



USMC HELICOPTER ROPE  
SUSPENSION TRAINING  
SAFETY INSPECTION  
Checklist

UPDATED October 2014

Legend: C = No Action Required R = Corrective Action Required  
 NA = Not Applicable to Unit UA = Unable to survey  
 PF = Feedback comments

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**SAFETY REVIEW ITEMS - HRST Administration**

1. (ADM001) Does the command maintain the HRST Master Lesson Files provided by the lead agency (II MEF SOTG)?  
 Reference: MCO 3500.42 Series.

C R NA UA PF  
 Repeat  
 Significant

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2. (ADM003) Does the unit maintain a HRST log that include a current HRST Operations Order or Letter of Instruction (LOI)?

C R NA UA PF  
 Repeat  
 Significant

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3. (ADM004) Does the unit maintain a HRST log that include an ORM risk assessment (utilizing the risk management matrix) for the operation (Should be part of the Op Order or LOI)?

C R NA UA PF  
 Repeat  
 Significant

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4. (ADM005) Does the unit maintain a HRST log that include an after-action report?  
 Reference: MCO 3504.1.

C R NA UA PF  
 Repeat  
 Significant

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5. (ADM006) Does the unit maintain a HRST log that include copies of all malfunctions and mishap reports?

C R NA UA PF  
 Repeat  
 Significant

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6. (ADM007) Does the unit maintain a HRST log that include a HRST qualifications, certifications, and refresher training letters?

C R NA UA PF  
 Repeat  
 Significant

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7.    (ADM008)    Are consolidated records kept for 2 years?

C    R    NA    UA    PF  
 Repeat  
 Significant

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8.    (ADM009)    Are all equipment malfunctions or HRST incidents reported to  
                  the Web Enable Safety System IAW MCO P 5102.1\_?  
                  Reference:    MCO P5102.1.

C    R    NA    UA    PF  
 Repeat  
 Significant

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9.    (ADM010)    Does the command maintain the MCO 3500.42B w/change 1 & 2  
                  publication on hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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10.    (ADM011)    Does the command maintain the MCO 3500.27 publication on  
                  hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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11.    (ADM012)    Does the command maintain the MCO 3501.10 publication on  
                  hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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12.    (ADM013)    Does the command maintain the MCO 1510.87 publication on  
                  hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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13. (ADM014) Does the command maintain the MCO P5102.1 publication on hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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14. (ADM015) Does the command maintain the MCRP 3-11.4 publication on hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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15. (ADM016) Does the command maintain the NAVMC 3500.97 publication on hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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16. (ADM017) Does the command maintain both MV-22 Osprey Interim Authority to Operate messages dated 021522Z Sep 08/May 09 publication on hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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**SAFETY REVIEW ITEMS - HRST Combat Equipment**

17. (CEQ001) When combat equipment is used are equipment belts buckled behind the back or equipment removed from right side of belt when rappelling?

C    R    NA    UA    PF  
 Repeat  
 Significant

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18. (CEQ002) Are weapons slung over shoulder and across the back with the butt up by the right shoulder?

C    R    NA    UA    PF  
 Repeat  
 Significant

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SAFETY REVIEW ITEMS - HRST Equipment Storage

19. (EQS001) Does a currently certified HRST Master maintain the HRSE storage locker?

References: MCO 3500.42 Series, TM 72101A-14.

C R NA UA PF  
 Repeat  
 Significant

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20. (EQS002) Is a humidity and temperature monitor used in the HRST Locker?

References: TM 72101A-14, NAVAIR 13-45-2.

C R NA UA PF  
 Repeat  
 Significant

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21. (EQS003) Is the HRST Locker kept locked at all times?

C R NA UA PF  
 Repeat  
 Significant

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22. (EQS005) Are ropes coiled and hung from a round object?

Reference: MCRP 3-11.4A.

C R NA UA PF  
 Repeat  
 Significant

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23. (EQS006) When Fast Ropes are stored in the parachute bags on shelves, are they stored 4 inches or more from the wall or, if stored in bins, 4 inches or more from the floor?

C R NA UA PF  
 Repeat  
 Significant

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24. (EQS007) Are all carabineers either Stubi-85s or Omega 93s?

