



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Rope Access Tasks and Rescues Level 1

Services / Cleaning, Domestic, Hiring, Property and Rescue Services

Unit Standard 230000 · NQF Level 2 · 6 Credits · 3 Days

COURSE OVERVIEW

This course provides learners with the knowledge and practical skills to safely perform a limited range of rope access tasks and rescues. It covers essential rope access techniques, safety procedures, and rescue operations in accordance with South African regulations and industry standards. Successful completion enables learners to work as part of a rope access team at Level 1.

Category	Services
Subfield	Cleaning, Domestic, Hiring, Property and Rescue Services
Unit Standard	230000
Accreditation	SAQA Accredited · NQF Level 2 · 6 Credits
Duration	3 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply rope access safety procedures and equipment inspection protocols.
- Demonstrate basic rope access techniques including ascending, descending, and traversing.
- Perform a limited range of rope access tasks in a controlled environment.
- Implement rescue procedures for a conscious casualty in a rope access scenario.
- Analyze potential hazards and implement appropriate control measures.
- Evaluate equipment condition and suitability for rope access operations.

WHO SHOULD ATTEND

- This course is designed for individuals seeking entry-level certification in rope access, including construction workers, inspectors, maintenance technicians, and safety officers who need to perform tasks at height.

COURSE OUTLINE

Day 1: Foundations of Rope Access and Safety

- Introduction to rope access: history, applications, and level 1 scope
- Relevant legislation: OHS Act, SANS standards, and industry codes
- Personal protective equipment: harnesses, helmets, lanyards, and connectors
- Rope selection, care, and inspection
- Basic knots: figure-8, double fisherman, tape knot, and stopper knots
- Anchor systems: natural and artificial anchors, equalization
- Risk assessment and safe work procedures
- Emergency procedures and communication protocols

Day 2: Rope Access Techniques and Equipment Handling

- Mechanical devices: hand ascenders, chest ascenders, descenders (e.g., Stop, I'D), and backup devices (e.g., ASAP, Shunt)
- Ascending techniques: footlocking, mechanical ascenders
- Descending techniques: controlled descent, stopping mid-rope
- Rope-to-rope transfers and passing knots
- Work positioning: lanyards, Y-hang, and tensioned lines
- Buddy checks and daily equipment inspection
- Fall factor and force calculations
- Communication signals and rope management

Day 3: Rescue Operations and Practical Assessment

- Rescue principles: hierarchy of rescue, prioritization of safety
- Rescue equipment: rescue kits, stretchers, and casualty bags
- Lowering rescue: controlled descent of casualty
- Raising rescue: mechanical advantage systems (3:1, 5:1)
- Pick-off rescue: transferring a casualty from their rope to rescuer's system
- Casualty care: immobilization, communication, and packaging
- Team roles: rescuer, attendant, and safety officer
- Practical assessment: simulated rescue scenario

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **6 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 17,900.00	R 17,900.00
1	In-House	R 23,300.00	R 23,300.00
1	On-Campus (Pretoria)	R 26,800.00	R 26,800.00

UPCOMING SESSIONS

No sessions are currently scheduled. Please contact us to arrange a session at a time and location that suits your team.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 230000) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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