



# MATS Tower Climbing and Rescue Refresher



## Course Aim

This course is suitable for those working in the telecommunications and broadcasting industry who wish to revalidate their Basic Tower Climbing and Rescue certification in order to meet the annual standard set by MATS. Delegates will refresh their knowledge on safety competence and be able to demonstrate a safe rescue from towers or masts.



## Who Should Attend?

This course is aimed at those who wish to refresh their training to work on telecoms towers and masts.

Delegates must be 18 years or over and have suitable physical fitness.



## Course Duration

This is a 1 day course.



## Certification

Upon successful completion of this course, delegates will receive accreditation by MATS valid for 12 months.



## Agenda

Theory & practical assessments

- Legislation & safety standards
- Identification of hazards and risk assessment
- Developing rescue plans
- Use of and rescue from harnesses & fall arrest lanyards
- Use of knots and ropes
- Self rescue
- Selecting appropriate anchor points
- Using a work positioning system
- Using fixed fall arrest system
- Recovering a casualty
- Managing suspension intolerance
- Suspension trauma

