

IMEA 610
Qualified Pole Climber Workshop Outline

Workshop Outline

DAY 1, Wednesday 9:00 am on Day 1 only. All others at 7:30 am

- 9:00 Welcome and Introductions
- 9:15 Workshop Safety Rules
- 10:00 Climbing Tool Inspection and Adjustments guide – pg 30-40
- 11:00 Video “Wood Pole Climbing”
- 12:00 Lunch
- 1:00 Field Exercise
 - Conduct pre-job briefing
 - Belt adjustment and foot position
 - Secure pole strap into body belt using a visual snap hook to D-ring check
 - Moving and leaning with feet on ground
 - Passing material with feet on ground
 - Standing on pole with climbers below 4’ level
 - Moving on pole with climbers below 4’ level
 - Passing material with climbers below 4’ level
- 3:30 Daily Review and Discussion

DAY 2

- 8:00 Wood Pole Inspection Techniques field – chap 5-6
 - Knot tying – half-hitch, timber hitch, bowline field – chap 11
- 9:30 Field Exercise With Fall Arrest
 - Conduct pre-job briefing
 - Wood pole inspection
 - Free climb to 6’ level
 - Standing on pole with climbers below 6’ level
 - Moving and leaning on pole with climbers below 6’ level
 - Circle pole at 6’ level
 - Passing material/ball toss at 6’ level
 - Free descend to ground
 - Hitch-hike climb to 6’ level and descend
- 12:00 Lunch
- 1:00 Field Exercise With Fall Arrest
 - Free climb to 12’ level with fall arrest
 - Standing on pole with climbers at 12’ level
 - Moving and circle pole with climbers at 12’ level
 - Free descend to ground with fall arrest
 - Hitch-hike climb to 12’ level and descend
- 3:30 Daily Review and Discussion

DAY 3

8:00 Review APPA Safety Video “Pole Climbing Safety and Rescue”

- Discuss hand line use and care
- Practice rolling up a hand line

9:00 Field Exercise

- Conduct pre-job briefing
- Practice free climbing to 12’ level, moving , leaning, circling
- Free climb to 20’ level with fall arrest
- Standing on pole with climbers at 20’ level
- Moving and leaning on pole with climbers at 20’ level
- Passing material at 20’ level
- Free descend to ground
- Hitch-hike climb to 20’ level and descend with fall arrest
- Free climb to 20’ level and descend

12:00 Lunch

1:00 Field Exercise

- Use brace and bit standing on pole 10 feet from ground
- Hang handline on arm and pole standing on pole 10 feet from ground
- Hang single arm standing on pole 10 feet from ground
- Hang double arm standing on pole 10 feet from ground
- Free climb to 20’ level
- Ball toss at 20’ level
- Free descend to ground

3:30 Daily Review and Discussion

DAY 4

8:00 Construction Drawings

9:00 Field Exercise – 20 Foot Level with Fall Arrest

- Conduct pre-job briefing
- Stretching
- Practice free climbing to 12’ level, moving , leaning, circling
- Free climb to 20’ level with fall arrest
- Moving and leaning on pole with climbers at 20’ level
- Passing material at 20’ level
- Ball toss at 20’ level
- Repetitive climbing

12:00 Lunch

1:00 Field Exercise

- Practice free climbing to 20’ level, moving , leaning, circling
- Free climb to 30’ level with fall arrest
- Moving and leaning on pole with climbers at 30’ level
- Passing material at 30’ level
- Ball toss at 30’ level
- Free descend to ground
- Hitch-hike climb to 30’ level and descend

- *Optional* - Full body harness with “D” Ring on back. If the participant has one, he may want to use his own.

Suggested parts for Buckingham climbing equipment

Climber Pads – 3500C...velcro pads with cinch loop or...
3127...8” pad with double straps

6909U...gaff guard

4570.....bolt bag or 4570M2...bag with magnet strip