



# ROPE ACCESS

## PROFILE & GUIDANCE

**BIRAWA ADHI PRATAMA**  
Manpower-Technical Services

**TECHNICAL**

**ENGINEERING SERVICES**

Working  
at Height

**R.A.T**

**V.3** 2022

WELCOME



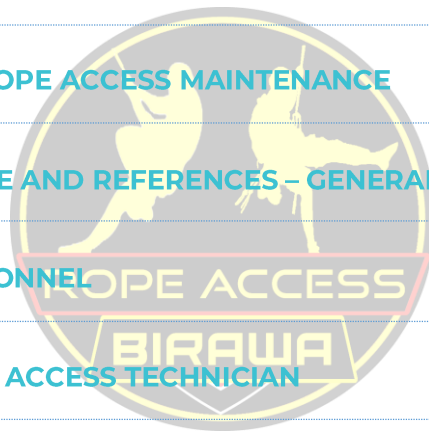
Safety  
Versatile  
Cost Effective  
Efficient and Quick  
Environmental Friendly



NDT | Inspection  
Blasting-Painting  
Coating  
Welding  
Cleaning  
Construction Assist

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ENERGY-EXCITEMENT-EXCELLENCE

WE DELIVER QUALITY SERVICE SOLUTION

IMPROVING INDUSTRIES ONE JOB AT A TIME



2022



# INTRODUCTION

PT. BIRAWA ADHI PRATAMA has developed this Guidance in accordance with IRATA guidelines and input from our Level 3 Technicians.

This guidance applies to the methods and techniques employed by PT. BIRAWA ADHI PRATAMA to carry out Industrial Rope Access work on buildings, structures, platform, steep slopes, onshore, offshore and other features.

This guidance shall ensure and guarantee the highest possible level of protection for the technicians whilst working at height.

Should conditions of guidance change due to specific site conditions encountered during the course or the work, the site supervisor may prepare specific statements to encompass these conditions.



## WHAT IS A ROPE ACCESS ?

Rope Access is a form of work positioning, initially developed from techniques used in climbing and caving, which applies practical rope work to allow workers to access difficult-to-reach locations without the use of scaffolding, cradles or an aerial work platform.

Rope access technicians descend, ascend, and traverse ropes for access and work while suspended by their harness. Sometimes a work seat may be used. The support of the rope is intended to eliminate the likelihood of a fall altogether, but a back-up fall arrest system is used in case of the unlikely failure of the primary means of support. This redundancy system is usually achieved by using two ropes - a working line and a safety line.

## WHAT IS A INDUSTRIAL ROPE ACCESS ?

Industrial rope access (IRA) is a safe and effective way to work in places that are difficult or dangerous to access, such as high-rise exteriors, mine shafts, or communication towers. A trained worker uses special gear as well as two ropes that are attached to two separate anchor points for safety purposes. One of the ropes is the working rope, and the other is the safety, or back-up, rope. Typically, rope access experts have a second expertise, such as painting, construction work, or welding.

Sometimes people refer to IRA as vertical access or high access. IRA has its origins in recreational rope work, such as caving and climbing. *The first large-scale use of it was on the offshore oil platforms. Other companies adapted the techniques to their needs, and currently IRA is globally recognized as a safe method of working in difficult access areas.* Rope access may be combined with other types of access, such as ladders and scaffolding, and adds another level of safety to the job.

Applications for modern rope access include **inspection, surveying, maintenance, and construction on bridges, dams, wind turbines, towers, buildings, and industrial plants.** While inspection is the most common application, *painting, welding, cutting and heavy material handling* can be accomplished by rope access professionals using specialized procedures.



