

## **Physical requirements for working at height (Rope Access Techniques)**

The following guidelines are provided to help identify suitable candidates for work-at-height. The minimum age requirement for certification is 18 years. Technicians will be asked to perform moderate to strenuous activities. A physical examination by a doctor is strongly recommended and is required by some employers. Participants must assume all responsibility for monitoring their own physical limitations and abstaining from activities that may threaten their health. Course participants will be required to sign a liability release Form and a statement of medical condition confirming the absence of known medical conditions that might preclude their ability to safely work at height.

### **MENTAL APTITUDE**

- Healthy respect for heights
- Consistent safety attitude
- Willingness to learn and improve
- Team orientation
- Ability to work productively in adverse conditions

### **PHYSICAL ATTRIBUTES**

- Capable of functioning in climatic extremes
- Ability to work while suspended in harness for extended periods of time
- Good strength-to-weight ratio
- Body weight of 220 lbs recommended maximum for people up to 6 ft tall
- 1 chin-up; hold for 10 sec.
- Ability to lift and carry heavy objects
- 50 to 75 Sit-up crunches
- Carry 25 kg for 50 meters (55 lbs for 165 ft)
- Average to good cardio fitness
- Climb 50 stairs without physical distress or prolonged elevated heart rate (possible reference: Harvard Step Test)
- Healthy joints and full-function of extremities (especially hands)

### **POSSIBLE LIMITATIONS/CONCERNS**

- Heart disease or hypertension
- Epilepsy, seizures, or blackouts
- Dizziness or impaired balance
- Severe allergic reaction to insect bites (anaphylactic shock)
- Brittle or uncontrolled diabetes
- Peripheral Vascular Disease (poor blood circulation to extremities)
- Severe hearing loss
- Psychiatric Illness
- Extreme Sun Sensitivity
- Severe tendonitis or arthritis
- Obesity

**Additional Notes:** For those taking a rope access training course for the first time, please note: arm, elbow and shoulder strains are relatively common for course participants not familiar with working on rope. A short warm up or stretching routine before the day of training can help minimize the potential for muscle strains and other injuries.