



## Fall Protection

# Tower Climbing

### Course Overview

- Fall protection oversight – regulatory bodies
- Fall arrest systems review
- Work positioning equipment
- Ladder fall arrest systems
- Climbing techniques
- Work planning
- Free fall distance calculations
- Clearance requirements
- RF monitors
- RF safe working distance

Course Code: 6233 | Duration: 8 Hours

### Course Description

Climbing towers can be a hazardous job if you don't use proper climbing techniques and fall arrest equipment. This program will address aspects of tower climbing to ensure each participant gains the proper knowledge to mitigate potential fall hazards and to feel comfortable working at heights on skeletal structures.

A second component of this program is education regarding radio frequency (RF). On towers, there are multiple sources of potentially harmful radio waves. Understanding this hazard is paramount for any tower worker.

Classroom enrollments are kept to a low number to afford each student the maximum time on the tower practicing the techniques and gaining a level of comfort.

**Course prerequisite:** 6218 Fall Protection Comprehensive

### 3M Personal Safety Division

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