

IRATA LEVEL 3

Rope access for work at height



Objective: in this course you will learn how to supervise installations where work at height is performed. You will also learn advanced rescue techniques and new rope tying techniques, use of equipment and equipment limitations, under the supervision of an instructor.

PROGRAM: IRATA LEVEL 3

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 exam (level 3)

Development of **practical content:**

1. All level 1 and level 2 manoeuvres
2. Review of PPE equipment
3. Rescue of victims during an ascent
4. Rescue of victims when changing ropes
5. Rescue of victims in short division
6. Rescue of victims in diversion
7. Rescue of victims in structures
8. Lifting the victim with pulley system and auxiliary rope
9. Movements of loads, cross load system and zip lines
10. Use of hoists
11. Complex rope installations
12. Installation of ropes with separate anchors, triangulations
13. Installation of lifelines
14. Use of pulley systems to hoist a load
15. Proper choice in the use of rope protection

IRATA COURSE LEVEL 3

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

Certificate Validity: 3 years

Maximum students: 12 people per Ed.

Prerequisites:

- Previous requirements
- Older than 18 years-old
- Adequate physical fitness for activity
- Have a valid IRATA level 2 card
- Minimum 1 000 hours of experience worked and trained as an IRATA 2 technician in the IRATA hour book
- Minimum 1 year of experience as IRATA Technician level 2

Successfully completed the course:

IRATA Digital Certificate

IRATA card

IRATA log book

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