

**Course Length:** 2.5 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:**

About Fall Protection

- OSHA Statistics
- Common Reasons for Falls
- Key Historical Event
  - Golden Gate Bridge
    - Start of the Safety Movement

Types of Falls

- Falls From Same Level
  - Slips, Trips
- Falls From Elevation
- What Makes Falls Dangerous
  - Free-Fall Distance
  - Free-Distance Example
  - Free-Fall Distance Calculations
  - Total Fall Distance Calculations
- Factors in Fall Severity
  - Shock Absorbing Lanyards
  - Arresting Force with Example

Fall Protection

- Requirements
  - General Industry
  - Construction Industry
- Employee Training Criteria
- Anchor Point Criteria
- Anchor Point Examples
- Anchorage Placement
  - Beam Anchorage
    - Beam Clamps

- Beam Straps
- Body Harness
  - Characteristics
  - Components
  - Donning
- Body Belt
- Positioning Device
- Fall Arrest Lanyards
  - Different Types
  - Characteristics
- Body Harness/Lanyard Inspection
- Connectors
  - Snap Hooks
    - Different Types
- Deceleration Devices
  - Different Types
  - Characteristics
- Rope Grab
- Horizontal Lifeline
- Climbing Technique
- Safety Nets

### Fall Protection Safety

- Employee Responsibilities
- Hazard Assessments
- Control Measures
  - Engineering Controls
  - Administrative Controls
  - Personal Protective Equipment (PPE)
- Rescue Plan
- Suspension Trauma
  - Symptoms
  - Effects on the Body
  - How to Avoid
- Self-Rescue
- General Precautions When Working at Elevation

### About Fall Rescue

- What is Fall Rescue?
- Employer Responsibilities
- Employee Responsibilities
- Orthostatic Intolerance

- How long can someone stay suspended?
- Importance of Rescue Planning

#### Fall Rescue

- Rescue Plan Contents
- Rescue Plan Considerations
- Post Fall Procedures
- Medical Considerations
  - Suspended Victim
  - Rescued Victim
- Types of Rescues
  - Self-Rescue
    - Deployable Ladders
    - Descent Devices
  - Assisted Rescue
    - Evacuation Harness
    - Self-Retracting Lanyards
    - Personnel Hoist
    - Rescue Pole/Remote Hook
      - Components/Use
      - Synthetic Rope & Tackle Box
  - Professional Rescue

#### 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.*

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