



## Rooftop Access and RF Hazard Awareness (Arqiva accredited)

**DURATION**  
1 Day  
**COURSE  
REQUIREMENTS**  
Medically Fit

**RATIO OF  
TRAINERS TO  
TRAINEES**  
1 to 8

### COURSE SYLLABUS

Our combined Rooftop Access and RF Hazard Awareness (Arqiva accredited) course covers all aspects of rooftop safety through the use of Personal Protective Equipment (PPE) whilst also addressing concerns regarding radio frequency radiation from rooftop communications installations

### Modules covered

#### PPE

Health and Safety Legislation  
Selection / Usage  
Maintenance & Inspection  
End Termination Dates  
Documentation

#### Rooftop Systems

Lecture on PPE IS LAST RESORT!  
Typical Rooftop Risks  
Risk Assessment/ Method Generation  
Most appropriate Edge Protection  
Temporary Ladder systems  
Work Restraint versus Fall Arrest

#### RF Hazard Awareness (Arqiva)

Health and Safety Legislation  
Safety bodies  
Non Ionising / Ionising Radiation  
Effects on Human body  
Safe access Procedures inc Gateway  
RF Meters Nardalert XT

### COURSE OUTLINE

#### [Day 1]

**AM** –PowerPoint lecture/group discussion on Radio Frequency Hazards.  
PowerPoint discussion of legislation relating to rooftop access referencing the Hierarchy of safe systems, leading to classic rooftop areas of risk.

**PM** - Practical Roof top restraint methods taught via a enclosed indoor roof area, delegates given space to practice and ask for guidance

#### EQUIPMENT REQUIRED

Outdoor clothing suitable for time of year. Climbing PPE kit is provided by Xi Training. If you prefer to use your own PPE, please bring along inspection records

#### RECORDS MAINTAINED BY XI

- Upon passing of course Certification generated with renewal dates
- Unique I.D. Number for certification checks
- Lost Certs or IDs can easily be replaced

#### POST COURSE CLIENT FEEDBACK

- Course feedback forms to give your comments on how we can improve your service



Height Safety Training  
Equipment Supply  
Kit Inspection

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