

Hands-On

# Pole Climbing and Ladder Safety T-T-T

Train-The-Trainer Certification



## Course Description

This Hands-On 3-day course will train-the-trainer and a group of participants how to safely and effectively ascend and descend wooden poles using pole climbing Gaffs, Hooks, Belts, BuckSqueeze, SuperSqueeze and the EasySqueeze Safety, Fall Arrest Systems and associated Equipment and Ladders...

The pole climbing technique that will be taught is the "3-point contact method.

How to circle, and move to perform tasks on the pole will also be covered. Students will learn how to use ladders on the pole and at mid-span using the appropriate ladder securing equipment. The participants will complete exercises using construction tools and equipment.



If Company permits, ( which is recommended)

A Live Video will be taken of each student at the 6, 12, and 18-foot heights. This will ensure that the attendees are using proper techniques, safety parameters and effectively ascending and descending wooden poles using pole climbing gaffs and associated equipment.

All SAFETY practices will be covered and must be followed during the training exercise. Note This course is physically demanding. Students must earn at least 70 of the competency points to become certified in this course.

Train-The-Trainer Will include the following

1. The instructor candidates (climbing experience is required) will attend the first day of the course that consists of two parts
  - A) First day covering the course materials and how to deliver the training.
  - B) 2-3 days of co-teaching. In other words, the instructors will co-teach a live course of students.
2. Instructor Delivery-Course-Agenda Will receive a detailed course description with timelines and benchmarks for the delivery format of this course.
3. Course Manual Will receive a hardcopy of our course manual for study and reference to use with your company personnel only.
4. A list of required equipment needed and facility layout for a successful training program.
5. Instructions for the Video Tapping Procedures (if required)

## Students Will Learn

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- **4. A list of required equipment needed and facility layout for a successful training program.**
- **5. Instructions for the Video Tapping Procedures (if required)**
- **Topics To Be Delivered**
- **-Putting New Hires Into Action Hands-On**
- **-Safely and Effectively Ascend and Descend Wooden Poles**
- **-Learn the "3-Point Contact Free Hand" Method**
- **-Use of Fall Arrest Systems**
- **-BuckSqueeze Safety**
- **-Use Ladders on The Pole and At Mid-Span Using The Appropriate Ladder Securing Equipment**
- **-Hands-On Experience and Comprehension will**
- **-Produce Safety & Quality Climbing The first Time, Every Time!**
- **-Tested and Certified**

## Target Audience

Anyone interested in Utility Pole Climbing Certification and possible Train-The-Trainer for this course.

## Prerequisites

Instructor candidates must have pole climbing experience. The initial group to be trained must be physically able to climb.

## Course Outline

### Lesson 1. Safety

Climbing Gear Inspection  
Fitting and inspection of belts  
Personal Protection Equipment  
Fall Arrest Systems, BuckSqueeze

Electrical Hazards

## **Lesson 2. Pole Climbing Techniques**

- Using Pole Climbing Gaffs
- Three Point Contact Method
- Belted Climbing
- Climbing Maneuvers
- Climbing to the 6 foot level
- Practicing maneuvers

## **Lesson 3. Fitting Climbing Gear**

- Body Belt
- Climbers
- Other Gear

## **Lesson 4. Pole Safety Inspection**

- Check Pole For Rot
- Obstacles On Poles
- Test out at the 12 foot level
- Testing 12 foot level climbing and maneuvers

## **Lesson 5. Work Area Assessment**

- Fall Hazards
- Pedestrian And Automotive Traffic

## **Lesson 6. Aerial Work Assignments**

- Using Hand Lines
- Attaching Aerial Hardware

## **Lesson 7. Ladders**

- Carrying Ladders
- Raising And Lowering Ladders
- Placing And Securing Ladders At Poles
- Placing And Securing Ladder At Mid-Span
- Using Ladders

## **Lesson 8. Student Evaluation and Certification**

Climbing 12 foot and 18 foot poles  
Evaluate all climbing maneuvers and techniques  
Video taping of all final climbs (If Applicable)

## **Delivery Method**

Instructor led with numerous Hands-On labs, exercises, testing and certification.

## **Equipment Requirements**

**(This apply's to our hands-on courses only)**

Please have attendees bring their PPE (Personal Protective Equipment)

- Boots
- Gloves
- Hardhat/Headgear
- Long Sleeve Shirt
- Climbers/Gaffs
- Belt/Harness

and any other gear is welcome.

BTS always provides equipment to have a very successful Hands-On course. BTS also encourages all attendees to bring their own equipment to the course. This will provide attendees the opportunity to incorporate their own gear into the labs and gain valuable training using their specific equipment.

## **Course Length**

3 Days