



# Level II Technician Certification

## “COMPETENT PERSON” Training



**“Competent Person”** – an individual designated by the employer to be responsible for the immediate supervision, implementation, and monitoring of the employer’s managed fall protection program who, through training and knowledge, is capable of identifying, evaluating, and addressing existing and potential fall hazards, and who has the employer’s authority to take prompt corrective action with regards to such hazards. (ANSI Fall Protection Code Definition 2.30)

### Class Prerequisites:

- Candidates seeking certification to ACRABAT Level II “Competent Person” must have appropriate previous pitched roofing rope access training and experience. Participants will be asked to perform moderate to strenuous activities. A physical examination by a doctor is strongly recommended. Candidates will be required to sign a Liability Release Form and a Statement of Medical Condition confirming the absence of known medical conditions that might preclude their ability to safely work at height.
- All Participants must have completed self-study requirements of program by reading course training manual "Rope Access Training for Pitched Roofing Systems" prior to attending class.

**Full Level II Certification:** Twenty (20) hours of Level II curriculum and forty (40) hours total of documented field related experience. Training hours shall cover all areas contained in Operations Standards. Four (4) hours of the twenty (20) hours of Level II training can be completed as self-study provided the material covered is consistent with Level II curriculum and documented within a personal training portfolio as proof of completion.

## “Day One”

**Please Note:** Class start times will vary based on time of year! Check your class confirmation e-mail for exact class start times

**6:45 am – 7:00 am - Sign-in** - Participants fill out disclosure forms

**7:00 am – 7:10 am – Classroom Training - “Competent Person” Training Program Overview –**

- Instructor will introduce training facilitators and address all general training site information
- Instructor will hand out participant work packets
- Instructor will discuss Competent Person training objectives

**7:10 am – 7:30 am – Classroom Training - Current Forms of Fall Protection Practice -**

- History of Fall Protection
- Four primary forms of lifeline based fall protection systems

**7:30 am – 8:30 am – Training Exercise #1- Two Line Vertical Rope Access**

- Trainees will learn how to ascend and descend along a two-line vertical rope access system
- Trainees will learn how to utilize a Podium seat board for prolonged vertical rope access work

**8:30 am – 9:00 am – Classroom Training - OSHA**

- OSHA 1926.500 Fall Protection Compliance Presentation

**9:00 am – 10:00 am – Training Exercise #2 -**

- Trainees will learn how to tie four advanced knots: (Bowline, Bowline on a Bight, Opposite Opposing Locking Knots & Scaffold Knot)
- Trainees will learn how to assemble and use two hitches: (Tensionless Hitch & Munter Hitch)
- Trainees will build a double anchor belay system using advanced knots and hitches

**10:00 am – 10:30 am – Classroom Training – ANSI -**

- ANSI Standards for Rope Access Z359.8

**10:30 am – 11:30 am – Classroom Training – IRATA, SPRAT & ACRABAT Rope Access Associations -**

- SPRAT (Society for Professional Rope Access Technicians) “Safe Practices for Rope Access”
- IRATA (Industrial Rope Access Trade Association) “International Code of Practice”
- ACRABAT (Association for Certified Rope Access Building Assessment Technicians) “Safe Standards for Pitched Roof Rope Access”

**11:30 am – 12:00 pm – Lunch Break**

**12:00 pm – 1:00 pm – Field Exercise #3 – Alternative Belay Training -**

- Attended belay training with Stop, Grigri, Figure 8 and ATC
- Static belay training with Stop, Grigri, Figure 8, ATC and Rope Grab

**1:00 pm – 1:30 pm – Classroom Training – Fall Protection Work Plans -**

- Developing company specific Fall Protection work plans

**1:30 pm – 2:30 pm – Field Exercise #4 – Advanced Pivot Line Training -**

- Trainees will construct and use pivot lines on 12/12 pitch

**2:30 pm – 3:15 pm – Classroom Training – Equipment Care, Inspection and Retirement –**

- Participants will be provided instruction on how to care for all rope access equipment, ladders and PPE
- Participants will be provided instruction on how and when to inspect all rope access equipment, ladders, and PPE
- Participants will be provided instruction on when rope access equipment, ladders and PPE should be retired

**3:15 pm – 4:00 pm – Field Exercise #5 – Advanced Anchor Construction Training -**

- Trainees will construct and use load shared anchors
- Trainees will construct and use weight based anchors

