

# Safety At Heights<sup>SM</sup> Training

## Competent Tower Climber

**Course No. ZT-Tower**  
**(16-Hour Course) – Certificate & Wallet Card Provided Upon Successful Completion**

**Price \$1,100 USD (\$1,425 CAD)**

MSA's *Competent Tower Climber* course is designed to meet the needs of climbers in the telecommunications and utility tower climbing industry who work or supervise activities in construction, maintenance and tower upgrades. Building on MSA's safety equipment manufacturing knowledge, the course follows the training and procedural protocols laid-out by OSHA and the FCC's "Communication Tower Best Practices" as well as the National Association of Tower Erectors (NATE) CTS 4<sup>th</sup> Ed. Fall Protection Training Standard. This training is for those new to the industry as well as those with greater experience who need to meet federal regulatory safety requirements and industry best practices. It also covers topics needed to meet contractor specifications for tower climbers prior to being allowed access to tower sites.

The course is led by industry-experienced climbers and includes practice on ROHN and self-supporter tower simulators.

*The 2-day course covers the following content:*

- **Applicable Standards/Regulatory**

- **Introduction:**

- OSHA
- NATE
- MIOSHA / North Carolina OSHA

- **Safe Work Planning:**

- Hazard Identification, Evaluation, Control
- Filling out a Pre-Climb Safety Checklist

- **Fall Protection 101:**

- Anchor Points:
  - Selection & Strength
- Bodywear:
  - Selection for Tower Climbing
  - Inspection
  - Proper Donning & Suspension
- Connecting Devices:
  - Lanyards for Fall Arrest
  - Lanyards for Positioning

- **Fall Protection High Risk Areas:**

- Providing for Adequate Fall Clearance
- Keeping Fall Forces on the Body Low
- Avoiding Common Misuses of Equipment

- **Tower Industry Introduction:**

- Tower Types
- Work Activities
- Hazards:
  - FR/EME
  - Electrical
  - Environmental/Weather
  - Avoiding Unsafe Structures
  - Object & Personnel Hoisting
  - Falling Objects
  - Falls & Suspension Trauma

- **Practical Activities:**

- Equipment Selection
  - Tower-Climbing Harnesses
  - Fall Protection Lanyards
  - Positioning Equipment
- Use of Ladder Vertical Lifeline Systems
- Safe Climbing, Transitioning onto, & Positioning on a Tower

- **Tower Rescue Practical:**

- Rescue Equipment Basics
- Equipment Rigging
- Performing a Pick-Off Rescue