

Safely Working Aloft



Course Length 4 days

Course Code NFSWO1

Prerequisites Physically fit
Proper climbing equipment
Body of weight of 275lbs or less

Course Overview: This course will provide participants with the knowledge and skills required to safely and effectively ascend, descend and maneuver on wood poles using pole climbers and body belts. Additionally, participants will be trained in the safe handling and usage of extension ladders while working aloft.

***Important Note:** Throughout this course your performance will be video taped. These tapes will be kept on file as well as made available to you upon request. These tapes are used as a permanent record of your ability to demonstrate proper climbing techniques.

** This course can be customized or combined to meet specific system requirements**

NetForce Solutions, Inc.
17281 Simmons Road
Purcellville, VA 20132

phone (540) 338-5824
fax (509) 757-1661

info@netforcesolutions.com

www.netforcesolutions.com

Course Outline

DAY 1

- Introduction to working aloft
- General Safety Tips
- Review of prerequisite exercises
- Ladders v/s Climbing
- Proper Clothing
- Climbing Equipment
- Equipment Inspection
 - Climbers
 - Body Belt
- Proper Fit of Climbing Gear



DAY 1 (cont'd)

- Climber "Cut-Out" Test
- Pole Climbing Techniques
 - Three-Point Method
 - Belted Climbing
 - Proper Angle
- Initial Gaff & Step Up On Pole
- Climb # 1 – Two (2) Foot Climb
- Maneuvering in the Air
- Arresting Gear and Usage

DAY 2

- Review of Day 1
- Arresting Gear and Usage
- Climb # 2 – Six (6) Foot Ascend & Descend
 - Safety on & Safety Off
 - Move Up & Move Down
- Test - Six (6) Foot Climb Video & Assessment
- Pole Climbing Techniques – Stepped Poles
- Test - Stepped Pole Climb Video & Assessment
- Electrical Hazards
- Foreign Voltage Detector (FVD)
- Insulating Gloves
- Carrying and Storage Techniques
- Testing Poles for Safety
- T-Zone Inspection

DAY 3

- Review of Day 2
- Climb #3 Six (6') Maneuvering Techniques
- Test - Six (6) foot maneuver video & assessment
- Basic First Aid
- Ladder Safety – Ropes/Knots - Straps
- Extending and Placement of Ext Ladders
- Safety review
- Climber cut out test
- Carrying tools up the pole
- Climb #3 - Twelve (12') foot climb
- Test-twelve (12') foot maneuver video & assessment
- Cleaning and Storage of Equipment

DAY 4

- Climb #4 Eighteen (18') foot climb & manv
- Test-Eighteen (18') Foot Video & Asmt
- Utilizing Ladders-Poles & Suspension Strands
- Safety Review
- Review Climbing Eighteen (18') Foot
- Utilizing Ladders on Poles/Buildings
- Ladder Safety
 - Pole Centering Devices
 - Straps/Attachment Devices
- Ladder Techniques
 - One Man
 - Two Man
- Ladder Techniques
- Gaffs v/s Ladders
- Review Course Objectives



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NOTE:

On-line assessment and Manager/Supervisor climbing assessment is recommended within two weeks upon completion of training.