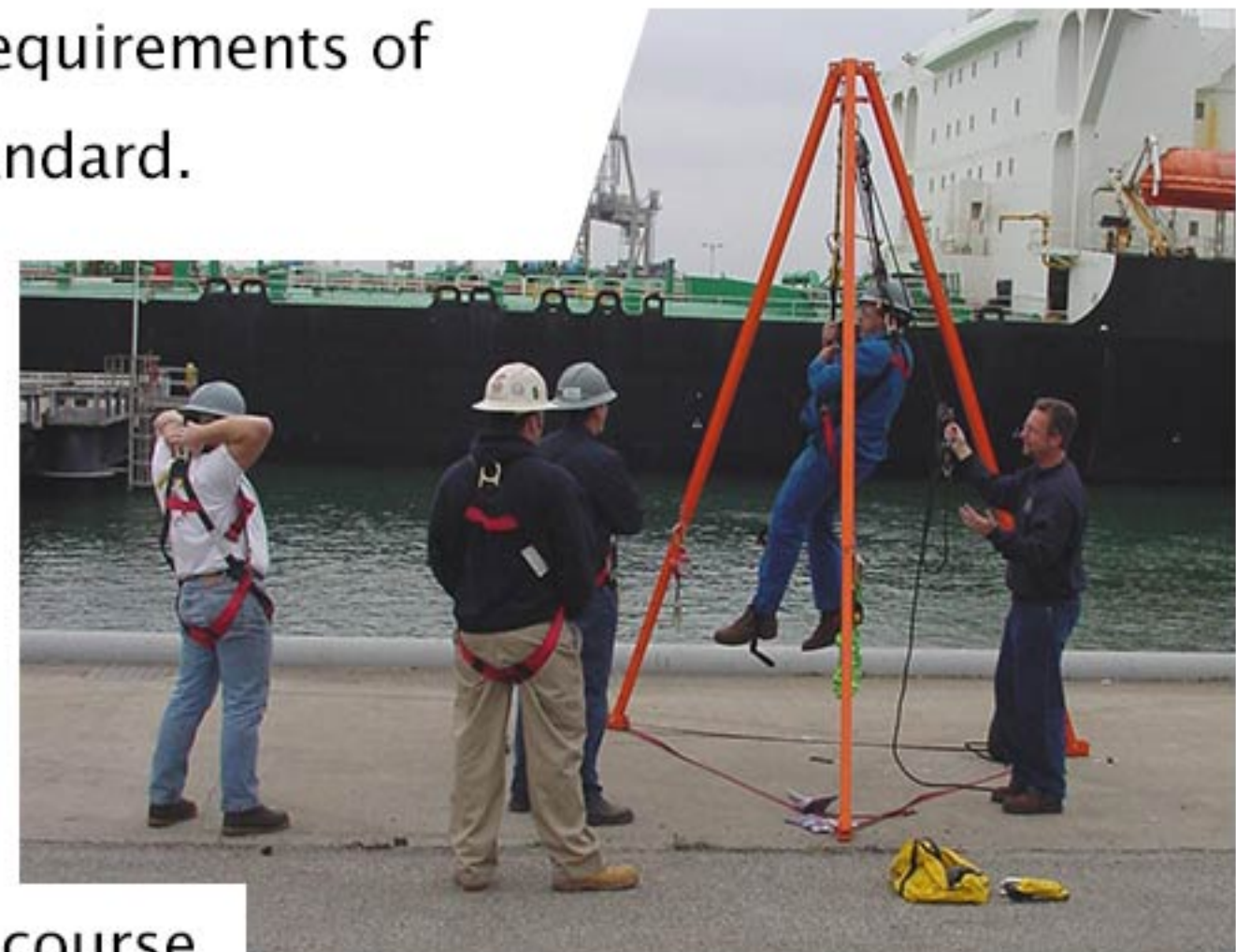


COMPETENT PERSON TRAINING (TYPICAL 2 DAY COURSE, CERTIFICATE PROVIDED)

RECOMMENDED FOR:

Managers, immediate supervisors of authorized persons or individuals working at height. This training includes Competent Person and Competent Inspector.

