

Telecoms Safety Training

Fixed Ladder Rescue Refresher



For workers who must revalidate their Fixed Ladder Access, Egress and Rescue qualification. It includes the skills required to 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.*

Prerequisites

- ▼ Valid AAT07 Fixed Ladder Access, Egress and Rescue certificate.

Course code	AAT08
Training time	1/2 day
Certification	1 year
Your venues	Yes¹
Student ratio	4:1
Practical	Yes
Certification	Ainscough

1: 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.



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