

Learn To Return™

Tower Climbing and Rescue

Specialized educational programs designed to provide knowledge, experience, and confidence telecommunication workers.

Program Details

Class Time:

8am—5pm

Class Size:

12 Students

Registration

For registration information please call our main office at (907) 563-4463 or e-mail LTRoffice@alaska.net

Please Bring

Closed toe Shoes/Boots
Comfortable Clothing
Climbing Gloves
Personal Climbing Equipment (optional)

Regulations

CFR 1926.503
CFR 1910
ANSI 359.2.2007
ANSI A10.48-2016
ANSI Z490.1-2016



*LTR Training Systems is the NATE WIN State Liaison for Alaska



Curriculum Overview

The Tower Climbing and Rescue curriculum was developed specifically for Alaskan climbing conditions. This course meets ANSI/ASSE and OSHA Criteria for Accepted Practices in Health, Safety, and Environmental training and authorizes the worker as a climber and assisted rescuer for tower climbing. The program's objective is to instruct students in the safe procedures for tower climbing, demonstrate new safety technologies, and provide education and extensive practice in climbing and rescue operations in a safe and supervised environment.

Day One

Students are introduced to the basics of climbing, hazards, risk assessment, federal regulations, and current equipment used in the industry. Equal time will be spent in classroom and practical lab hands-on training. Labs will include descent device familiarization, harness donning and inspection, safe climbing techniques, calculating fall distances, and working at height. During classroom sessions students will also learn about treating common climbing injuries, like suspension trauma, that may occur after a worker has taken a fall.



Day Two

The second day of training begins with a work at height climbing activity. Students are told to perform a "tailgate" safety meeting as soon as they all arrive and perform buddy harness inspections. Once all climbs have been completed students return to the classroom for their introduction to Rescue. Students will learn, then demonstrate, the ability to perform self and assisted rescue techniques, how to build a haul system, work with several "pre-made" rescue devices, and demonstrate proper lifting techniques during rescues. After students have completed all required rescues the day is concluded with a formal written exam followed by a course review, and graduation.

LTR Training Systems, Inc.

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