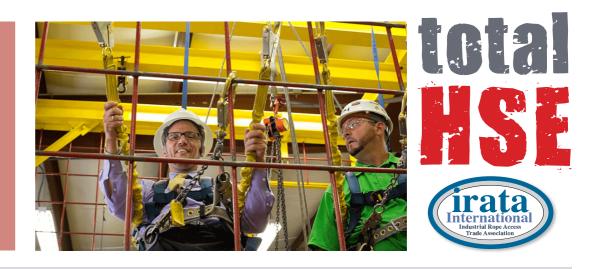


Rope access for work at height



**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.

# Headquarter:

# **Cárcar (Navarra) • Spain** Phone: +34 948 674 881 • navarra@totalhse.com

Accredited Centers:

Las Palmas (Canary Islands) • Spain SEPROM

Phone: +34 902 008 482 • canarias@totalhse.com

**Redondela (Galicia) • Spain** Verticalia Formación Phone: +34 986 401 472 • galicia@totalhse.com

www.totalhse.com