APPROVED by
Order No. P1-__ of __ February 2015 of
the Director of Gridins Enterprise LT UAB

THE BASICS OF WORKS AT HEIGHTS, PERFORMED BY MOBILE TELECOMMUNICATIONS EQUIPMENT FITTERS

TRAINING PROGRAMME

INFORMAL TRAINING PROGRAMME

Duration of the training course – 40 hours
Minimum starter education – basic education

THE TRAINING PROGRAMME IS COORDINATED WITH:

Valdas Prušinskas
Head of Production
Gridins Enterprise LT UAB

____ February 2015

Regina Kazarauskienė
Head of Occupational Safety and Health Division
Gridins Enterprise LT UAB

____ February 2015

COORDINATED:

_____
(name of the company, position)

_____
(full name and signature)

APPROVED by
Order No. P1-__ of __ February 2015 of
the Director of Gridins Enterprise LT UAB

TRAINING PLAN

No.	Subject	Number of hours	
		Total	Including practical tasks
	THEORY TRAINING	**10**	**-**
1.	**The laws, relating with working at heights; Occupational safety and health requirements.**	**2**	**-**
2.	**Principles of working at heights; Risk factors, relating with working at heights; Risk evaluation and management, planning of works; Methods of working at heights.**	1	-
3.	**Personal protective equipment; Personal protection against falling; Choosing the suitable equipment; Use, validation, characterization and storage of the equipment; Principles of using the falls prevention system; Falls factors and their prevention.**	3	-
4.	**Collective protective equipment; Scaffolding and ladders; Stationary falls prevention systems; Equipping a safe workplace by using personal protective equipment and height working equipment.**	2	-
5.	**Safety and health provisions, relating with loads' lifting; The basics of manual lifting; Light loads lifting equipment; Lifting systems;**	1	-
6.	**Plan of evacuation; Rescue works, planning; Suspension traumas.**	1	-
	PRACTICAL TRAINING		**30**
7.	**Completeness and wearing the equipment; Vertical and horizontal movements when using the falls prevention equipment and blockers; Climbing a stationary falls preventing system; Vertical and horizontal ropes systems and knots; Restricted works zone, positioning; Securing and climbing ladders.**	-	10

8.	**Lifting equipment of light loads;** **Lifting methods of light loads ;** **Lifting systems;** **Lifting of manual loads.**	-	12
9.	**Rescue equipment;** **Rescue methods;** **Position of the injured person.**	-	8
	Qualification examination	1	-
	Total:	**40**	

APPROVED by
Order No. P1-__ of __ February 2015 of
the Director of Gridins Enterprise LT UAB

QUALIFICATION REQUIREMENTS

Must know:
1) Occupational safety and health requirements;
2) Methods of working at heights and risk factors;
3) Types, purpose, rules of use, maintenance, checking and storage of the necessary personal protective equipment;
4) Falls factors and their impact on the human body;
5) Types and correct use of knots and problems, arising when using knots of different types;
6) Structures of the used technical means, rules of their installation and operation;
7) The ways to equip a safe workplace by using the personal protective equipment and height working equipment;
8) Requirements of occupational safety and health, environmental protection and electric safety;
9) Loads' lifting safety and health provisions, manual lifting basics, light loads' lifting equipment and lifting systems;
10) Correct choice of rescue equipment, planning and process of rescue operations, possibilities of suspension traumas.

Must be able to:
1) Evaluate and manage risks, plan works and choose the appropriate method for working at heights;
2) Complete, check and use personal protective equipment;
3) Correctly move vertically and horizontally by using falls prevention equipment and blockers;
4) Climb the stationary falls prevention systems;
5) Equip a safe workplace by using personal protective equipment and heights working equipment;
6) Equip a secure work zone, position and tie knots;
7) Safely perform works on scaffolds and ladders;
8) Complete, check and use the lifting equipment;
9) Use light loads' lifting methods, lifting systems and safely perform manual lifting;
10) Complete rescue equipment, organize and perform rescue works;
11) Observe the occupational safety and health, fire safety, environmental protection and electrical safety requirements.

APPROVED by
Order No. P1-__ of __ February 2015 of
the Director of Gridins Enterprise LT UAB

TRAINING PROGRAMME

No.	Subject	Number of hours	
		Total	Including practical tasks
	THEORETICAL TRAINING	**10**	**-**
1.	**The laws, relating with working at heights; Occupational safety and health requirements.**	**2**	**-**
1.1	The principal provision of the Law on occupational safety and health; dangerous works (production processes). Instructing the staff on the occupational safety and health issues.	0,8	-
1.2	Instructing rope access technicians on the occupational safety and health issues, getting familiarized with the workplace at the object, the used lifting tools and other protective means and equipment.	0,8	-
1.3	Work at Height Regulations: 2005; Health and Safety at Work etc. Act 1974.	0.4	-
2.	**Principles of working at heights; Risk factors, relating with working at heights; Risk evaluation and management, planning of works; Methods of working at heights.**	**1**	**-**
2.1	Choosing a safe working method, necessary equipment, equipping the secure zone, ensuring protection of third persons.	0,25	-
2.2	Risk factors, relating with working at heights; Identifying the risk factors; Tools and methods for reducing the risks; Risk management.	0,5	-
2.3	Choosing the working method; The method for performing the works; The equipment, necessary for performing the works; The height lifted equipment, necessary for performing the works; Contacts, telephone numbers	0,25	-
3.	**Personal protective equipment; Personal protection against falling; Use, validation, characterization and storage of the equipment; Principles of using the falls prevention system;**	**3**	**-**

