



Competent Person Training

Information & Agenda



Recommended for – Managers, Immediate Supervisors of authorized persons or Individuals working at a height. This training course includes Competent Person and Competent Inspector.

This **Competent Person Training Course** is designed for those who supervise, implement, and monitor a managed fall program. Hands-on training and extensive classroom instruction combined with practical and written exams are based on the requirements of [OSHA Regulations](#), and [ANSI Z359.2 Standards](#). Students learn to identify hazardous situations, construct programs, and make proper equipment choices to deal with fall hazards.



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Topics Discussed

Once the course is completed, attendees will be able to prevent fall hazards by utilizing a hierarchy of controls and graduates will have a basic understanding of:

1. The importance of OSHA fall protection statistics & Fall Protection Safety
2. Applicable fall protection guidelines and how to adhere to them at work include the ANSI/ASSE Z359 code which is the Fall Arrest Code.
3. Fall protection and the system of hierarchy of controls – Elimination, Prevention, Arrest, and Administrative.
4. Full Body Harnesses including how to apply them for complete safety
5. The ABCs of fall protection include Anchorage, Body Support, and lastly Connecting Means.
6. Anchorage point basics
7. Lanyards: Shock absorbing, 100% tie off/Y-Lanyards, self-retracting
8. Diagrams of Fall Arrest System Clearance
9. Inspection of components of Fall Arrest Systems
10. Identifying potential Fall Hazards:
11. Qualitative risk assessment
12. Quantitative risk assessment
13. Fall hazard detection methods
14. Developing fall protection plans
15. Knowledge Test
16. Rescue techniques

The course also includes an introduction to using fall protection equipment:

- Work Positioning Systems
- Lifelines – Horizontal and Vertical
- Ladder Climbing Systems
- Rigid Rail Systems
- Controlled Descent Devices
- 1st Man Up Devices

Any fall protection equipment that is required will be provided during class. However, every student can bring their own personal fall equipment to class for both demonstration and use.

The OSHA and ANSI Competent Person Training teaches the student to recognize dangerous situations, choose the appropriate equipment, and develop the necessary programs for fall safety. Upon completion, a certificate acknowledges that the graduate has met or exceeded OSHA and ANSI standards.

Download Agenda 

Request More Information / Pricing 

What's Included in the Quote?

1. Competent Person Fall Protection Class per the following conditions:
 - One session conducted over two days
 - Train up to 8 people total.
 - Training will be conducted in person at your Location.
 - Training will be conducted Monday-Friday between 7AM to 5PM, not including holidays.
2. A sample copy of the agenda for the course will be attached for your review.
3. Our instructor speaks with your representative ahead of the training to make sure we understand and address the specifics of your application.
4. Each student will receive a certificate at the completion of training.
5. Client will provide a monitor and overhead projector.
6. If students already have fall protection equipment such as harnesses, lanyards etc. please bring it to class.
7. Allow 2 weeks to schedule the course.
8. TERMS AND CONDITIONS.
 - Sale of any Products or Services is expressly conditioned on Buyer's assent to the Terms and Conditions online at <https://caisafety.com/cai-safety-systems-terms-and-conditions/>.
 - No Buyer form shall modify these Terms and Conditions, nor shall any course of performance, course of dealing, or usage of trade operate as a modification or waiver of these Terms and Conditions. Acceptance and/or/use of the system shall constitute assent to these Terms and Conditions.
9. If any additional Covid-19 testing or procedures are necessary, we will provide it at an added cost after reviewing clients' requirements.
10. Terms of payment are 100% upon order.
11. This proposal is valid for 30 days.

What's Not Included in the Quote?

1. **Travel Costs:** Travel costs are determined once the order is placed, and a Training Schedule has been determined. This cost will depend on our CAISS trainer(s) travel arrangements to and from the training site. This cost will be billed separately from the initial quote.
2. **Additional Personnel:** Please note that all additional persons to be trained that are not accounted for in this quote will be billed separately as an added cost.
3. Training to be conducted on weekdays only, not including holidays.

Information Needed to Quote

By providing some basic information we can provide you with a custom proposal. Pictures and sketches are very helpful and if you prefer to speak with a fall protection expert just call or send us an e-mail. Fill out our **Request a Quote** form to send us your information:

- Type of Fall Hazard you are exposed to?
- How many people do you need trained?

Visit our **Services** and **Training Agenda** for more information.



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Some of Our Clientele