## WHAT WE OFFER



**NDT-INSPECTION**



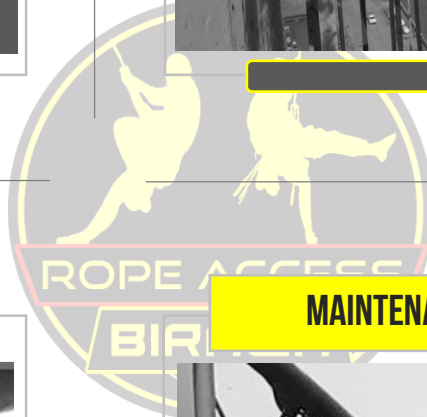
**BLASTING-PAINTING-COATING**



**WELDING**



**MAINTENANCE**



# SERVICES

NDT



# INSPECTION



## WHAT WE CAN DO:

### Traditional NDE Rope Access Services

- + Visual
- + Ultrasonic
- + Liquid Penetrant
- + Radiography
- + Magnetic Particle
- + Lifting Equipment Inspection
- + Derrick & Dropped Object Surveys
- + Paint Inspection
- + Bolt Torque Inspection

### Advanced NDE Rope Access Services

- + Automated Erosion/Corrosion Scans
- + Phased Array
- + Digital Radiography
- + Eddy Current + Pulsed Eddy Current
- + Acoustic Emission and Monitoring
- + Guided Wave

“

Our personnel are highly experienced and qualified in their fields of technical expertise such as non-destructive testing. After performing rope access inspection or maintenance work, our team will provide written reports documenting the findings and results.







### COMBINATION OF SKILL SET

Both as experienced Welder and Rope Access Technician our personnel are able to do various task in height from Welding, Grinding, Cutting and Repair, also as as a finishing tool to our inspections.

From complex piping schematics to basic structural code welding, rope access is a proven method.

### APPLICABLE METHODS

FCAW

Flux Core Arc Welding

SMAW

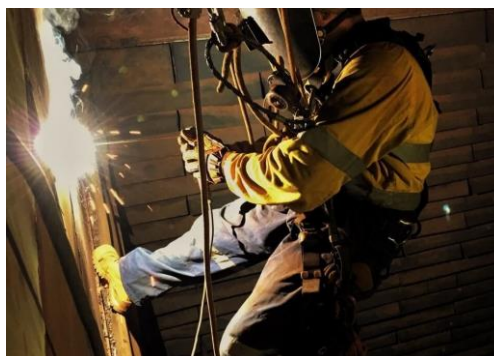
Shielded Metal Arc Welding

GMAW

Gas Metal Arc Welding

TIG

Gas Tungsten Arc Welding



**PAINTING**

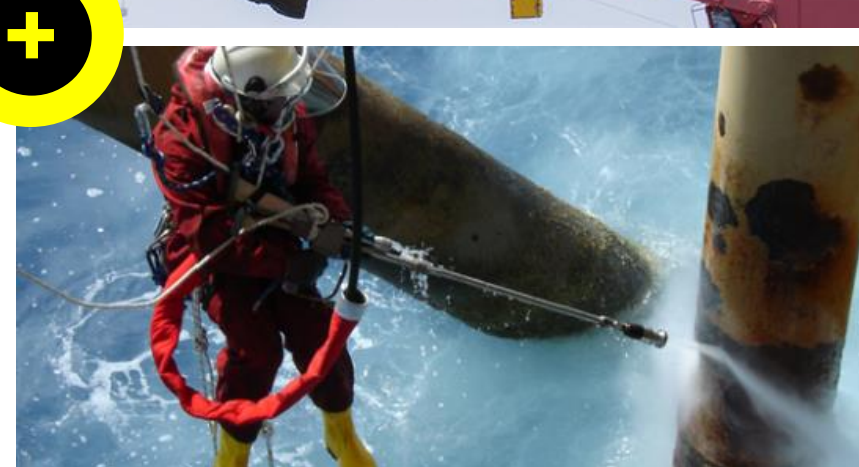


Our Personnel have experience in performing **blasting, painting and coating** services on a range of other structures that could not otherwise be reached using traditional access methods such as wind turbines and power plants.



