

# IRATA LEVEL 1

*Rope access for work at height*



**Objective:** in this course you will acquire knowledge and safety training in the use of equipment for working at height and in the inspection of its condition. At all times you will be supervised by a certified instructor with IRATA level 3, for a smooth learning and always focused on safety.

## PROGRAM: IRATA NIVEL 1

### Development of **theoretical content:**

1. ICOP – Code of Good Practices IRATA
2. TACS – Structure training IRATA system
3. Regulations and use of PPE
4. National legislation
5. Safety and prevention at heights
6. Theory Test

### Development of **practical content:**

1. Review and use of PPE
2. Up / Down with Descendant
3. Up / Down with ascender. Type: Croll
4. Knotting in the middle of ropes
5. Rope Changes
6. Turn offs
7. Short fractions
8. Manoeuvre to overcome protections – 90 degrees
9. Manoeuvre to overcome protectors in the middle of ropes
10. Movement on horizontal structure by anchors
11. Movements by horizontal structures
12. Rescue of victim with descender
13. Use of unscheduled facilities as rescue
14. Use of pulley systems to lift a load
15. Installations and nodes on separate anchors

## IRATA COURSE LEVEL 1

**Duration:** 35 hours (5 days) + 1 exam day

**Certificate Validity:** 3 years

**Maximum students:** 12 people per Ed.

**Prerequisites:** +18 years-old and adequate physical fitness for activity.

**Successfully completed the course:**

IRATA Digital Certificate, IRATA card, IRATA log book.

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