OUTREACH RESCUE



EQUIPMENT TRAINING: STL TECH POLE CHOKE

Goal:

To train participants in the effective and compliant use of the Chokestrap Pole Choke for fall arrest and work positioning tasks.

Target group:

Workers in electrical utilities, telecommunications, or similar industries requiring safe pole access and fall protection.
CITB-registered employers can claim grant funding for this training.

Highlights:

- Comprehensive training on the operation and safety features of the STL Tech Chokestrap.
- Includes practical guidance on inspection and maintenance to ensure long-term usability.
- Designed for compliance with Class A1: EATS 43-123 standards.

Chokestrap Pole Choke, Fall Arrest Device Training

Course length

8 hours (1 day)

Instructor

1:6

Period of validity

1 year

Certification

Outreach Rescue certificate of achievement.

Venue

Raglan, Monmouthshire, NP15 2BQ

Description

This one-day course is designed to equip participants with the skills and knowledge to effectively and safely use the Chokestrap pole choke in workplace environments. The choke strap, widely used in utility and maintenance roles, is a fall arrest system designed for climbing and descending poles. The training focuses on proper adjustment, inspection procedures, and utilisation of safety features, including roller teeth for grip, anchorage points, and optional ice gaffs for slippery conditions. Participants will also learn maintenance techniques to ensure compliance with equipment standards such as Class A1: EATS 43-123. This course is ideal for workers who hold a recognised Safe Working at Heights certification.

Compliance:

Aligned with Work at Height Regulations 2005

Previous knowledge:

Participants must hold a recognised Safe Working at Heights certification.

Requirements:

Participants must be aged 18+ with physical fitness for climbing and work positioning activities.
Personal protective equipment (PPE) can be provided if required.

Progression:

Advanced rescue courses are available for further development.

Theoretical elements:

– Overview of choke strap design and applications.
– Inspection procedures for wear and compliance.
– Understanding fall arrest principles and safety features.

Practical elements:

– Adjustment and fitting of choke straps for pole climbing.
– Use of accessories such as ice gaffs and snap hooks.
– Simulated climbing and descending scenarios to build confidence.