



Fall Protection User Course Outline



Prerequisites: This course shall have no formal pre-requisite.

Course Length: 4 hours – Course length shall vary depending on the number of delegates.
Total course time includes breaks.

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

- Provide delegates assigned to work at height the necessary skills to safely perform their jobs.
- Discuss types of falls and associated dangers and possible injuries.
- Discuss common fall protection systems utilized.
- Review PPE considerations
- Identify and describe personal fall arrest systems.
- Perform pre-use inspection procedures.
- 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

- Pass the written exam with a minimum score of 75%.
- 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 (if applicable)



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About Fall Protection

- OSHA Statistics
- Common Reasons for Falls
- Key Historical Event
 - Golden Gate Bridge
 - Start of the Safety Movement
- Fall Protection Video "Gravity Kills"

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
- Fall Protection Harness Donning Video
- Body Belt
- Positioning Device
- Fall Arrest Lanyards

- Different Types
 - Fall Protection Connecting Devices Video
 - Characteristics
- Body Harness/Lanyard Inspection
 - Fall Protection Inspection Video
- Connectors
 - Snap Hooks
 - Different Types
- Deceleration Devices
 - Different Types
 - Characteristics
- Rope Grab
- Horizontal Life Line
- 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
- Fall Protection Safety – StepWise Video
- General Precautions When Working at Elevation
- Recognizing Problems – Examples
- Fall Protection Conclusion Video

Practical Session

Practical training shall utilize common fall protection equipment.

Practical shall verify the following:

- Select and wear appropriate PPE during practical training
- Conduct proper pre-use inspection of PPE and fall protection equipment
- Don body harness properly



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- Select and use fall protection lanyard/deceleration device
- Operate a deceleration device properly
- Select and use proper anchor points
- Store equipment / 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