

« MOVING AROUND IN DIFFICULT TERRAIN » COURSE

This course provides dam workers and those working on water intakes or high-altitude sites with the knowledge they need to stay safe.



It familiarises them with particular terrain configurations : broken ground, sheer rock faces, etc. This training takes place over one day. In concrete terms, participants learn to :

This training takes place over one day. Concretely, participants learn how to :

- assess the degree of risk in a particular situation
- use their equipment appropriately
- put in place anchorage points, tie knots
- install a guard rail
- take care of themselves and others
- provide first aid

Specific skills

For many years, HYDRO Exploitation experts have been confronted by difficult terrain during their work at different high-altitude facilities. Their experience combined with that of mountain guides is of real benefit to those taking part in this training course.

Equipment required

- mountain boots
- harness, shoulder sash
- karabiners
- rope

ADDITIONAL SERVICES

Cours "Avalanches"

Ce cours sensibilise les participants aux dangers d'avalanche, les familiarise à l'utilisation du matériel de premiers secours (détecteurs de victimes d'avalanches (DVA), sondes, etc.), ainsi qu'au sauvetage de personnes.

CONTACT

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Client benefits

This course :

- is fully in line with the realities and specific features of the hydroelectric sector
- significantly increases the level of safety during interventions in difficult terrain
- combines theory and practice for optimal assimilation of course content
- allows participants to test their own equipment