

# Telecoms Safety Training

## Fixed Ladder Access, Egress & Rescue



For workers who must perform rescues of a colleague from within protected areas (fixed vertical ladders and platforms) using abseil\* or fixed-rate descent equipment.

### Course Content

- ▼ UK legislation and best practices for work at height rescue.
- ▼ Hazards associated with work at height rescue.
- ▼ Selection of descent rescue equipment.
- ▼ Access and anchor systems for rescue on fixed ladders.
- ▼ Management of suspension intolerance (pre-syncope).
- ▼ Pre-use inspection of descent rescue equipment.
- ▼ Assisted lower and descent rescue practical skills.
- ▼ Rescues while supported by work positioning equipment.

*\*This course does not provide certification in rope access techniques or in rescue from beyond protected areas. See also AAT04 Tower Rescue.*

Course code	<b>AAT07</b>
Training time	<b>1 day</b>
Certification	<b>1 &amp; 3 years<sup>1</sup></b>
Your venues	<b>Yes<sup>2</sup></b>
Student ratio	<b>4:1</b>
Practical	<b>Yes</b>
Certification	<b>Ainscough</b>

1: Access element is certified for three years.  
Rescue element is certified for one year.  
2: Use of customer sites will be subject to an assessment.

Delegates must be medically-fit to perform the practical elements of this course and must sign a medical disclaimer to that effect.

### Prerequisites

- ▼ Valid Basic Climbing qualification (such as AAT06).
- ▼ A suitable First Aid qualification is recommended for all persons performing workplace rescue.



Ainscough Crane Hire Ltd.  
Bradley Hall, Bradley Lane, Standish, Wigan WN6 0XQ  
☎ 01257 478522 📠 01257 421051  
✉ health.safety@ainscough.co.uk