

## IRATA Rope Access Level 1

<b>Duration</b>	5 days
<b>Target group</b>	This training course is intended for any person who is going to work in Rope Access industry
<b>Prerequisites</b>	<p>Pre-training Requirements: Health and Fitness</p> <p>4.2.1 Candidates shall be at least 18 years of age on the first date of Training.</p> <p>4.2.2 Candidates should be physically fit and unaffected by any disability or medical condition that may prevent them from working safely. They shall ensure that they have an adequate level of fitness, are physically able to perform the tasks expected in terms of strength, agility and co-ordination, and are able to withstand the stresses of the working environment, such as heat, cold, and other inclement weather.</p> <p>4.2.3 Candidates are required to declare that they do not have any medical conditions or contraindications that may prevent them from working safely. The minimum requirement is a selfcertification statement, see the IRATA 'Candidate Disclaimer and Liability Release' [FM-014].</p> <p>4.2.4 It is recommended that prospective employees are in possession of an appropriate medical certificate before starting this kind of work, and that they are reassessed at regular intervals thereafter.</p> <p>4.2.5 If a Candidate has a contra-indicated condition which is controlled with medication, they shall obtain a signed doctor's note to show the Trainer Member Company or Employer that the condition should not prevent that person doing rope access work providing they have access to the required medication.</p> <p>4.2.6 Candidates should consider their experience carefully before attempting to progress to a higher level. Candidates without appropriate experience, adequate pre-assessment Training and knowledge of the syllabus are unlikely to meet the required standard when assessed.</p>
<b>Objective</b>	<p>This is a rope access technician who is able to perform a specified range of rope access tasks under the supervision of a Level 3 Rope Access Safety Supervisor. They are:</p> <ul style="list-style-type: none"> <li>a) able to understand and follow the rope access procedures, method statements and associated risk assessments;</li> <li>b) responsible for pre-use checks of their own rope access equipment;</li> <li>c) able to assist in rigging and other operations, under the guidance of a higher grade;</li> <li>d) able to undertake a simple rescue in descent, and assist in rescue operations</li> </ul>



---

**Contents**

Planning and management  
Equipment  
Rigging  
Rigging for rescue and hauling  
Rope maneuvers  
Climbing techniques  
Rope rescues  
Final examination

---

**Exam**

All Candidates are required to undergo a practical Assessment, where they shall demonstrate their competency as per the required 'TACS' [TC-101] syllabus items. Where appropriate, the Assessor may explore the Candidate's knowledge further by discussion.