Our Rope access services include inspections, abrasive blasting, blasting, painting, coating as well as concrete rehabilitation and repairs.

**BLASTING - PAINTING - COATING**



**BLASTING**

**COATING**

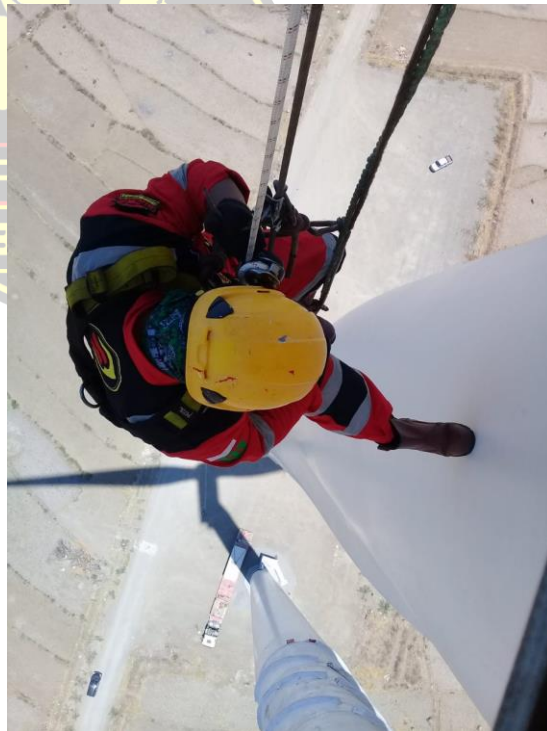
# MAINTENANCE



# MAINTENANCE

## APPLICABLE WORKS

- + Insulation Installation and Repair
- + Wind Turbine Maintenance
- + Lightning Installation
- + Signage
- + Building Envelope Repairs
- + Curtain Walls
- + Window Walls
- + Glazing Inspections, Repair, New Install
- + Cladding
- + Waterproofing
- + Building Repairs & Maintenance
- + High rise Building Cleaning





1.

# SCOPE AND REFERENCES

## General Principles

### SCOPE

This generic method statement should provide general information to technicians engaged in rope access operations, in accordance with IRATA International Code of Practice.

### REFERENCES

The references in these documents relate to works that are carried out using Industrial Rope Access as a work positioning system, and fall arrest techniques.

### GENERAL PRINCIPLES

Requirements and Guidelines are documented for all aspects of work which is to be undertaken in high and/or exposed situations using rope access techniques. The work situation is always assessed to ensure that all risks to safety and the quality of the work required are fully understood.

Forward planning is paramount when engaged in rope access activities. PT. BIRAWA ADHI PRATAMA will plan, manage and organize the work to minimize any risks to technicians, other personnel involved with rope access and to third parties. Prior to technicians being mobilized, Risk Assessments, Method Statements and Health & Safety Plans will be in place. Full adherence to the Construction (Design & Management) Regulations is undertaken.

The following objectives relate to the use of rope access methods whilst on site:

- a) Methods are chosen that are appropriate for the proposed work in hand
- b) Operatives are selected who will be suitable for working at heights and for the job being undertaken
- c) Technicians carrying out rope access work will be trained and qualified to IRATA standards
- d) A competent IRATA level 3 supervisor shall supervise the work, and he or she shall regularly monitor technicians to ensure they are working in a safe and sensible manner
- e) Technicians wear the correct PPE (Personnel Protective Equipment) in respect to the work they are involved with
- f) All rope access equipment will be in a good working condition and is treated in accordance with PT. BIRAWA ADHI PRATAMA documents

The operations and training carried out by PT. BIRAWA ADHI PRATAMA shall comply with their own quality assurance documents, current copies of which shall be kept in the office and supplied to sites.



## 2.

## PERSONNEL Selection

All rope access personnel shall as a minimum hold an IRATA level 1 certificate and shall have been independently assessed to IRATA levels 1, 2 or 3.

