TOWER CLIMBING AND CONSTRUCTION SAFETY

- Safety managers
- Safety supervisors
- Security officers
- Safety officers
- Site supervisors
- Hygiene and safety at work committee members

TRAINING METHODOLOGY

- Exposes
- Demonstrations
- Study of real cases as lived by participants or conceived by trainers and discussed in workshops
- Workshops

DURATION

02 days

DATE

At your convenience

PLACE

At your convenience
COURSE OUTLINE

COURSE CONTENTS:

This course is divided into 12 modules according to identified concerns. They include:

1. Introduction to safety
2. Components of a telecom site
3. Site, Tower and climbing path safety assessment
4. Fall protection
5. PPE and PFAS
6. Ascent and descent

INTRODUCTION:

- Orientation and start up
- Objectives

At the end of this training, the participant should be able to:

- Define safety concepts as related to the tower industry.
- Systematically identify the hazards for telecommunication tower construction and maintenance workers.

- Course content
- Course modules
- Why the training is important
- Roles as participants

MODULE 1: INTRODUCTION TO SAFETY

Specific Objectives:

At the end of the module, participants must be able to:

- Explain the hazards associated with tower failure
- Identify the causes of tower failure
- Know the fall statistics
- Understand the applicable standard

Content:

- Why is safety important
- Tower failures
- Causes of tower collapses
- Factors involved in incidents
MODULE 2: COMPONENTS OF A TELECOM SITE

Specific Objectives:

At the end of the module, participants must be able to:

- Master the components of a telecom site
- Understand the elements of a telecom site
- Know the elements of the site safety

Content:

- Compounds and shelters
- Antenna types and mounts
- Basic antenna mounts
- Antenna mounting locations
- Self-supporting towers, guyed towers and monopoles

MODULE 3: SITE, TOWER AND CLIMBING PATH SAFETY ASSESSMENT

Specific Objectives:

At the end of the module, participants must be able to:

- Understand the purpose of a site safety assessment
- Know the elements of a site safety assessment
- Conduct a tower safety assessment

Content:

- Introduction
- Types of basic safety assessments
- Elements of the site safety assessment
- Personal physical conditions
- Tower safety assessment
- Basic elements of the climbing route and work station inspection
MODULE 4: PRE – FALL PROTECTION

Specific Objectives:

At the end of the module, participants must be able to:

- Identify falls as a leading cause of fatalities in the construction industry
- Explain the three conventional methods of fall protection
- Discuss the requirements for fall protection systems

Content:

- Falls
- Fall protection systems
- Fall protection process
- Prevention
- Definitions
- Snap hooks
- Calculation of total fall distance

MODULE 5: PERSONAL PROTECTIVE AND LIFE SAVING EQUIPMENT

Specific Objectives:

At the end of the module, participants must be able to:

- Know the PPE used in telecommunications construction
- Know the Personal Fall Arrest Systems (PFAS)
- Inspect PPE & PFAS
- Know the various lanyards used in climbing, transitioning and positioning for work
- Inspect the various lanyards and conduct a buddy check
- Attach tools properly
- Understand primary and secondary communications and their purpose

Content:

- Putting on PPE & PFAS
- Checking proper adjustment of co-workers’ PPE & PFAS (buddy check)
- Attaching and securing tools
- Primary and secondary communications
- Identification and inspection of PPE
- Identification and inspection of PFAS
- Identification and inspection of lanyards
MODULE 6: ASCENT AND DESCENT

Specific Objectives:

At the end of the module, participants must be able to:

- Identify climbing assistance systems
- Assess the safety of climbing assistance systems
- Understand the importance and process for safe tool attachment
- Identify primary, secondary and tertiary communication systems
- Recognise safe anchor points
- Identify temporary attachment points
- Recognise the symptoms of fatigue and other environmental concerns
- Demonstrate the mechanics of climbing
- Describe 100% connection

Content:
- Climbing assistance systems
- Safety climb systems
- Anchor points
- Communication
- Environmental concerns
- 100% connection Information retention
- Ascent and descent