



The Total Group of Companies presents

SPRAT LEVEL 1/2/3



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SPRAT Rope Access Level 1/2/3

Level 1

This course is intended to provide information and practical skills for the student to work competently and safely on rope. In addition, this course will present to the student the skills needed to successfully pass the SPRAT Rope Access Level I evaluation. This course comprises 32 hours (4 days) plus a separate evaluation session (day 5).

- The audience for this course are those that desire to perform work at height utilizing rope access techniques for initial and continuing certification.
- The primary course directives pertain to the student meeting the requirements of the Society of Professional Rope Access Technicians (SPRAT) evaluation (testing) process.
- Quizzes will be administered to develop understanding and preparation for the final written test administered as part of the SPRAT evaluation process.
- Successful completion of the course will be recognized through successful completion of the SPRAT evaluation process.
- Successful students will receive certification from SPRAT to include a certificate, identification card, and experience logbook. Those that re-certify will receive a new certificate and identification card.
- Certification is valid for 3 years.
- The skills demonstrations will be accomplished within the Total indoor purpose-built training environment.

Course prerequisites: None

Course attendance requirements: 32 hours plus SPRAT evaluation session

Course location: Dependent on location booked

Course materials: Total Student Course Documents

Course equipment: Provided for use during course in full by Total

Course delivery methods: This course will include 3 hours of classroom presentation, 1 hour of student quiz time, 8 hours of instructor hands-on demonstration, and 20 hours of student hands-on demonstration and practice time with instructor input and supervision.

Course objectives and learning outcomes:

Upon completion of this course, the level I candidate should have the skills for:

- Describing overall concepts of rope access and SPRAT guidelines
- Describing overall job performance and site safety
- Describing basic fall protection concepts
- Performing a safety inspection of all equipment and systems
- Performing basic rope access maneuvers
- Assisting in system rigging
- Performing a limited self and co-worker rescue

Course overview:

- Overview of SPRAT Safe Practices for Rope Access Work
- Overview of SPRAT Certification Requirements for Rope Access Work
- Overview of levels of qualification
- Overview of SPRAT evaluation process
- Documentation of work (forms, logbook, etc)
- Review of basic fall protection concepts
- Equipment use and inspection
- Rope use, protection and inspection
- Job safety analysis (JSA)
- Worksite communication
- Access, hazard and safe zones
- Knots, bends, hitches
- Two point contact
- Single point and multipoint anchors
- Fall factor
- Impact force
- Rope access maneuvers: knot pass, rope to rope transfer, short/long rebelay, deviation
- Lead and follow climbing techniques (ladders, structural steel)
- Belay techniques
- Rescue techniques

Level 2

This course is intended to provide information and practical skills for the student to work competently and safely on rope. In addition, this course will present to the student the skills needed to successfully pass the SPRAT Rope Access Level II evaluation. This course comprises 32 hours (4 days) plus a separate evaluation session (day 5).

- The audience for this course are those that desire to perform work at height utilizing rope access techniques for initial and continuing certification.
- The primary course directives pertain to the student meeting the requirements of the Society of Professional Rope Access Technicians (SPRAT) evaluation (testing) process.
- Quizzes will be administered to develop understanding and preparation for the final written test administered as part of the SPRAT evaluation process.
- Successful completion of the course will be recognized through successful completion of the SPRAT evaluation process.
- Successful students will receive certification from SPRAT to include a certificate, identification card, and experience logbook. Those that re-certify or upgrade their certification will receive a new certificate and identification card.
- Certification is valid for 3 years.
- The skills demonstrations will be accomplished within the Total indoor purpose-built training environment.

Course prerequisites: Rope Access Level I certification

Course attendance requirements: 32 hours plus SPRAT evaluation session

Course location: Dependent on location booked

Course materials: Total Student Course Documents

Course equipment: Provided for use during course in full by Total

Course delivery methods: This course will include 3 hours of classroom presentation, 1 hour of student quiz time, 8 hours of instructor hands-on demonstration, and 20 hours of student hands-on demonstration and practice time with instructor input and supervision.

