



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.

“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 and class sign in sheet for applicable CEUs.

7:00 am – 7:30 am - “Competent Person” Training Program Overview –

- Instructor will introduce training facilitators and address all general training site information
- Instructor will present class safety plan
- Competent Person training objectives
- Responsibilities of a Level II “Competent Person” company representative
- Risk Management for fall related incidents, injuries and fatalities

7:30 am – 8:30 am – Rope Access Association Standards-

- 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) “Standards for Pitched Roof Rope Access”

8:30 am – 8:45 am – Class Break

8:45 am – 11:30 am – Pitched Roof Appropriate Rope Access Equipment –

- Understanding Ascenders (Appropriate use and limitations of Petzl “Jumar” and Petzl “Rescuesender” / rope grab attached to a Y-Lanyard for self-belay)
- Understanding Descenders (Appropriate use and limitations of Petzl “Rig”, Petzl “ID”, Petzl “Stop”, figure 8, & Petzl “Rack” for self-belay)
- Understanding ground belay device (Appropriate use and limitations of Petzl “Grigri” for an attended belay)

11:30 am – 12:30 pm - Lunch Break

12:30 pm – 1:30 pm – Governmental Regulation and Voluntary Standards for Fall Protection –

- Federal OSHA Regulations
- State OSHA Regulations
- ANSI Z359
- Pitched Roof Rope Access Standard Operating Procedures

1:30 pm – 2:30 pm – Understanding Managed Fall Protection Programs -

- Critical components of a managed fall protection program
- Job Hazard Analysis, Rescue Plans, Employee Protocol

2:30 pm – 2:45 pm – Class Break

2:45 pm – 3:50 pm – Set-up and Use of Two Line Rope Access Systems -

- Mobility along vertical lifelines
- Use of Petzl “ASAP” Fall Arrester on a back-up / secondary lifeline

3:50 pm – 4:00 pm – Hand Out Take-Home Written Exam –

- Participants provided an open book take home exam to be completed by the beginning of day 3 when it will be discussed and scored

4:00 pm - Sign Out

“Day Two”

7:00 am – 8:30 am – 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

8:30 am – 8:45 am – Class Break

8:45 am – 11:30 am – Employee Assisted Rescue Training –

- Participants will learn how to assemble equipment components to build and use a mechanical advantage system to facilitate the rescue of an incapacitated worker
- Participants will learn how to complete a “Pick-Off” rescue of an incapacitated worker
- Participants will demonstrate the ability to perform both Mechanical Advantage rescues and Pick-off rescues

11:30 am – 12:30 pm - Lunch Break

12:30 pm – 2:30 pm – Advanced Rigging –

- Participants will learn advanced knots and rigging for atypical roofing structures
- Constructing Pivot Lines from ground level

2:30 pm – 2:45 pm – Class Break

2:45 pm – 4:00 pm – Competent Person Participant Led Instruction Assignments – Participants will be divided up into small groups and provided training topics to prepare for class instruction led presentation on day three. Topics will include:

- Rope Access Knots and Their Specific Purpose / Application
- Weight Based & Structural Anchor Selection
- Inspection of Ropes, Lanyards, Webbing, Connectors, Harnesses, Ascenders, Descenders Rope Grabs and Fall Arresters
- Tag-Line Rope Delivery Systems
- Construction of Static / Self-Belay Systems
- Pivot Lines
- Ladder Safety
- PPE (Personal Protective Equipment)

4:00 pm –Sign Out

“Day Three”

7:00 am – 8:00 am – Review and Score Written Exam – Written exam is reviewed, scored and collected

8:00 am – 8:30 am – Team # 1 Classroom Presentation – Participants deliver assigned topic presentation on:

- How to tie “Super Eight” Knot
- How to Inspect and use connectors and provide information that details the difference between OSHA approved carabiners and ANSI approved carabiners

8:30 am – 8:45 am – Class Break

8:45 am – 9:15 am – Team # 2 Classroom Presentation – Participants deliver assigned topic presentation on:

- How to correctly tie and dress and load “Figure Eight Follow Through” Knot
- How to Inspect and use Petzl “Croll” and Petzl “Jumar” Ascenders

9:15 am – 9:45 am – Team # 3 Classroom Presentation – Participants deliver assigned topic presentation on:

- How to correctly tie and dress and load “Water” Knot
- How to Inspect and use Petzl “ID” Descender and Petzl “Rig” Descender

9:45 am – 10:15 am – Team # 4 Classroom Presentation – Participants deliver assigned topic presentation on:

- How to correctly tie and dress and load “Butterfly” Knot
- How to Inspect and use Petzl “Stop” descender and Petzl “Grigri” ground belay device

10:15 am – 10:45 am – Team # 5 Classroom Presentation – Participants deliver assigned topic presentation on:

- How to correctly tie and dress and load a “Tensionless Hitch”
- How to Inspect and use a Petzl “Jumar” and Petzl “Rescuesender” on a Y-lanyard

10:45 am – 11:15 am – Team # 6 Classroom Presentation – Participants deliver assigned topic presentation on:

- Ladder Safety
- How to Inspect and use a Petzl “ASAP” fall arrester and a Prusik cord as a primary and redundant belay device.

11:15 am – 12:15 pm - Lunch Break

12:15 pm – 12:30 pm – Team # 1 Field Presentation – Participants deliver assigned topic demonstration of:

- “First-Man-Up” Tag-Line rope delivery system

12:30 pm – 12:45 pm – Team # 2 Field Presentation – Participants deliver assigned topic demonstration of:

- Static “Self Belay” lifeline construction

12:45 pm – 1:00 pm – Team # 3 Field Presentation – Participants deliver assigned topic demonstration of:

- Pivot-Line construction

1:00pm – 1:15 pm – Team # 4 Field Presentation – Participants deliver assigned topic demonstration of:

- Self- Rescue

1:15 pm – 1:30 pm – Team # 5 Field Presentation – Participants deliver assigned topic demonstration of:

- Two- Line Rope Access Systems

1:30 pm – 1:45 pm – Team # 6 Field Presentation – Participants deliver assigned topic demonstration of:

- Personal Protective Equipment (PPE)
- Ladder Safety

1:45 pm – 2:00 pm – Class Break

2:00 pm – 4:00 pm – Employee Assisted Rescue Skills Testing – Participants will demonstrate their ability to perform an employee rescue from fixed vertical suspension.

- Mechanical Advantage Rescue
- Pick-off Rescue

4:00 pm - Sign Out



Reality

Rope Access LLC