

Hands-On

# Utility Pole Climbing Certification



## Course Description

This Hands-On extensive course is needed in order to climb safely and efficiently, a lineman needs to understand and practice climbing techniques. This course introduces two methods used for climbing wooden poles and will cover the proper techniques for safetying-on and off, methods of adjusting a safety strap while working on a pole, and the basic technique of maneuvering around a pole. This course also covers and describes the safe use of the popular BuckSqueeze Safety Strap, and other fall arrest systems.

A field performance report will be made on each attendee as well as a final written and performance test. The FPR will be signed by the instructor and the attendee.

Attendees not performing to the basic standards will be given an incomplete. Any attendee that violates the safety rules established by the instructor will be kept on the ground and not allowed to continue the course. Safety comes first, within seconds serious injury can occur and lives can be lost.

### NOTE

Hands-On Pole Top and Bucket Truck Rescue Certification can be added as an additional day, making this a 4-day course upon request.

## Students Will Learn

- **Safety Standards and Guideline**
- **Proper inspecting of a pole**
- **Use of all associated climbing equipment**
- **Basic techniques for free climbing and belted climbing.**
- **Proper techniques for safetying-on and off, adjusting a safety strap while on a pole**
- **Proper maneuvering around a pole**
- **Use of a crossarm on a bare pole.**
- **And more**

## Target Audience

Anyone desiring or working on Utility Poles.

## Course Outline

### Module 1: Pole Climbing Equipment

- Basic equipment
- Determining proper fit of body belt
- Determining proper fit of climbers
- Safety equipment and other equipment
- Test questions

### Module 2: Use, Maintenance, and Inspection of Climbing Equipment

- Wearing Climbers
- Sharpening, gauging, and replacing gaffs
- Testing and inspecting climbing equipment
- Test Questions

### Module 3: Basic climbing techniques, Part 1

- Techniques for free ascent (proper fall arrest equipment)
- Techniques for free descent (proper fall arrest equipment)
- Test Questions

### Module 4: Basic Climbing Techniques, Part 2

- Storing and attaching safety strap
- Making a belted ascent
- Making a belted descent
- Proper use of fall restraint safety belt
- Test Questions

### Module 5: Basic Climbing Techniques, Part 3

- Safetying on and off
- Adjusting the safety belt on/off pole
- Maneuvering around pole
- Test Questions

## Module 6: Climbing on the Job

- Crossarm installation for new climber
- Planning a climbing job
- Test Questions

### Notes

#### Required Student Equipment

- Hardhat
- Gloves
- Climbing Boots
- Safety Glasses
- Long Sleeve Shirt
- Gaffs (Hooks)
- Belt/Harness

### Delivery Method

Instructor-Led with numerous Hands-On labs and exercises.

### Equipment Requirements

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

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