Chief Judge: Jeremy Wood, CDE Lightband Email: jeremy.wood@cdelightband.com

POLE TOP INSULATOR CHANGE OUT

Mean time: 7 minutes
Drop dead time: 9 minutes

Event Summary:

This event will consist of changing out the pole top pin and insulator that is tied in with a preform wrap-lock with a rubber grommet to the opposite side. The event will be considered de-energized and grounded, therefore rubber gloves will not be required. The apprentice must raise and lower all material in a bag attached to the handline. This event will be on a 40-foot pole with framing of an A-1.

Event Specifications:

- 1. Apprentices will have 5 minutes to set up in the designated work area.
- 2. Time starts at the judge's signal with the fall arrest system detached from the pole.
- 3. The apprentice must change out the pole top pin and insulator to the opposite side of first location.
- 4. All material will be raised and lowered in a material bag. (Including rubber gourmet).
- 5. The new rubber grommet must be used. If you drop the old one, you must yell headache. (no points deducted if 'headache' is yelled)
- 6. A handline is required for all raising and lowering of material.
- 7. The handline must be attached to the pole when the apprentice gets into working position.
- 8. A screwdriver may be used to remove the preform wrap lock (no knife or pliers).
- 9. Apprentice must railroad handline before dropping it out and descending the pole.
- 10. Time stops when the apprentice's first foot touches the ground. The fall arrest must remain attached for proper adjustment verification by the event judge.

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