**4:00 pm - Sign Out**

## **“Day Two”**

**7:00 am – 8:30 am – Classroom Training – Advanced Ladder Safety Training –**

- Advanced pitched roof specific Ladder Safety training
- Developing site specific pitched roof ladder specific training programs for front line workers

**8:30 am – 9:00 am – Classroom Training – Employee Assisted Rescue Training –**

- Trainees will learn how to assemble equipment components to build and use a mechanical advantage system to facilitate the rescue of an incapacitated worker
- Trainees will learn how to complete a “Pick-Off” rescue of an incapacitated worker

**9:00 am – 10:00 am – Field Exercise #6 – Mechanical Advantage Rescue Training -**

- Trainees will demonstrate the ability to perform two person Mechanical Advantage rescue
- Trainees will demonstrate the ability to perform solo Mechanical Advantage rescue

**10:00 am – 10:30 am – Written Test, Scoring & Instructor Led Discussion –**

- Trainees completed written exams are scored and correct answers revealed and discussed.

**10:30 am – 11:30 am – Critical Skills Testing - Participants are required to complete the following skills tests:**

**NOTE:** PARTICIPANTS must meet proficiency requirements on all critical skills testing components in order to achieve Level II "Competent Person" certification status.

### **Critical Skills Test # 1 “Advanced Knot Skills”**

- Trainees will have three minutes to correctly tie and dress four knots (Bowline, Bowline on a Bight, Scaffold Knot, & Opposite Opposing Locking Knots)

### **Critical Skills Test # 2 “Mechanical Advantage Rescue Skills”**

- Trainees will demonstrate the ability to construct and use a Mechanical Advantage rescue system

### **11:30 am – 12:00 pm - Lunch Break**

### **12:00 pm – 2:30 pm – Critical Skills Testing Continues –**

### **Critical Skills Test # 3 “Advanced Static Belay Set-up Skills”**

- Trainees will have seven minutes to correctly construct a Static Belay system using advanced knots and hitches

### **Critical Skills Test # 4 “Load Shared Anchor Set-up Skills”**

- Trainees will demonstrate the ability to construct and use a complex load shared anchor belay system

### **Critical Skills Test # 5 “Vertical / Two-line Access Skills”**

- Trainees will demonstrate the ability to use a vertical / two-line rope access system
- Trainees will demonstrate the ability to use a Podium seat board

### **Critical Skills Test # 6 “Alternative Belay Device Skills”**

- Trainees will demonstrate the ability to descend a 14/12 pitch using: Munter Hitch, Petzl Stop, Figure 8, & ATC

### **2:30 pm – 4:00 pm – Classroom Presentations –**

- Trainees will deliver classroom style training presentations on: Rope Access Knots and Their Specific Purpose / Application, Rope Access Belay device use and inspection

### **4:00 pm - Sign Out**

*Participants who successfully complete program lessons, practical skills testing, written testing and show proof of 40 hours of field related experience will be provided certificates that document full Level II Technician certification within five business days of class completion.*

## **Duties of The Roof Specific Rope Access Program Manager (Level II / Competent Person):**

*(As defined by ACRABAT's “Roof Inspection Specific Rope Access Standards”)*

The Level II Roof Specific Rope Access Program Manager shall provide direct implementation and supervision of employers managed fall protection program (i.e. rope access program).

The Level II Roof Specific Rope Access Program Manager shall ensure compliance with both federal and state level work-at-height regulations.

The Level II Roof Specific Rope Access Program Manager shall specify appropriate rope access system equipment components, set up and use.

The Level II Roof Specific Rope Access Program Manager shall specify appropriate personal protection equipment (PPE) to be used.

The Level II Roof Specific Rope Access Program Manager shall evaluate individual skills, training and experience.

The Level II Roof Specific Rope Access Program Manager shall provide on-site individual and group training as needed.

The Level II Roof Specific Rope Access Program Manager shall create, maintain and update site specific work plans that include JHA (Job Hazard Analysis) evaluations detailing hazards that pitched roof rope access workers are likely to be exposed to and specify the means by which hazards will be controlled or eliminated.

The Level II Roof Specific Rope Access Program Manager shall hold regular safety meetings and maintain an appropriate level of communication with all rope access workers.

The Level II Roof Specific Rope Access Program Manager shall complete yearly equipment inspections and appropriately remove from service all equipment that is no longer safe for use due to excessive wear, visible damage or exposure to shock or forces of that exceed manufacturers listed working load limit.

The Level II Roof Specific Rope Access Program Manager shall establish procedures for the prompt rescue of rope access personnel.



Reality

Rope Access LLC