

## FALL PROTECTION AWARENESS (TYPICAL 2-3 HOUR COURSE, CERTIFICATE PROVIDED)

This is our introductory course and offers an awareness of the issues involved with fall protection. This hands on interactive session is designed to help students identify a hazard, determine possible solutions, and implement fall protection solutions.

Upon successful completion of this course the student will receive a certificate acknowledging they have met or exceeded OSHA and ANSI requirements as an Authorized Person.

**RECOMMENDED FOR**  
All individuals who are working at heights.



### TOPICS DISCUSSED:

- Fall hazard recognition, elimination, and control based on Fall protection Hierarchy
- Applicable OSHA and ANSI fall protection regulations
- Fall Protection System - Anchorage, Body Support, and Connecting Means
- Anchorage Point Requirements and Considerations
- Proper wear, use and inspection of...
  - Full Body Harness
  - Shock Absorbing Lanyards
  - Self-Retracting Lifelines
- Introduction to the following systems:
  - Cable and Rigid Rail Horizontal Lifelines
  - Ladder Climbing Systems
  - Work positioning systems
- Fall Protection System — Anchorage, Body Support, and Connecting Means
- Responsible Persons



## FALL PROTECTION AWARENESS

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### OUTLINE

#### 1) Regulations

- a) Construction Height Requirements
- b) General Industry Height Requirements:
- c) Anchor Point Strength
- d) Full Body Harness
- e) Leading Edges
- f) Ladders
- g) Powered Work Platforms

#### 2) The hierarchy of Fall Protection

- a) Fall Hazard Elimination
- b) Passive fall Protection
- c) Fall Restraint
- d) Fall Arrest
- e) Administrative Controls

#### 3) Fall Protection Equipment

- a) Harness
  - Components of a harness
  - Importance of a good fit
  - Guidelines to remember
  - Inspection, Maintenance
- b) Body Belt
- c) Lanyard
- d) Anchors, Connectors
- e) Snap hook– Hook shaped body, normally closed gate
- f) Parts of the hook
- g) Carabineers
- h) D-Rings– Integral in harness
  - Self-Retracting Lanyards
  - Swing Falls
- i) Rope Grabs



FALL PROTECTION AWARENESS

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OUTLINE

4) The Safety Cycle

- a) Assessment to determine fall hazard
- b) Engineer proper means of connecting such as anchor points
- c) specify the correct personal protective equipment
- d) Train to correctly use system
- e) Rescue Plan



5) Specific Application

- a) Review and address specific situations that attendees have to encounter in their jobs
- b) Instructor will provide possible solutions

6) QUESTIONS & ANSWERS: