



# Electric Utility Fall Protection and Rescue Training

*Comply with the new changes...*

*Course lengths vary depending on curriculum.*

With the new 1910.269 final ruling changes being released, safety and fall protection plans everywhere are being rewritten to accomplish compliance. It is imperative that as new equipment and techniques are implemented, climbers are trained at the highest level so they can work safely and efficiently. Safety One offers classroom training, and practical field training. Topics can include bucket truck and wood pole, with the primary emphasis being placed on steel transmission towers.

## Classroom Training

### Principles of Fall Protection

- Review of OSHA/ANSI regulations and standards
- Industry best practices
- Anchorages: ratings, theories and inspections
- Documentation
- Body support: preferences and regulations
- Connection: equipment, techniques, inspections
- Industry equipment options-which is best for you
- Fall arrest vs. restraint systems
- Rope access for the electrical industry

### Equipment, Structure Types and Hardware

- General: inspections, removal from service and PFAS
- Fall arrest: lanyards, rope grabs, shock absorbers, self-retracting lanyards, fall clearances
- Rescue and personal gear/P.P.E./FR compliance
- Tower types

### Job Briefings

- Hazards & employee duties
- Rescue plan

### Climbing Techniques

- Industry best practice
- Tips for avoiding injury
- First man up systems

### Rescue

- Procedures & Equipment selection
- Scenarios
- Suspension trauma
- Rope and knots



## Who We Train

PG&E - BG&E - PPL - OGE  
Tri-State G&T  
Xcel Energy  
PUM  
AT&T - Verizon - Raytheon  
US Army  
State of CA  
Sage Systems  
Bureau of Reclamation

**Safety One Training International, Inc.**

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## Field Training

### Safety Briefing

- Hazards for the site
- Equipment inspections prior to climbing

### Climbing the Steel

- Alternate methods of ascending and descending 100% attached
- Different stations set up by instructor
- Traversing at heights

### Rope access

- Rope technology and high voltage hazards
- Working in suspension
- Ascending and descending rope
- Rescue considerations

### Wood Pole

- Proper fall restriction and restraint equipment
- Rescue techniques for new equipment
- Traversing while maintaining attachment

### Rescue and Rigging

- Controlled descent
- Mechanical advantage
- Standard victim pick-off using approved tools and techniques
- Guideline and slide block techniques for varying structures
- Pre rigged rescue bag options
- Group scenarios



Length of time spent on specific exercises will vary depending on client needs, requests and general competency of group.

Call today for information on dates and locations  
303-734-0772 or 1-800-485-7669.

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