can be used - SAGE equipment is available). Protective footwear & gloves are required for the practical elements of the course.

**Course content:** The course consists of both theory and practical elements including the following;

- Relevant Health and Safety Legislation
- Hazards and associated risks
- Selection, use and inspection of rope access equipment
- Selection and establishing of anchor points
- The use of ropes for ascent and descent
- Rope transfers
- Snatch rescues
- Post rescue considerations
- Test circuit (to confirm final standard reached)
- Question and answer session

**Duration of course:** 5 days

**Course outcome:** Successful delegates will be issued a certificate and ID card covering their training, valid for 3 years.