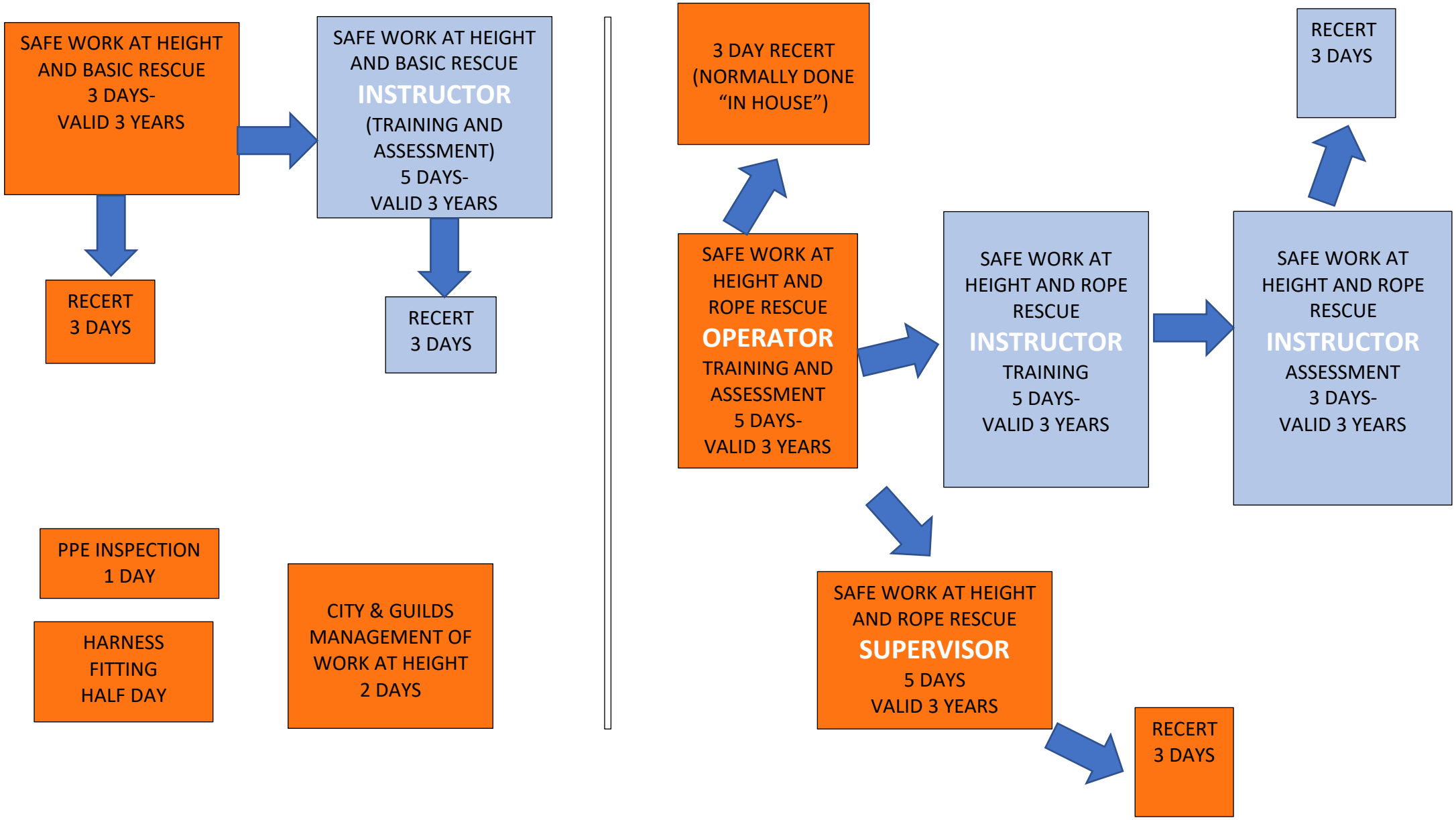WORK AT HEIGHT/ ROPE RESCUE PROGRESSION CHART