Course Length: 0.5 hours

Course Objective:
- Fall Protection training provides knowledge to employees who may be exposed to hazards involving falls in the workplace.

Course Design:
- Narrated e-learning modules

Successful Course Completion:
- Requires successful completion of knowledge assessment.

Course Outline:
- Common Reasons for Falls
    - Falls from Same Level
    - Falls from Elevation
- What makes falls dangerous?
    - Free Fall Distance
- Personal Fall Arrest System
    - Anchorage Point
    - Body Harness
    - Lanyards/Deceleration Devices
    - Lifelines
        - Horizontal/Vertical
    - How to Don/Use Equipment
    - Inspection
    - Safety Nets
- Control Measures
    - Engineering Controls
    - Administrative Controls
- Rescue Planning

Post Training Evaluation:
- The employer shall ensure that each employee is evaluated to confirm that he/she understands the information provided in the training.

Reference Material / Documents:
OSHA 29 CFR 1926.500-503 (Subpart M)
OSHA 29 CFR 1910.21-30 (Subpart D)
American National Standards Institute (ANSI) Z359 Standard

M&A Safety Services training conforms to OSHA CBT Training standards and ANSI Z490.1. Criteria for Accepted Practices in Safety, Health and Environmental Training. M&A Safety Services LLC. follows all ANSI training criteria.