



Fonterra Rope Access Course



3 day course based on an intro to rope access techniques. Maximum 10 people, min 8. Included in course will be a specific Fonterra rope access resource/work book done in color. Successful participants will be giving a certificate from Fire and Safety Training Ltd in Rope Access. Assessment will be based on observing practical scenarios containing compulsory core competencies. Course will include latest industry techniques, strict compliance with AS/NZ Standards for rope access, practical rescue scenarios and self protection. F&ST will provide 2 full abseil kits and utilise existing abseil equipment on sites. F&ST will provide two trainers.

Course Costs \$2000 per day + Travel + acc

Course Outline

- **Day 1 Theory/Practical 8:30am—5:00pm**
 Legislation
 Inspection and maintenance of equipment
 Knots/Rope handling
 Harness fitting and equipment size up
 Fall Arrest Systems/Edge protection
- **Day 2 Practical 8:30am—5:00pm**
 Rigging of anchors and ropes
 Ascending/Descending of ropes
 Knot by-passing and Line change overs
- **Day 3 Practical 8:30am—5:00pm**
 Patient on Ascension rescued from ground and above
 Patient on Descending rescued from ground and above
 Rebelays/Rebelay bypasses of ropes
 Redirecting ropes



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