



Course Start

Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

Working At Height

(30 minutes)

- 2.1 Evolution of Fall Protection
- 2.2 Hazard Identification
- 2.3 Respecting Heights
- 2.4 Facts of Workplace Falls
- 2.5 Fall Dynamics

Fall Protection Oversight

(20 minutes)

- 3.1 Regulatory Bodies
- 3.2 Consensus Groups
- 3.3 Safety Associations & Organizations
- 3.4 Company Program

10 minute break

Systems & Planning

(35 minutes)

- 4.1 Defining Fall Protection
- 4.2 Fall Protection Selection
- 4.3 Elimination of Fall Hazards
- 4.4 Passive Systems
- 4.5 Restraint Systems
- 4.6 Arrest Systems
- 4.7 Administrative Controls
- 4.8 Fall Protection Plans

Anchor Points

(35 minutes)

- 5.1 Component Overview
- 5.2 Anchorage Types
- 5.3 Strength Requirements
- 5.4 Anchorage Connectors

10 minute break

Body Support

(55 minutes)

- 6.1 Component Overview
- 6.2 Body Belts
- 6.3 Full Body Harnesses
- 6.4 Harness Considerations
- 6.5 Harness Applications

Skills Development Session #1

Harness Fitting & Partner Check

- Complete a pre-use inspection of a full body harness.
- Perform a proper full body harness fit and partner check

45 minute break / lunch

Connectors

(75 minutes)

- 7.1 Connectors Overview
- 7.2 Snaphooks & Carabiners
- 7.3 Lanyards
- 7.4 Free Fall Distance
- 7.5 Energy Absorbers
- 7.6 Clearance Requirements
- 7.7 Self-Retracting Devices
- 7.8 Vertical Lifelines
- 7.9 Horizontal Lifelines

10 minute break

Descent & Rescue

(15 minutes)

- 8.1 Component Overview
- 8.2 Rescue Requirements
- 8.3 Suspension Trauma
- 8.4 Response Planning
- 8.5 Equipment & Techniques
- 8.6 Post Fall Protocol

Equipment Care

(35 minutes)

- 9.1 Equipment Care Principles
- 9.2 Inspection
- 9.3 Maintenance
- 9.4 Storage

Skills Development Session #2

End-User Inspections

- Students will be challenged to complete a series of end-user inspections on common fall equipment to determine their serviceability.

10 minute break

Work Applications

(35 minutes)

- 10.1 Regulatory Requirements
- 10.2 Construction & Industrial
- 10.3 Utilities & Communications
- 10.4 Transportation, Energy & Mining
- 10.5 Dropped Object Protection

Skills Development Session #3

System Analysis

- Work at height scenario will be presented to the students who will be required to determine proper set-up and usage of a personal fall protection system.

Summary & Review

(30 minutes)

- 11.1 Key Learning Concepts
- 11.2 Review Questions