Personnel who are engaged in Industrial Rope Access and are employed by PT. BIRAWA ADHI PRATAMA shall meet the requirements laid out in this procedure and comply with IRATA guidelines.

Candidates considered for operations in rope access shall have a sufficient education, training and experience to ensure they understand the principles and procedures of rope access techniques.

Personnel should be:

- a) Physically fit and free from any disability that would prevent them from working safely
- b) May have an active background in one of the following: climbing, mountaineering, caving, military training
- c) Have a respective trade or qualification, which can be used with rope access
- d) Be of a responsible, mature and co-operative nature
- e) Candidates for training and operations shall be assessed according to IRATA guidelines
- f) If having no prior experience of using tools, plant and equipment, they will be trained, before any employment commences, in the use of such items by experienced operatives. The acquiring of extra certification (such as chain saw or spraying training) will be encouraged, and such equipment will not be made available to those who do not hold the necessary certification for their use.
- g) If English is not the candidates first language, they shall be fluent in spoken and Written English. Rope access demands impeccable communication at all times.

Candidates for training and operations shall not show any contra indications for working at height and in strenuous environments. All candidates are requested to complete a self- certification medical questionnaire prior to undertaking training.

Prospective operative's references shall be checked in order to confirm that their experience and qualifications are appropriate for the proposed operations.



### 3.

## ROPE ACCESS TECHNICIAN

### Classification

#### LEVEL

1

At level 1, a Rope Access Technician shall be capable of performing safe activities under the supervision of a level 3 Technician. The following knowledge shall possess by Level 1 technician

- Theoretical knowledge | Equipment & rigging | Maneuvers | Climbing | Rescue/hauling

A Level 1 technician will not be allowed to supervise or train others in Access Techniques, but he or she will be responsible for equipment issued to them (ropes, harnesses and so forth) and responsible for reporting and checking of the same.

They will be able to assist in rigging and standard operations under the supervision of a level 2 or 3 technician, and will be able to undertake a rope access rescue involving descent by him/herself and have a knowledge of hauling systems.

#### LEVEL

2

A Level 2 Rope Access Technician shall be capable of performing the requisite activities under the supervision of an IRATA level 3 technician. He or she will have knowledge of safety, quality assurance procedures and legislation relating to rope access, and undertaking rescues and other rope access tasks. The following knowledge shall possess by Level 2 technician

- Theoretical knowledge | Equipment & rigging | Maneuvers | Climbing | Rescue/hauling

He/she should have a broad knowledge of legislation, safety requirements and quality procedures relating to rope access. Candidates must be experienced, qualified to rope access technician level 1 and have 1000 hours rope access work experience to be assessed at level 2. The level 2 assessment can be undertaken with a minimum of 1 year post level 1 experience.

#### LEVEL

3

Rope Access  
Supervisor/Team Leader

A Level 3 is an experienced level 2 rope technicians. Technicians will provide proof of the following: 1000 working hours and a minimum of 1 year work experience as a level 2 technician and approved first aid certificate.

Technicians carrying out training shall be trained to an advanced level of rope access techniques, rescue techniques and have familiarization with Company Quality Assurance and Quality Control Procedures and IRATA Guidelines. Trainers shall be Level 3's.

A Qualified Rope Access Supervisor shall:

- Be capable of complete responsibility for projects at the work site
- Be able to demonstrate all the skills and knowledge required of a lead technician
- Be conversant with all relevant work techniques and relevant legislation
- Have a comprehensive knowledge of advanced rescue techniques
- Hold an approved First Aid certificate
- Have knowledge of the IRATA training scheme.

**4.****EQUIPMENT**  
For work positioning**4.1. GENERAL**

Prior to equipment being issued for a particular project, all equipment will be examined and assessed individually. This is to ensure that the equipment is fit for use and of the highest standard whilst being used at the work site

Only equipment listed in these procedures will be used in the implementation of rope access methods. Only certified equipment that can withstand falls and shock loading will be acceptable for work positioning.

