



Fall Protection Competent Person Course Outline



Prerequisites: The delegate should have previously completed Fall Protection User training.

Course Length: 6-8 hours – Course length shall vary depending on the number of delegates. Total course time includes breaks and meals.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session and twenty (20) in the practical session. A second instructor shall be added for the practical session once the participation exceeds twenty (20) and exercises will be divided into groups.

Course Objective

- Inform personnel of the regulations regarding fall protection.
- Provide the relevant information associated with the types, proper inspection, use and safe practices when using fall protection.
- Address items outlined in ANSI Z359 relating to fall protection equipment.
- Delegates should be able to demonstrate the necessary skills during practical examination and demonstrate knowledge during written examination.

Course Design

- Power Point© / Lecture / Audio Video / Visual Aids
- Practical Exercises

Successful Course Completion

- Requires a minimum score of 75% or better.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Successful completion of practical session is mandatory.

Course Content Summary

- Classroom
- Practicals

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour

Course Outline

About Fall Protection

- Review OSHA Construction Statistics

- About the Standard
- Most Frequently Cited Serious Construction Violations

Review OSHA Regulations

- Sub Part M – 1926.500-503
- Scope and Application
- OSHA Definitions (1926.500)
 - Competent Person
 - Qualified Person
 - Personal Fall Arrest System
 - Anchorage
 - Body Harness
 - Lanyard
 - Connector
 - Snap Hook
 - Self-Retracting Lifeline/Lanyard
 - Deceleration Device
 - Deceleration Distance
 - Free Fall
 - Free Fall Distance
 - Hole
 - Opening
 - Leading Edge
 - Life Line
 - Rope Grab
 - Controlled Access Zone
 - Safety Monitoring System
 - Walking/Working Surface
 - Guardrail System
 - Toe Board
 - Warning Line System
- Duty to Have Fall Protection (1926.501)
 - Employer Responsibilities
 - Unprotected Sides and Edges
 - Leading Edges
 - Hoist Areas
 - Holes
 - Formwork and Reinforcing Steel
 - Ramps, Runways
 - Excavations
 - Dangerous Equipment
 - Wall Openings

- Walking/Working Surfaces
- Providing Engineering Controls
- Fall Protection Systems Criteria and Practices (1926.502)
 - Employer Responsibilities to Install Fall Protection Systems
 - Guardrail Systems
 - Top Rail
 - Mid-Rail
 - Toe Board
 - Safety Net Systems
 - Installation Requirements
 - Drop Test Requirements
 - Vertical Distance from Working Levels
 - Defective Nets
 - Inspection
 - Personal Fall Arrest Systems
 - Connector
 - Snap Hooks
 - Horizontal Life Lines
 - Lanyards/Vertical Life Lines
 - Anchorage
 - Stopping a Fall
 - Practices
 - Controlled Access Zones
 - Control Line
 - Warning Line System
 - Safety Monitoring System
 - Fall Protection Plans
- Training Requirements (1926.503)
 - Training Program
 - Certification of Training
 - Retraining

Fall Hazard Recognition

- Anchorage Points
- Equipment
- Fall Clearance
 - Example
- Objects
- Other Hazards
- Rescue Plan

Walking/Working Surface

- Slips, Trips, and Falls
 - Statistics
- General Requirements
- Why Slips Occur
- Slip Prevention
- Why Trips Occur
- Trip Prevention
- Fall Prevention
- Fall Prevention on Stairs
- Floor Hole
- Floor Opening
 - Open Hole Video Clip
- Stairway Floor Opening
- Fixed Industrial Stairs
- Ladder-way Floor Opening
- Wall Opening
- Open-Sided Floors and Platforms
- Standard Guardrail System
- Scaffolding
- Scaffolding Safety
- Portable Ladders
 - Portable Ladder Angle
- Fixed Ladders
- General Ladder Safety
- Floor Loading Protection
- Floor Opening Cover Design

Fall Protection Competent Person Scenarios

- Scenario #1
- Scenario #2
- Scenario #3

Practical Session

Practical training shall utilize common fall protection equipment.

Practical shall verify that the delegate is able to complete the following:

- Select and wear appropriate PPE during practical training
- Conduct proper pre-use inspection of PPE and fall protection equipment
- Don a full body harness properly
- Select and use fall protection lanyard/deceleration device



Fall Protection Competent Person

Course Outline



- Select and use proper anchor points
- Identify and select proper rescue equipment
- Develop JSA for elevated work surface
- Develop Rescue Plan for elevated work surface
- Store equipment and PPE properly

Training Center Provided Material

- PPE
- Fall Protection Equipment

Delegate Requirements

- Must possess good physical health as the practical training is physical demanding.

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