Hands-On

Pole Climbing and Ladder Safety

Certification

Course Description

This Hands-On 3-day course will train the participants how to safely and effectively ascend and descend wooden poles using pole climbing Gaffs, Hooks, Belts, BuckSqueeze 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,(Upon Request, fees may apply)
A Live Video can 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.

A master copy of this video will be filled at BTS headquarters. BTS, as an added benefit, will issue a Username and Password to access the completion videos on our BTS secured video server. This provides easy access to every video for student / company evaluations, company reviews and any legality issues where this video may be required. PROOF IS PROTECTON !

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.

Students Will Learn

- **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 and supersqueeze Safety**
- **Use Ladders on The Pole and At Mid-Span Using The Appropriate Ladder Securing Equipment**
- **Hands-On Experience and Comprehension will**

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- **produce Safety & Quality Climbing The first Time, Every Time!**

Target Audience

Contractors, union craftsman, electricians, technicians, installers, splicers, LAN managers/administrators, end-users, engineers, MIS managers, facilities managers and technicians, architects and developers, systems engineers, telecom managers and technicians and anyone involved in telecommunication services and or Poll Climbing and Ladder Safety positions.

Prerequisites

None

Course Outline

Day 1

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

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Other Gear

Day 2

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

Day 3

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

Delivery Method

Instructor led with numerous Hands-On labs and exercises.

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Equipment Requirements

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

For On-Site courses, we must have access to Pole(s) for the climbing portion of the training. Please have attendees bring their PPE (Personal Protective Equipment)
-Boots
-Gloves
-Safety Glasses
-Hardhat/Headgear
-Long Sleeve Shirt
-Climbers/Gaffs/Hooks
-Belt/Harness
-Secondary Belt
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

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