**4.2. IDENTIFICATION OF EQUIPMENT**

All rope access equipment owned by PT. BIRAWA ADHI PRATAMA shall be identified with unique numbers in the following fashion

Karabiners	Colour coded to certificates of conformity and individually numbered
Wire Strops	Engraved or colour coded
Stops	Engraved
ID decenders	Engraved
Ascenders	Engraved
Crolls	Engraved
Hand Jumars	Engraved
Back up devices	Engraved
Harnesses	Permanent marker pen
Ropes	Permanent marker pen/Heat Shrunk Tape

Other equipment should be indelibly marked with a Unique Identification Number.

All load-bearing equipment shall come from approved suppliers and shall meet the relevant National, European or International standard (BS/EN/ISO) for the equipment, and shall be purchased with certificates of conformity.

Only ropes made from poly-amide (nylon) or polyester will be used for rope access activities.

Lengths cut from ropes will be clearly identified, both on ropes and certificates. Each length cut will be marked with the original rope's ID.

## EQUIPMENT

### For work positioning

All equipment is marked with its original Certificate number and/or a unique BIRAWA number directly traceable to a Certificate of Conformity.

Equipment will be withdrawn from service following damage, after a fall, when considered by a 'Competent Person' to be unfit for use, or at the end of their maximum serviceable life, whichever comes first. Details of these criteria are in the ascend equipment procedures document. It is every technician's responsibility to check their equipment prior to use and to report any defects to the office. Equipment is not be allowed to come in contact with harmful substances, and will be stored on site in a designated place chosen by the team leader to ensure its safety and integrity.

Access equipment withdrawn from service shall be clearly identified as such and returned to the store for disposal.

#### 4.3. INSPECTION OF EQUIPMENT

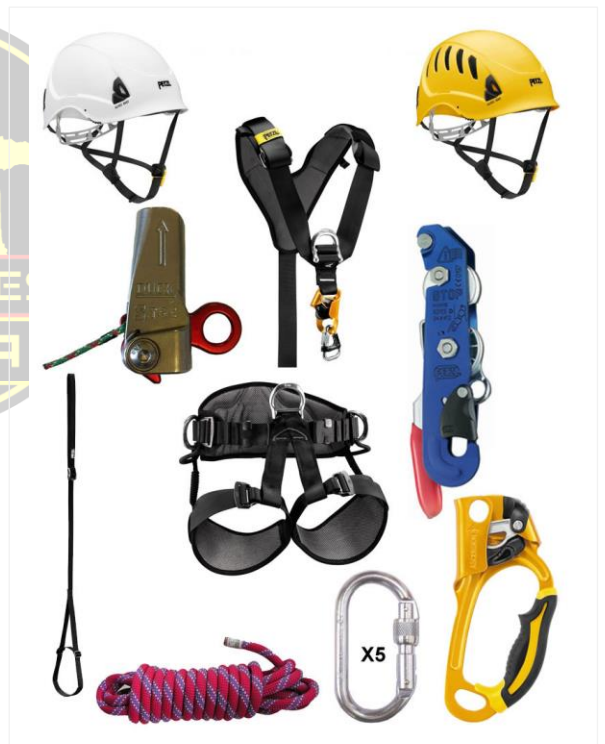
Prior to equipment being sent out on a project, a visual and tactile inspection shall be carried by personnel that are competent and experienced in inspecting rope access and associated equipment. Any equipment that is damaged will be repaired if possible or disposed of.

When equipment has been mobilized to the work site the supervisor and technicians will also check that the equipment is in good working order and fit for use. Any pieces of equipment found to be in an unsuitable condition shall be returned to the stores and repaired or disposed of.

It is the responsibility of all supervisors and technicians to take care of all rope access and associated equipment whilst out of store, both on site and in transit. Equipment in transit shall be treated as if it is in store.

When equipment has been returned from a project it will be checked and serviced. Any pieces of equipment found to be in an unsuitable condition shall be repaired or disposed of.