C R NA UA PF  
 Repeat  
 Significant

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25. (EQS008) Are unserviceable carabineers removed from service and marked with red color or "FOR TRAINING ONLY"?

C R NA UA PF  
 Repeat  
 Significant

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**SAFETY REVIEW ITEMS - HRST Individual Equipment**

26. (IEQ001) Does each roper have the following equipment?

C R NA UA PF  
 Repeat  
 Significant

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27. (IEQ002) Does each roper have a 12 to 15 ft 11mm dia. sling rope burned on both ends (rappelling)?

C R NA UA PF  
 Repeat  
 Significant

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28. (IEQ003) Does each roper have a Stubi-85 or Omega-93 carabineer (rappelling).?

C R NA UA PF  
 Repeat  
 Significant

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29. (IEQ004) Does each roper have heavy leather gloves (welder's gloves recommended for fast rope)?

C R NA UA PF  
 Repeat  
 Significant

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30. (IEQ005) Does each roper have head protection?

C R NA UA PF  
 Repeat  
 Significant

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31. (IEQ006) Does the individual's uniform fully cover their arms and legs?

C R NA UA PF  
 Repeat  
 Significant

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**SAFETY REVIEW ITEMS - HRST Master**

32. (HRM001) Have qualified HRST Masters been assigned in writing by the Commanding officer?

C R NA UA PF  
 Repeat  
 Significant

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33. (HRM002) Has HRST Master certification, refresher training, and recertification entries been made in the individual's SRB/OQR as appropriate and the MCTFIFS BTR/ITR under the local schools section, with date, location and course description?

C R NA UA PF  
 Repeat  
 Significant

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34. (HRM003) Are all HRST Masters current in Rappel, Fast Rope and SPIE operations (conducted a rappel, fast rope, and SPIE operation within the past 12 months)?

C R NA UA PF  
 Repeat  
 Significant

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35. (HRM004) Do non-current HRST Masters cease training in the event(s) they are no longer current in?

C R NA UA PF  
 Repeat  
 Significant

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36. (HRM005) Are non-current HRST Masters attending a refresher course conducted by a unit authorized to conduct refresher training, in order to become recertified?

C R NA UA PF  
 Repeat  
 Significant

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**SAFETY REVIEW ITEMS - HRST Ropes**

37. (RPS001) Are all kermantle rappel ropes the 11mm static kermantle (Blue Water) rope?

C R NA UA PF  
 Repeat  
 Significant

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38. (RPS004) Are all rappel ropes seared on both ends with a rope cutter?

C R NA UA PF  
 Repeat  
 Significant

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39. (RPS005) Are all pre-cut rappel ropes inspected upon receipt or when cut from the roll and placed into service?

C R NA UA PF  
 Repeat  
 Significant

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40. (RPS006) Are all rappel ropes marked for identification?

C R NA UA PF  
 Repeat  
 Significant

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41. (RPS007) Are rappel ropes inspected every 30 minutes (or 50 rappels) during the rappel operation?

C R NA UA PF  
 Repeat  
 Significant

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42. (RPS008) Are sling ropes and rappel seats inspected with the same frequency as the rappel ropes?

C    R    NA    UA    PF  
 Repeat  
 Significant

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43. (RPS009) Are all ropes dry prior to being stored?

C    R    NA    UA    PF  
 Repeat  
 Significant

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44. (RPS010) Are oils, gas, and solvents, etc. exposed ropes downgraded to unserviceable?

C    R    NA    UA    PF  
 Repeat  
 Significant

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45. (RPS011) Is HRSE that has been in contact with salt water, rinsed with fresh water and cleaned with a nonmetallic brush?

C    R    NA    UA    PF  
 Repeat  
 Significant

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46. (RPS014) Are unserviceable ropes removed from service?

C    R    NA    UA    PF  
 Repeat  
 Significant

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47. (RPS016) Are unserviceable ropes tagged with nature of defect?

C    R    NA    UA    PF  
 Repeat  
 Significant

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48. (RPS017) Are unserviceable ropes tagged with cause of defect?

C    R    NA    UA    PF  
 Repeat  
 Significant

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49. (RPS018) Are unserviceable ropes tagged with date of inspection?

C    R    NA    UA    PF  
 Repeat  
 Significant

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50. (RPS019) Are unserviceable ropes tagged with signature of the HRST Master?