	Falls factors and their prevention.		
3.1	Choosing the personal protective equipment according to the purpose: Gloves, footwear, clothes, goggles, helmets.	0,25	-
3.2	Choosing the personal protection against falling according to the purpose; EN361,EN358,EN813 full body safety harnesses, EN12492 helmet, EN355 falls prevention system, EN362 connectors, EN1891 ropes, EN358 positioning equipment, EN795 mobile anchors, etc.	1	-
3.3	Correct use of height working equipment; Characteristics of personal protective equipment, permitted loads; Checking the personal protective equipment, storage; Marking the personal protective equipment.	1	-
3.4	Falls prevention systems; Correct securing; Safe use; Safe height.	0,5	-
3.5	Additional falls prevention tools; Falls blockers; Vertical safety systems.	0,5	-
3.6	Fall factor F=0; F=1; F=2; F=5; The possible damage to human body in case of a fall; The consequences when using improper falls prevention equipment.	0,25	-
4.	**Collective protective equipment; Scaffolding, ladders; Stationary falls prevention systems; Equipping a safe workplace by using personal protective equipment and height working equipment and methods.**	**2**	**-**
4.1	Requirements to installation, correct choice and checking the collective protective equipment.	0,25	-
4.2	Foundations for constructing, correct use and checking scaffolds; Types of ladders as supplementary equipment; Use of ladders according to the purpose; Use, securing and checking the ladders.	0,25	-
4.3	Safe use of the stationary safety system.	0,25	-
4.4	Choosing the securing points; Falls prevention systems; Working position; Secured works zone.	0,25	-
5.	**Safety and health provisions, relating with loads' lifting; The basics of manual lifting; Light loads lifting equipment;**	**1**	**-**

	Lifting systems.		
5.1	Health and Safety at Work etc. Act 1974 Lifting Operations and Lifting Equipment Regulations 1998 (LOLER 1998) Provision and Use of Work Equipment Regulations 1998 (PUWER 1998) Manual Handling Operations Regulations 1992 (MHOR 1992)	0,25	-
5.2	Manual Handling Operations Regulations 1992 (as amended MHOR) Manual lifting of loads, planning; Risk control; Methods of manual lifting of loads; Correct body position.	0,25	-
5.3	Correct use of loads lifting equipment; Characteristics of the loads lifting equipment, permitted loads; Slinging angles and tension; Checking and storing the loads lifting equipment; Marking the loads lifting equipment.	0,25	-
5.4	Lifting system 1:1, 2:1, 3:1, 6:1, 9:1; Anchors' loads.	0,25	-
6	**Evacuation plan;** **Rescue methods, planning;** **Suspension traumas;**	**1**	-
6.1	Coordinating the evacuation plan with the evacuation plan of the building; Contacts of rescue and medical services;	0,25	-
6.2	Evaluating the complexity of rescue works; Total management and control of the situation; Rescue works plan; Instructing the team; Necessary rescue equipment.	0,5	-
6.3	Impact of a suspension trauma on a human body; Correct behaviour if getting suspended in the safety harness; Correct care of the injured person when rescuing; Correct position of the injured person after lowering him down to the ground; Correct taking off the safety harness after the suspension trauma.	0,25	-
	PRACTICAL TRAINING		**30**
7.	**Completeness and wearing the equipment;** **Vertical and horizontal movements when using the falls prevention equipment and blockers;** **Climbing a stationary falls preventing system;** **Vertical and horizontal ropes systems and knots;** **Restricted works zone, positioning;** **Securing and climbing ladders.**	**-**	**10**

7.1	Correct choice and completeness of the equipment; Correct wearing the safety harness; Checking whether the safety harness is correctly completed and put on.	-	0,5
7.2	Climbing the stationary ladder or metallic structures, using the falls prevention systems and positioning equipment.	-	2
7.3	Climbing by using stationary falls prevention systems (rope and metallic) and blockers.	-	0,5
7.4	Installation of horizontal and vertical safety systems by using the equipment, completed by the manufacturer.	-	0,5
7.5	Purpose of knots; Tying and using knots.	-	3
7.6	Installation of horizontal and vertical safety systems by using knots and individual equipment elements.	-	3
7.7	Ladder securing methods; Safe ladder climbing.	-	0,5
8	**Lifting equipment of light loads;** **Lifting methods of light loads;** **Lifting systems;** **Lifting manual of loads.**	-	**12**
8.1	Completing the load lifting equipment.	-	1
8.2	Slinging, lifting and lowering light loads; Straight lifting of loads; Lifting of loads by bypassing obstacles; Lifting of loads by using a two-line system.	-	9
8.3	Lifting system 1:1, 2:1, 3:1, 6:1, 9:1.	-	1
8.4	Manual loads lifting methods; Correct body position.	-	1
9	**Rescue equipment;** **Rescue methods;** **Position of the injured person;**	-	**8**
9.1	Completing the rescue equipment.	-	0,5
9.2	Self-rescuing by using the rescue equipment; Rescuing a conscious injured person; Rescuing an unconscious injured person.	-	7
9.3	Correct care of the injured person when rescuing; Correct position of the injured person after lowering him down; Correct taking off the safety harness after the suspension trauma.	-	0,5
	Qualification examination	**1**	
	Total:	40	

The training programme was prepared by: instructor Tomas Daugintis
instructor Robertas Daugintis