

Course Description

This Fall Protection Training Course will provide participants with an understanding of their responsibilities when working in areas where fall hazards exist, the use of and inspection of the required equipment and the critical controls necessary to reduce the risk of a fall.

Course Modules

Fall Protection and Fall Arrest Systems

- Lost time injuries & statistics
- Fall Prevention versus Fall Arrest
- Travel restraints
- Fall arrest systems

General Responsibilities

- Employers & Supervisors Workers General precautions & safe working procedures
- Fall Arrest Systems
- Anchorage or tie-off points, D plate body harness, CSA standards, D ring connecting devices, lifelines, shock absorbing lanyards, horizontal & vertical lifelines

Fall Hazards and Controls

- Hazards due to pendulum swings
- Planning guidelines, anchor points
- Rescue plans

Inspection of Equipment

- Harness, buckles, nylon straps, webbing, friction buckles, self-retracting devices

Donning a Harness

- Step by step instructions
- Care, cleaning, life expectancy

Course Length: approx. 4 hours