C    R    NA    UA    PF  
 Repeat  
 Significant

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51. (RPS020) Is a rappel rope log maintained?

C    R    NA    UA    PF  
 Repeat  
 Significant

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52. (RPS022) Does the rappel rope log contain the unit rope ID?

C    R    NA    UA    PF  
 Repeat  
 Significant

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53. (RPS023) Does the rappel rope log contain the NSN?

C    R    NA    UA    PF  
 Repeat  
 Significant

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54. (RPS024) Does the rappel rope log contain the MFR Lot Number?

C    R    NA    UA    PF  
 Repeat  
 Significant

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55. (RPS025) Does the rappel rope log contain the manufacturer?

C R NA UA PF  
 Repeat  
 Significant

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56. (RPS026) Does the rappel rope log contain the date of Manufacturer?

C R NA UA PF  
 Repeat  
 Significant

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57. (RPS027) Does the rappel rope log contain the date placed in service?

C R NA UA PF  
 Repeat  
 Significant

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58. (RPS028) Does the rappel rope log contain the color?

C R NA UA PF  
 Repeat  
 Significant

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59. (RPS029) Does the rappel rope log contain the length/diameter/type rope?

C R NA UA PF  
 Repeat  
 Significant

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60. (RPS030) Does the rappel rope log contain the dates of use and number and type of rappel executed (i.e.: tower, rock, helo etc)?

C R NA UA PF  
 Repeat  
 Significant

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61. (RPS031) Does the rappel rope log contain the rope grade (i.e.: I, II, or III)?

C    R    NA    UA    PF  
 Repeat  
 Significant

62. (RPS033) Is the 7 year shelf life / 5 year service life on rappel ropes being adhered to?

C    R    NA    UA    PF  
 Repeat  
 Significant

63. (RPS034) Are 11mm static kermantle rappel ropes (manufactured by Blue Water) graded and used according to the chart in MCRP 3-11.4A Pg 2-2?

C    R    NA    UA    PF  
 Repeat  
 Significant

**SAFETY REVIEW ITEMS - HRST Safety Insert Officer**

64. (SIO001) Is the assigned SIO a SNCO or above?

C    R    NA    UA    PF  
 Repeat  
 Significant

65. (SIO002) Has the SIO completed the HRST Masters course?

C    R    NA    UA    PF  
 Repeat  
 Significant

**SAFETY REVIEW ITEMS - HRST Tower**

66. (TWR001) Has the HRST Master personally inspected all aspects of the tower?

Reference: MCRP 3-11.4A.

C    R    NA    UA    PF  
 Repeat  
 Significant

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67. (TWR003) Is the tower structurally sound?

C R NA UA PF  
 Repeat  
 Significant

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68. (TWR004) Are all tower open areas (above 4 ft) guarded with guardrails?

C R NA UA PF  
 Repeat  
 Significant

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69. (TWR005) Are all tower guardrails a minimum of 42 inches and capable of withstanding a side force of 200 lbs?

C R NA UA PF  
 Repeat  
 Significant

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70. (TWR006) Are toe boards installed in all areas where personnel could pass underneath?

C R NA UA PF  
 Repeat  
 Significant

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71. (TWR007) All stairs/fixed ladders comply with OSHA standards?

C R NA UA PF  
 Repeat  
 Significant

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72. (TWR008) All rappel rope stations rigged with (3) anchor points each?

C R NA UA PF  
 Repeat  
 Significant

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73. (TWR009) All rappel rope anchor points load tested and certified to 5000 lbs each?

Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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74. (TWR010) All fast rope anchor points tested to 5000 lbs each per person on the rope (2 ropers on rope at the same time requires testing to 10000 lbs each, etc)?

Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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75. (TWR011) All anchor points in good condition and free of corrosion, sharp edges, burrs etc?

Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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76. (TWR012) The tower deck is free of trip/slip hazards (water, protruding nails/bolts, splinters, etc)?

Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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77. (TWR013) The rappel wall face and the fast rope area free of protrusions, broken or loose boards?

Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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78. (TWR014) The tower deck and stairway treads have non-skid surface?

Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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79. (TWR015)    Padding on all edges that ropes or personnel cross?  
                  Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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80. (TWR016)    The edge padding is in good condition and securely fastened?  
                  Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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81. (TWR017)    Free of any insect infestation?  
                  Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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82. (TWR018)    The landing area free of obstruction and hazards?  
                  Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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83. (TWR019)    The landing areas consist of a cushioning material  
(recommend 24 inches, non-compressed depth, of wood chips or mulch)?  
                  Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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84. (TWR020)    The landing area has been loosened up prior to use and, if  
large numbers of students are rappelling, loosened up again during the  
training?  
                  Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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85. (TWR021) All structural areas of the tower that a rappeller might contact during rappel/fast rope operations are properly padded?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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86. (TWR022) All structural padding is in good condition and securely fastened?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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87. (TWR023) All areas, that pose a trip hazard or head hazard are clearly marked in yellow?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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88. (TWR024) The tower platform and all rappel stations are accessible without having to climb over any obstacles (i.e.: guardrails, support cables etc)?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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89. (TWR025) Is the rappel tower is on a regularly scheduled (quarterly) inspection / maintenance program?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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90. (TWR026) Is the tower certified periodically by a qualified engineer (The certification should cover the load test rating of the existing rope anchor points and next certification)?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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91. (TWR027) A copy of the engineer's certification is kept on file?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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92. (TWR028) Is tower use prohibited during thunderstorms, rainstorms, or high winds?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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**SAFETY REVIEW ITEMS - HRST Tower Training**

93. (TWT001) Are all HRST operations conducted and supervised by a certified HRST Master and Safety Insert Officer?

C    R    NA    UA    PF  
 Repeat  
 Significant

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94. (TWT002) Are qualified medical support personnel present during all HRST operations?

C    R    NA    UA    PF  
 Repeat  
 Significant

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95. (TWT003) If the medical support personnel leave the area, does the HRST operation cease?

C    R    NA    UA    PF  
 Repeat  
 Significant

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96. (TWT004) Is there a safety vehicle and driver present during all training?

C    R    NA    UA    PF  
 Repeat  
 Significant

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97. (TWT005) Is the HRST Master responsible for rigging the tower?

C    R    NA    UA    PF  
 Repeat  
 Significant

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98. (TWT006) Is there an HRST Master assigned to each rope station (other than the HRST Master's rope)?

C    R    NA    UA    PF  
 Repeat  
 Significant

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99. (TWT007) Does the HRST Master do the actual hookup of the rappeller?

C    R    NA    UA    PF  
 Repeat  
 Significant

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100. (TWT008) Are all personnel (working near rope stations) wearing an approved harness or restraint technique?

C    R    NA    UA    PF  
 Repeat  
 Significant

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#### SAFETY REVIEW ITEMS - HRST Training

101. (TRN002) Is a B-1 medical kit on hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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102. (TRN003) Is a Cervical Collar on hand?

C    R    NA    UA    PF  
 Repeat  
 Significant

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103. (TRN004) Is a Safety vehicle with driver on hand?

C R NA UA PF  
 Repeat  
 Significant

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104. (TRN005) Is a backboard with straps on hand?

C R NA UA PF  
 Repeat  
 Significant

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105. (TRN006) Is there one belay man per rope station when conducting tower rappel training?

C R NA UA PF  
 Repeat  
 Significant

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106. (TRN007) Are all ropes doubled for rappel training?

C R NA UA PF  
 Repeat  
 Significant

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107. (TRN008) Are rappellers excused from training at heights they are not comfortable with and given extra training at lower heights?

C R NA UA PF  
 Repeat  
 Significant

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108. (TRN009) Does the SIO inspect personnel prior to their ascent of the tower?

C R NA UA PF  
 Repeat  
 Significant

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109. (TRN010) Is a safety brief conducted by the HRST Master before tower training starts?

C    R    NA    UA    PF  
 Repeat  
 Significant

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110. (TRN012) Does the safety brief include tower safety?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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111. (TRN013) Does the safety brief include tower procedures?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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112. (TRN014) Does the safety brief include belay man procedures?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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113. (TRN015) Does the safety brief include proper rappel / fast rope techniques?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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114. (TRN016) Does the safety brief include hung roper procedures?  
Reference: MCRP 3-11.4.

C    R    NA    UA    PF  
 Repeat  
 Significant

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