All equipment will be inspected and an inspection report produced at six-monthly intervals.





## 5. PROTECTIVE CLOTHING

### PPE Gear

#### 5.a PPE – OIL & GAS INDUSTRIES

Technicians will be familiar with all personal protective equipment and ensure that it is in good condition at all times. When working in inclement weather, technicians shall wear adequate clothing to ensure that they are kept warm and dry, so that the fatigue and numbing effects of cold do not prejudice them.

##### 5.1. COVERALLS

Will be close fitting for ease of working and to avoid catching in equipment but not so tight that personnel will be restricted in movement. Coveralls will be replaced or repaired if damaged, as and when necessary. When personnel are working with cutting or welding equipment or in Oil and Gas Industries, the coveralls shall be flame retardant and will meet Ascend/Client specification and will be worn at all times whilst engaged in rope access activities.

Appropriate PPE will be provided and shall be used at all times, such as goggles, safety shoes, ear protection, hard hats, life jackets, etc.

##### 5.2. LIFE JACKETS

These shall be used over water, where the risk assessments deem necessary, and shall be of a type that cannot accidentally become loose or detached, and do not interfere with the rope access systems' smooth operation. Compressed air uninflated jackets shall be used where appropriate.

##### 5.3. BLAST SUIT

For work Blasting technician shall be provided blast suit and gauntlet-style leather gloves protect the blast operator from the impact of rebounding abrasive



FRC COVERALLS





## PROTECTIVE CLOTHING

### PPE Gear

#### 5.b PPE NON OIL AND GAS SECTOR

For non-Oil and Gas Sectors unless otherwise noted by the customers. Technicians may wear clothing other than Coveralls.

Clothing for these type of sectors PT. BIRAWA ADHI PRATAMA, shall provide Trousers and Jackets with company logo, and Technicians name tag on Velcro.

Other supporting gears shall also be equipped from safety helmet, Footwear, Ear muff, Respirator, Safety goggles and other supporting PPE.



NON – FRC



NON – FRC





## 6.

# TOOLS

## For work Equipment

### 6.1 GENERAL

The tools that are used when carrying out rope access activities will depend on the project in hand. However, it is important that the tools chosen for a specific project are suitable for the work intended. Electrical and power tools will be in a good condition and suited to the environment in which they are to be used, and will comply with local regulations. Prior to technicians being sent on a project, the company shall ensure that they are familiar with, and experienced in using, the relevant equipment.

### 6.2 HAND TOOLS

Small hand tools that weigh less than 8kg may be connected to the technician's harness via a lanyard. This will prevent the accidental dropping of tools to the ground below. Electrical tools shall be of 110 voltages and the lanyard will be connected to the body, not the mains lead.

### 6.3 LARGE TOOLS

Larger tools that weigh more than 10kg shall be connected via an independent line i.e. (10.5mm static rope). These ropes must be identified to eliminate confusion with the working and back-up ropes. When large electric and pneumatic tools are being used technicians will make sure that they do not interfere or cause any hindrance whilst working.

### 6.4 PLANT, MACHINERY & TOOLS

- a) All plant and machinery to be checked before use. None shall be used if found to be defective nor used if any form of guard or safety device is missing.
- b) No equipment to be used of any item of plant or machinery unless adequate instruction has been given.
- c) Any defects in plant or machinery are to be reported to the Site Supervisor or, in his absence, to the Director.
- d) All plant and equipment are to be stored in a safe manner, preferably under lock and key within the compound.
- e) Tools and equipment must comply with local regulations and standards.
- f) Hired in equipment shall be from ISO9002 accredited hire shops, such as HSS, Speedy Hire, A Plant and Hewden Lift & Shift. Where appropriate, hired-in equipment will conform to the relevant regulations, and will be certified.



