



## Fall Protection User/Rescue Course Outline



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

**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

- Provide delegates assigned to work at height and rescue duties the necessary skills to safely perform their jobs.
- Discuss types of falls and associated dangers, injuries.
- Discuss common fall protection systems utilized.
- Review PPE considerations
- Describe/discuss personal fall arrest systems.
- Perform pre-use inspection procedures.
- Inform personnel of the regulations regarding fall protection rescue.
- Provide the relevant information associated with the development and implementation of a fall protection rescue plan.
- Discuss the types of rescue equipment available and how to respond to a rescue situation.
- Demonstrate proper use of rescue 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



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- Practicals

**Breaks:** 10 minutes (approximately every hour)

**Lunch:** 1 Hour

### Course Outline

#### 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
- Body Belt
- Positioning Device
- Fall Arrest Lanyards
  - Different Types
  - 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
- 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?



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- 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

### Practical Session

Practical training shall utilize common fall protection equipment.

Practical shall verify that the delegate can 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
- Operate a deceleration device properly
- Select and use proper anchor points
- Identify and select proper rescue equipment
- Perform an assisted rescue
- Properly store equipment / PPE

### Training Center Provided Material

- PPE
- Fall Protection Equipment

### Delegate Requirements



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- 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