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The theory areas are important parts of the Level 3 assessment, comprised of three elements:

- **‘Job Planning Form’ [FM-061ENG]** which should be completed from a scenario provided by the Assessor.
- **‘Level 3 Equipment Inspection Report’ [FM-019ENG]** is to be completed specific to equipment provided by the Assessor.
- **Theory Questions:**
 - 20 Level 2 questions must be given, these must include at least two questions from each of the seven syllabus category items listed in section 6 of the ‘Training, Assessment and Certification Scheme’ (TACS) [TC-101ENG].
 - 10 Level 3 questions must all be given, these must include at least one question from each of the seven syllabus category items listed in section 6 of the ‘Training, Assessment and Certification Scheme’ (TACS) [TC-101ENG].

Syllabus categories: planning and management, equipment, rigging, rigging for rescue and hauling, rope manoeuvres, climbing techniques and rope rescues.

Planning and Management

1. What are the five steps to ‘Risk Assessment’?
2. If the first is to avoid the hazard, summarise “hierarchy of measures” as stated in “The Work at Height Regulations 2005, Regulation 6” (avoidance of risks from work at height).
3. What information should be available on site as recommended by the ‘IRATA International Code of Practice’ (ICOP) [TC-102ENG]?
4. Name three important considerations when signing other Technicians logbooks.
5. How would you use the Materials Safety Data Sheet (COSHH sheet) to determine whether a product had any harmful effects on rope or webbing?
6. Write a brief definition of each of the following categories of working at height:
 - Work Positioning
 - Work Restraint
 - Fall Arrest

Equipment

7. What is the SWL of a sewn tape sling with a breaking load of 25kN? What would be the SWL if the sling was lark’s footed or choked?
8. A CE mark on a PPE product indicates what?
9. Most PPE used for rope access is category 3.
 - What does this mean?
 - Is it a sign of quality?

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10. Give the full EN standard for the following items of equipment:
 - Low stretch rope
 - Sit harness
 - Descender
 - 'Shunt' type back-up device
 - Helmet suitable for rope access
11. Give the full EN standard for the following items of equipment:
 - Dynamic rope
 - Karabiners
 - Ascenders
 - Full body harness
 - Flexible line, guided type fall arrestor
12. Define a "Competent Person" who is capable of carrying out a 'Thorough Examination'.
13. Under Lifting Operations and Lifting Equipment Regulations (LOLER) 1998, at what intervals should a 'Thorough Examination' take place?
14. Under Lifting Operations and Lifting Equipment Regulations (LOLER) 1998, what 'inspections' are necessary apart from 'Thorough Examinations'?
15. What are the specific SWL's of the following items of equipment?
 - Low stretch rope with a breaking load of 3000kg.
 - Dynamic rope.
 - Petzl Stop descender.
 - Karabiner with a breaking load of 25kN.

Rigging

16. What is the difference between, Working Load Limit (WLL) and Safe Working Load (SWL)?
17. What is the difference between a single-anchor deviation and a double-anchor deviation?

Rigging for Rescue and Hauling

18. List four situations where the loading of the equipment or system used for rope access could exceed one person (i.e. beyond normal deployment).
19. If you were hauling a load with a 2:1 mechanical advantage, and you added a 3:1 to it, and then a further 3:1 to that, what would the mechanical advantage now be?

Rope Manoeuvres

20. What should the overall minimum strength requirement of a rope access anchor system be when rigging a set of rope for descent?

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Climbing Techniques and Rope Rescues

21. Detail five key safety factors when considering lead climbing as a method of access.
22. Explain how, and in what circumstances a Fall Factor 5 might be achieved.