

TRAIN THE TRAINER (TYPICAL 2 1/2 DAY COURSE, CERTIFICATE PROVIDED)

RECOMMENDED FOR:

Individuals who are responsible for training Authorized Persons. This course includes the Competent Person and Competent Inspector courses.

The Trainer program focuses on practical teaching and techniques in order to provide a trainer the ability to instruct a fall protection authorized person course. This course is a hands-on training and incorporates both written and practical examinations that are based on the requirements of OSHA Regulations, and the new ANSI Z359.2 standard.

This course enables the attendee to have documented fall protection experience, knowledge, and training to conduct Authorized Person Training within their company. Upon completion of this course, the student will receive a certificate acknowledging they have met or exceeded OSHA and ANSI requirements as a Competent Person and Authorized Person Trainer.



TRAIN THE TRAINER COURSE

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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
- Learning objectives
- Developing lesson plans
- Teaching Materials

COURSE OUTLINE

I. Introduction to Fall Hazards

- a) Statistics
- b) Physics of Falling
- c) Types of Fall Hazards

II. Definitions and Responsibilities

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



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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

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

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- 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
- 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. Teaching Techniques

- a) Learning objectives
- b) Developing lesson plans
- c) Teaching Materials

XI. Final Examination

