



FALL PROTECTION COURSE OUTLINE: 16 HOUR COMPETENT PERSON

SECTION I-

A.) COURSE INTRODUCTION & PRETEST

- Introductions(*Course, Instructor & Students*)
- Review course protocol and surroundings
- Review course objectives
- Preliminary review of course materials
- Administer Pretest

B.) SUBPART M: AN INTRODUCTION TO FALL PROTECTION

- Basic definitions & applications
- Discuss causes of Falls
- Falls & Fall hazards in Construction
- Fall Protection requirements per Subpart M

C.) METHODS OF FALL PROTECTION

- Three conventional Fall Protection methods
- Guardrail System requirements per 1926.502(b)
- Safety Net System requirements per 1926.502(c)
- Three basic components of a Fall Arrest System

D.) FALL PROTECTION & WARNING LINES

- Warning Line Systems
- Controlled Access Zones & the Worksite
- Safety Monitor Systems
- Minimizing Fall Hazards:
"Greater Hazard or Infeasibility"

SECTION II-

A.) 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

B.) FULL BODY HARNESS FITTING & SUSPENSION DEMO

- Harness Shake-Out technique
- Proper fitting of a Harness
- Buddy-Check system
- Volunteer Suspension in Full Body Harness

C.) ANCHOR POINTS

- Arrest Forces created during a Fall
- Anchor Strength regulations & requirements
- Engineered vs. improvised Anchor Points
- Anchorage Connectors

D.) CONNECTING MEANS

- Lanyard types & functions
- Proper snap hook use & limitations
- Carabiners, compatible components & Rollout
- Differences between Snap Hooks & Carabiners
- Positioning Devices & their proper Applications

Offering Customized and Standard Fall Protection, Confined Space and Rescue Classes On-site or In-house

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|--------------------------|---------------------------------|
| Hazard Assessment | System Installation |
| Engineering | Training (site specific) |
| Equipment | Post Fall Rescue |
| Design | Turnkey Operations |



16 HR FALL PROTECTION COURSE OUTLINE CONT....

SECTION III-

A.) VERTICAL LIFELINE SYSTEMS

- Retractable Lifelines: Types, Specs & Hazards
- Vertical Lifelines: Types, Specs & Hazards
- Ladder Climbing Devices: Types, Specs & Hazards

B.) HORIZONTAL LIFELINE SYSTEMS

- Design, Useage & Installation of Horizontal Lifelines
- Proper Applications for Horizontal Lifelines
- Temporary vs. Permanent Systems
- Importance of proper Design & Engineering

C.) PERSONAL FALL ARREST EQUIPMENT

- Proper care of Fall Protection Equipment
- Proper Inspection & Storage of Equipment
- Equipment Maintenance Requirements
- Record-Keeping Requirements & Methods

D.) PERSONAL FALL ARREST EQUIPMENT & INSPECTION DEMO

- Identify different types of Equipment Damage
- Review the Inspection Process
- Complete Equipment Inspections
- Review Inspection Results

SECTION V-

A.) VERTICAL LIFELINE SYSTEM DEMO

- Fundamentals of Vertical Lifeline Installation
- Pros/Cons of Vertical Lifelines/Retractable Lifelines
- Hazards of both Systems
- Proper Useage of Vertical Lifeline Demo

B.) RESCUE INTRODUCTION DEMO

- Fundamentals of a basic Rescue
- Tools available for Workplace High Angle Retrieval
- Basic Technique for Retrieval & Evacuation

SECTION IV-

A.) FALL PROTECTION FOR STEEL ERECTION & PRE-CAST CONCRETE

- Hoisting & Rigging Methods
- Connecting & Bolting steel members
- Crane Useage & Safety
- Fall Protection for Leading Edge Work

B.) FALL PROTECTION FOR CONSTRUCTION & SCAFFOLD ERECTORS

- Fall Accidents & Stats for Residential Construction
- OSHA requirements for Residential Construction
- Fall Protection for Scaffold Erection, Use & Dismantle and Scaffolding Options

C.) HORIZONTAL LIFELINE (HLL) DEMO

- Installation of a Temporary HLL System
- Discuss Anchor strengths & Clearance for System
- Demonstrate Proper System Use
- Evaluate System Proper Design, Installation & Use

D.) PERSONAL FALL ARREST ANALYSIS & PROBLEM SOLVING DEMO

- Fall Protection Hazard Analysis & Fall Restraint or Fall Arrest Solutions
- Rules for creating Improvised Anchor Points
- Rules for Connector selection in various scenarios
- Student Analysis of Anchor Points, Connectors and systems

C.) RESCUE ANALYSIS & PROBLEM SOLVING

- Fall Hazard Case Study
- Discuss Fall Protection Solutions
- Student Analysis

D.) COURSE COMPLETION & POST TEST

- Post-Test
- Discussion of Test Answers
- Course Wrap Up & Evaluation

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Hazard Assessment	System Installation
Engineering	Training (site specific)
Equipment	Post Fall Rescue
Design	Turnkey Operations