**WE USE APPROPRIATE TOOLS AND TECHNOLOGIES THAT DELIVERS THE NEED OF OUR CLIENTS.**



## 7.

# PLANNING

## Method Statements and Risk Assessments



### 7.1 GENERAL

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These shall always be carried out prior to undertaking rope access works



### 7.2 PARTICULAR

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Prior to any work being undertaken, the project and the tender/contract documents shall be reviewed to ensure that the work is suitable for rope access work methods.

Where it is not practical for personnel to attend briefings, the Team leader or Supervisor must ensure that personnel are familiarised with work procedures through 'toolbox' talks. All personnel on site shall have access to, and be familiar with, the work site file, which will contain copies of the IRATA Guidelines and General Requirements, and company procedures.



### 7.3 MOBILIZATION – RETURN OF EQUIPMENT

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When equipment is required at a Work site, the following procedure will apply:

The itemised equipment shall be checked to ensure that certificates are current and that the equipment is in good working order.

All equipment shall be inspected to satisfy the criteria for rope access work.

Equipment shall then be packed in rope bags and mobilised to the work site. On arrival at the work site the team leaders shall double check all equipment and check that it is in good working order prior to use.



### 7.4 SELECTION OF TEAM WORK

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The Project Manager will select the work team suited to the specific project. This will normally be a team consisting of Multi-Disciplined Personnel. For all access work, the team will consist of at least one level 3 Rope Access Supervisor/Team Leader. The other team members can be either level 1 or level 2.

For normal access work the team size should be a minimum of three persons, however, if the access work were of an extremely straightforward nature, then a two-person team would be acceptable. It should be noted that in such a two-man team, the work must be of a relatively straightforward nature in case a rescue be required.



## 7.5 PREPARATION

Particular note should be made of the Hazard Analysis, any special job requirements or difficulties, and any certification required.

Operation procedures shall be available and, where requested, project specific procedures will be provided.

Current copies of the ascend rope access procedures, IRATA Guidelines and General Requirements shall be kept in the site file. Current, including updated, procedures shall be issued to sites.

A quarantine proforma shall be kept in the site file for recording decommissioned items of rope access equipment.

On arrival at the work site, **Team Leaders** shall report to the designated Client contact and ensure that the team completes all registration with Safety Officers, if applicable, and project specific procedures can be discussed and agreed. Correct liaison is essential for the work.

**The team leader** shall apply for any necessary work permits in good time, so that each shift can prepare any required arrangements and commence work without delays. All personnel involved with the work should have a clear understanding of the work permit. The team leader will brief all personnel on this and other aspects of the work.

**Work permits** are a safety aid and not a guarantee or substitute for common sense, so personnel must constantly ensure that systems remain safe, and that those associated electrical cables, piping systems and the like are isolated or secured.

If a permit to work system is in use this must be strictly adhered to. If no permit to work system is in place the building manager must be made aware that no conflicting works can be carried out during the abseiling duties.

**Work areas** should be cordoned off using solid barriers if possible and defined with warning signs placed inside or incorporated into the barriers before any work begins. A Cordon and A sentry should also be positioned at the point of descent, ie roof level if required.

**A Cordon** and A sentry should also be positioned at the point of descent, ie roof level if required.

The protection of third parties using spaces within, below or adjacent to, the work site shall always be considered as a risk assessment prior to works beginning, and adequate provision made to ensure the safety of third parties, for instance with the use of danger and men working overhead signs, and the provision of working cordons below working areas.

On residential and commercial properties the facilities manager is to notify the residents of the work commencement and completion date, a minimum of 48 hrs. Prior to any abseiling activities.

The abseiling operatives must empty their pockets thoroughly before abseiling activities commence to ensure coins and other items do not drop out.

All hand tools, buckets, communication equipment must be secured to the operative by lanyards at all times whilst working at height.

If any persons wilfully ignore the barriers and step inside the cordon all work must cease immediately until the 3rd party is removed.