This course is for individuals that are responsible for the supervision, implementation and monitoring of a managed fall protection program. This course incorporates extensive classroom and hands-on training; with both written and practical examinations that are based on the requirements of the US OSHA Regulations, and ANSI Z359.2 standard.



TOPICS DISCUSSED:

- All topics covered under Authorized Person course
- Fall protection system assessments
- OSHA, ANSI Z359.2 standard regulations relating to Fall Protection
- Fall hazard surveys and procedures
- Detailed equipment inspection
- Development and implementation of Fall Protection plans and programs
- Traditional Fall Protection (e.g. handrails, guardrails, etc.)
- Fall Restraint systems
- Fall Arrest systems (incl.: personal fall arrest systems, nets, safe work zones and more)
- Fall protection rescue procedures
- Selection and use of non-certified anchorages
- Competent person responsibilities

COMPETENT PERSON TRAINING

....CONTINUED

Students will expand their knowledge and ability to identify hazardous conditions, develop programs, and make equipment selections to properly deal with fall hazards. Upon successful completion of this course, the student will receive a certificate acknowledging they have met or exceeded OSHA and ANSI requirements as a Competent Person.

COURSE OUTLINE

I. Introduction to Fall Hazards

- 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

II. Definitions and Responsibilities

- a) Authorized User
- b) Competent Person
- c) Competent Person Trainer
- d) Qualified Person

III. Rules And Regulations

- a) Federal OSHA Construction
- B) Federal OSHA General Industry Standard
- c) State OSHA Construction Standard
- d) State OSHA General Industry Standard
- e) OSHA Updates and Bulletins
- f) Employer Fall Protection Program
- g) Equipment Manufacturers Instructions
- h) ANSI Standards. Who is ANSI



COMPETENT PERSON TRAINING

....CONTINUED

IV. Hierarchy of Fall Protection

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

V. Fall Protection Equipment

- a) Guardrails
- b) Scaffolds
- c) Ladders
- d) Fall Arrest Netting
- e) Personnel Lifts
- f) Body Belts
- g) Full Body Harness
 - 1. Materials
 - 2. D-Rings
 - 3. Configurations
- h) Lanyards
 - 1. Standard
 - 2. Shock Absorbing
 - 3. Fixed Length
 - 4. Adjustable Length
 - 5. Twin Leg
 - 6. Rope Grab
 - 7. Work Positioning
- i) Connectors
 - 1. Snap Hooks
 - 2. Carabineers
- j) Anchorage Connectors
 - 1. Chocker Straps
 - 2. Beam Clamps
 - 3. Embedded Anchors
- k) Specialized Equipment
 - 1) SRL's
 - 2) Vertical Lifelines
 - 3) Horizontal Lifelines
 - 4) Ladders
 - 5) Rescue Equipment

VI. Fall Protection Mathematics

- a) Vector Forces
- b) Cable Lifeline Deflection
- c) Rope Elongation
- d) Swing Fall Distance
- e) Fall Distance Calculators

VII. Rescue

- a) Rescue Plan
- b) Self-Rescue
- c) Swing Fall Distance
- d) Fall Distance Calculators

VIII. Equipment Usage and Inspection

- a) Harness
 - 1. Inspection
 - 2. Donning Doffing
 - 3. D Ring Selection
 - 4. Special Considerations
 - i) Welding
 - ii) Electrical
 - iii) Chemical Resistance
- b) Lanyard
 - 1. Inspection
 - 2. Proper Usage
 - 3. Tie Off Procedure
 - 4. Compatibility
 - 5. Roll Out
- c) SRL
 - 1. Inspection
 - 2. Cable vs. Web
- d) Lifelines, Vertical and Horizontal
 - 1. Rope
 - 2. Cable

COMPETENT PERSON TRAINING

....CONTINUED

- e) Anchorage Connectors
 - 1. Selection
 - 2. Inspection

- f) Anchorage Selection
 - 1. Fall Restraint vs. Fall Arrest
 - 2. Certified vs. Improvised

IX. Hands on Training

- a) Suspension Exercise
- b) Tug of War
- c) 100% Tie Off
- d) Lifeline Rigging
- e) Rescue Exercises
- f) Suspension Techniques
- g) Special Considerations

X. Final Examination