Course objectives and learning outcomes:

Upon completion of this course, the level II candidate should have the skills for:

- Describing overall concepts of rope access and SPRAT guidelines
- Describing overall job performance and site safety
- Implementation of basic fall protection concepts
- Performing a safety inspection of all equipment and systems
- Performing basic and advanced rope access maneuvers
- System rigging and anchorages including system analysis and safety evaluation
- Performing limited and advanced self and co-worker rescue including mechanical advantage and lowering systems

Course overview:

- Review of SPRAT Safe Practices for Rope Access Work
- Review of SPRAT Certification Requirements for Rope Access Work
- Review of levels of qualification
- Review of SPRAT evaluation process
- Documentation of work (forms, logbook, etc)
- Review of basic fall protection concepts
- Equipment use and inspection

- Rope use, protection and inspection
- Job safety analysis (JSA)
- Worksite communication
- Access, hazard and safe zones
- Knots, bends, hitches
- Two point contact
- Single point and multipoint anchors
- Fall factor
- Impact force
- Resultants
- Anchorage installation
- Rope access maneuvers: knot pass, rope to rope transfer, short/long rebelay, deviation
- Lead and follow climbing techniques (ladders, structural steel)
- Belay techniques
- Rescue techniques
- Advanced rigging skills
- Friction hitches
- Pull-through anchors
- Lowering anchors (anchors pre-rigged to lower)
- Haul systems
- Cross haul systems

Level 3

This course is intended to provide information and practical skills for the student to work competently and safely on rope. In addition, this course will present to the student the skills needed to successfully pass the SPRAT Rope Access Level III evaluation. This course comprises 32 hours (4 days) plus a separate evaluation session (day 5).

- The audience for this course are those that desire to perform work at height utilizing rope access techniques for initial and continuing certification.
- The primary course directives pertain to the student meeting the requirements of the Society of Professional Rope Access Technicians (SPRAT) evaluation (testing) process.
- Quizzes will be administered to develop understanding and preparation for the final written test administered as part of the SPRAT evaluation process.
- Successful completion of the course will be recognized through successful completion of the SPRAT evaluation process.
- Successful students will receive certification from SPRAT to include a certificate, identification card, and experience logbook. Those that re-certify will receive a new certificate and identification card.
- Certification is valid for 3 years.
- The skills demonstrations will be accomplished within the Total indoor purpose-built training environment.

Course prerequisites: Rope access Level II certification

Course attendance requirements: 32 hours plus SPRAT evaluation session

Course location: Dependent on location booked

Course materials: Total Student Course Documents (electronic)

Course equipment: Provided for use during course in full by Total

Course delivery methods: This course will include 3 hours of classroom presentation, 1 hour of student quiz time, 8 hours of instructor hands-on demonstration, and 20 hours of student hands-on demonstration and practice time with instructor input and supervision.

Course objectives and learning outcomes:

Upon completion of this course, the level III candidate should have the skills for:

- Ability to thoroughly describe the overall concepts of rope access and SPRAT guidelines
- Ability to thoroughly describe overall job performance and site safety
- Implementing fall protection concepts
- Performing a complete safety inspection of all equipment and systems
- Performing basic and advanced rope access maneuvers
- System rigging and anchorages including system analysis and safety evaluation
- Performing advanced self and co-worker rescue including mechanical advantage and lowering systems

Course overview:

- Review of SPRAT Safe Practices for Rope Access Work
- Review of SPRAT Certification Requirements for Rope Access Work
- Review of levels of qualification
- Review of SPRAT evaluation process
- Documentation of work (forms, logbook, etc)
- Review of basic fall protection concepts
- Equipment use and inspection
- Rope use, protection and inspection
- Job safety analysis (JSA)
- Worksite communication
- Access, hazard and safe zones
- Knots, bends, hitches
- Single point and multipoint anchors
- Fall factor

- Impact force
- Resultant forces
- Advanced anchorage installation and mechanical anchorages
- Rope access maneuvers
- Lead and follow climbing techniques (ladders, structural steel)
- Belay techniques
- Advanced rescue techniques
- Advanced rigging skills
- Load release hitches
- Pull-through anchors
- Lowering anchors
- Haul systems
- Cross haul systems
- Guideline and highline systems
- Team work and rescue systems