## 7.6 WORK SITE ASSESSMENT

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Work site assessment will cover the following:

### 7.6.1 Safe Approach

- ✓ Establish “Exclusion Zone”
- ✓ Safe Approach to Work Area
- ✓ Awareness of other Personnel/Activities
- ✓ Edge Preparations
- ✓ Anchors
- ✓ Rope Protection
- ✓ Weather

### 7.6.2 Access Methods

- ✓ Ascending
- ✓ Descending
- ✓ Traversing
- ✓ Rope Transfers

### 7.6.3 Rescues

- ✓ Rescue retrieval systems
- ✓ Mid-rope situation from above
- ✓ Mid-rope situation from below
- ✓ Administration of immediate first-aid on the rope
- ✓ Local rescue/standby services



## 7.7 MAIN ANCHOR POINTS

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A suitably experienced and competent person shall make an assessment of the provision for main anchor points. The criteria shall be in accordance with good structural engineering practice and may include permanent structural members in existence on a building/ slope, and/or those installed as temporary or permanent anchorages for a project.

There will at all times be a minimum of two entirely separate anchor points for any single rope access procedure. Each anchor point shall be assessed by a competent person (approved by PT. BIRAWA ADHI PRATAMA) prior to use. Where bolts have been installed to BSEN795 these will be load tested as appropriate to a tension load of 10KN.

Ropes redirected from anchors should not exceed an angle of 20 degrees without account of the increased load distribution resulting from the angle of redirection.

Anchor areas shall be protected from interference by third parties.

Anchors for suspended platforms and any heavy tools, materials and equipment that use ropes, shall have separate anchors.

Often it will be possible to connect directly to a substantial steel, concrete or masonry section. Steel wire strops of minimum SWL of 2.2KN will be used. With slings both eyes should be led back to the rope connection and be joined with screw gate karabiners.

Sharp edges should be avoided, and all ropes and slings shall be protected from abrasion using rope protectors.

Ropes will not be subjected to chemical or other site contamination.

After rigging is complete, or when it has been left unattended for short periods such as meal breaks, equipment shall be checked before use. For longer periods, e.g. overnight, equipment should be pulled in and secured. All team personnel must be advised when anchors have been rigged down.



## 8.

# GENERAL OPERATIONS

## Procedures

Technicians shall double-check their equipment and anchor points to ensure they are attached to a rope/safety line before approaching unprotected areas.

All personnel are expected to check their personal equipment daily, paying particular attention to software (e.g. harnesses and slings). They should be alert and follow safe working practices at all times, being familiar with any Hazard identification and risk assessment. All personnel must be aware that they are legally responsible for their own health and safety.

Good housekeeping practice is essential, and all personnel should be exemplary in their attitude towards their own equipment and that belonging to others. Personnel should keep equipment, tools and materials in a tidy and clean state at the end of each shift.

Loose equipment, up to a maximum of 8kg, can be secured to the operative's person or kept in a haul bag. Lanyards for hand tools must be of adequate strength and kept as short as possible to minimize impact loads. Items should never be lowered directly above operators, and heavy equipment (over 8kg) must be securely attached to separate lowering and anchoring systems.

Swinging loads are a major danger and personnel should stay alert, keeping fingers and limbs clear of possible crushing areas. Operatives should never attach themselves to heavy loads and should always retreat to a safe area while loads are being maneuvered.

The area around the work site should be cordoned off, and 'men at work' signs posted to ensure third party safety.

Operatives on site shall always be within eye and ear contact of each other whilst carrying out rope access works. This may necessitate the use of two way radios or mobile phones on many sites.

## 9.

# WEATHER

## Condition

It is at the discretion of the level 3 Supervisor whether the work should be suspended due to inclement weather conditions. If the level 3 Supervisor feels that the work should be suspended, the status of the weather will be checked at regular intervals. Depending on wind direction and work location, a wind speed of 25 knots is the normal operating limit.

Technical Engineering Services  
Manpower Supply



**PT. BIRAWA ADHI PRATAMA**



2022



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