

## **FALL PROTECTION (user)**

This 8-hour course is required for personnel who have an exposure to falling hazards in compliance with OSHA 29 CFR 1926.500 regulations.

### **COURSE OUTLINE**

- I. Regulatory Information
- II. Definitions
- III. General Protection Concepts
  - a. Walking/working surfaces
  - b. Guardrail Systems
  - c. Safety Nets
  - d. Personal Fall Arrest Systems and Positioning Devices
  - e. Fall Protection Equipment-anchor systems, snaphooks, carabiners, lanyards, lifelines, rope grabs, winches/tripods
  - f. Covers
  - g. Protection from Falling Objects
  - h. Ladder Safety-general requirements, fixed & portable ladders
  - i. Working over or near water
  - j. Planning & monitoring
  - k. Scaffolding Safety Awareness
- IV. Written Exam
- V. Demonstration and exercises on the wearing of fall protection equipment

Time: 8 Hours

## **FALL PROTECTION-RESCUE**

This course is designed to provide knowledge and confidence for rescue personnel in an industrial workplace.

### **Course Outline**

- I. Introduction-Rescue Importance; Rescuer Responsibilities
- II. Rescue hazards & principles
- III. Use of Rescue Equipment
  - a. Rope Rescue Systems (belay, knots, rappelling)
  - b. Mechanical advantage systems (winches, block/tackle)
  - c. Rescue Anchor Systems & Equipment
- IV. Rescue of injured personnel using a litter
- V. Rescue Planning & Emergency Management
- VI. Exam
- VII. Hands on rescue exercises

Time: 8 Hours

Tuition: \$150.00

## **FALL PROTECTION-COMPETENT PERSON**

This is a 16 hr. course (includes 8 hr. User Training) which will provide the necessary knowledge and skills in identification of hazards and solving problems in fall protection as required by a Competent Person under OSHA 29 CFR 1926.500 regulations. (Note first day consists of Fall Protection User Training.)

### **Course Outline**

- I. Introduction-Competent Person responsibilities & importance of fall protection.
- II. Review of fall protection regulations/standards (OSHA, USCG, NFPA, ANSI)
- III. Fall Protection Hazard Identification
- IV. Pre-job planning-fall arrest clearance diagrams
- V. Engineering Passive/Active Systems
- VI. Confined Space Mechanical Systems
- VII. Lanyards-Shock absorbing/SRL/100% tie off
- VIII. Specialized Fall Protection Equipment-life lines (vertical/horizontal); rigid rail systems; ladder climbing systems; work positioning systems; controlled descent systems; 1<sup>st</sup> man up systems
- IX. Rescue Consideration
- X. Exam
- XI. Hands on exercises

Time: 16 Hours

Tuition: \$250.00