Lighthouse Safety LLC

Specialists in Fall Protection, Rescue and Confined Spaces

tele (262) 790.1155
fax (262) 783.6211
www.LighthouseSafety.com

3620 North 126th Street
Brookfield, WI 53005

Fall Protection Course: 8 Hour Competent Person

A.) **Subpart M: Introduction to Fall Protection**
- Basic Fall Protection definitions and applications
- Causes of Falls
- Falls and Fall Hazards in Construction
- Fall Protection requirements per Subpart M

B.) **Body Holding Devices**
- Pros & Cons of Body Belts vs. Full Body Harnesses
- Requirements & Dynamics of Fall Arrest Forces
- Material Types & Construction features
- Proper Device Applications during Fall Arrest, Work Positioning, & Fall Restraint

C.) **Full Body Harness Fitting & Suspension Demo**
- Harness Shake-Out Technique
- Proper fitting of a Harness
- Buddy-Check system
- Volunteer Suspension in Full Body Harness

D.) **Anchor Points**
- Arrest Forces created during a fall
- Anchor strength Regulations & Requirements
- Engineered vs. Improvised Anchor points
- Anchorage connectors

E.) **Connecting Means**
- Lanyard Types & Functions
- Proper snap hook use & limitations
- Carabiners, Compatible Components & Rollout
- Differences between snap hooks & Carabiners
- Postioning Devices and their Proper Applications

F.) **Vertical Lifeline Systems**
- Retractable Lifelines: Types, Specifications, & Hazards
- Vertical Lifelines: Types, Specifications, & Hazards
- Ladder Climbing Devices: Types, Specifications, & Hazards

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G.) **Horizontal Lifeline System**
- Design, Usage & Installation of Horizontal Lifelines
- Proper Applications for Horizontal Lifelines
- Temporary vs. Permanent systems
- Importance of proper Design & Engineered systems

H.) **Personal Fall Arrest Equipment**
- Proper care of Fall Protection equipment
- Proper inspection & storage of equipment
- Equipment Maintenance Requirements
- Record-Keeping requirements & Methods

I.) **Course Completion & Post-Test**
- Post-Test
- Discussion on Test answers
- Course Wrap-up
- Course Evaluation